

## Warrington mental health and wellbeing support for children and young people

Below you can view details of Warrington's mental health and wellbeing offer for young people during the Covid-19 outbreak. This includes support for young people who need care and treatment reviews (CTRs); care, education and treatment reviews (CETRs) and those who have an Education, Health and Care Plan (EHCP) under SEND.

### Mental health crisis support for young people

- People living in Halton, Knowsley, St Helens and Warrington who are experiencing a mental health crisis can now access mental health support via a new 24/7 dedicated mental health crisis line: **01925 275 309**.
- The crisis line is available **24 hours a day, seven days a week** and is open to people of all ages – including children, young people and adults.
- The crisis line is now the **first port of call for mental health crisis help** – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service.
- Please note, you should still call 999 or go to A&E if you have a **life-threatening or a medical emergency**
- For non-urgent help and **general wellbeing advice**, North West Boroughs Healthcare's website contains information and links to resources to support people with anxiety, low-mood, and worries relating to the current Covid-19 pandemic: [www.nwbh.nhs.uk/coronavirus](http://www.nwbh.nhs.uk/coronavirus)

### Warrington CAMHS

#### What support is available?

- Information advice and guidance
- Assessment, risk assessment and safety planning
- Reviews, consultation and therapy

#### Who can make referrals?

Any professional can make a referral. Parents/carers and young people can also call CAMHS to discuss if a referral would be helpful

#### How is support being delivered?

Currently support will be primarily offered through telephone or video conferencing platforms (eg Skype), however face-to-face contact is available if required and appropriate to do under staying safe guidance for Covid-19 risk.

#### Opening hours

Monday to Friday from 9am - 5pm.

#### Contact details

Tel: 01925 575 904

Email: [warringtoncypmhsteam@nwbh.nhs.uk](mailto:warringtoncypmhsteam@nwbh.nhs.uk)

Web: [www.nwbh.nhs.uk/camhs-warrington](http://www.nwbh.nhs.uk/camhs-warrington)





## St Joseph's Family Centre

### What support is available?

The service offers:

- Telephone support, advice and consultations
- Some limited individual therapeutic work, delivered by video call (Skype)

### Who can make referrals?

Any professional can make a referral. Parents/carers and young people can also self-refer to St Joseph's.

### How is support being delivered?

Support is offered via telephone or video call.

### Opening hours

Monday to Friday from 9am - 5pm.

### Contact details

Tel: 01925 635 448

Web: [www.saintjosephsfamilycentre.co.uk](http://www.saintjosephsfamilycentre.co.uk)

## Kooth

### What support is available?

Kooth is an online counselling and emotional wellbeing platform for children and young people, accessible through mobile, tablet and desktop, and free at the point of use. The team will be delivering therapeutic support via online forums and chats.

### Contact details

Referrals can be made via the Kooth website: [www.kooth.com](http://www.kooth.com)

## CAMHS Response Team

### What support is available?

- Emergency support for children and young people from 9am-12am
- From 12am to 9am, on-call support is available via the mental health crisis line on 01925 275 309
- Young people calling the mental health crisis support line referenced above will be referred to the CAMHS Response Team for support
- Crisis and risk assessment
- Management consultation
- Telephone support

### Who can make referrals?

Any professional can make a referral to the CAMHS Response Team. Parents/carers and young people can also self-refer but should use the mental health crisis line number in the first instance - 01925 275 309.

### How is support being delivered?

Support will be delivered via telephone or face-to-face.





### Opening hours

9am - 9pm every day. The on-call mental health practitioner is also available from 9pm to 9am every day.

### Contact details

Tel: 01744 627 618

### Mental Health Support Team

The Mental Health Support Team (MHST) is a new service providing direct mental health support to schools in Warrington.

For schools that are not yet involved in this programme, you can continue to refer to Warrington CAMHS. On a temporary basis, during the Covid-19 outbreak, you can also contact the MHST service directly for telephone support and consultation.

Please bear in mind that the full service won't be operational until September 2020. Any referrals you submit for your pupils between now and September will be for supervised practice with our trainee educational mental health practitioners (EMHPs).

### What support is available?

All support will be offered via telephone and video call. Face to-face support is currently unavailable.

- Telephone and video calls / consultations
- Telephone assessments
- Some therapeutic work, delivered by video call
- Teams will also develop resources for children, young people and families and schools

### Who can make referrals?

School staff who identify young people in their school with low level anxiety and low mood. Teachers requiring consultation and discussion can also contact the service for advice.

### How is support being delivered?

Support will be delivered by telephone or video call.

### Opening hours

Monday to Friday from 9am - 5pm.





### Contact details

The [Mental Health Support Team \(MHST\) referral form](#) is now available to download on our website. Once you have completed the form, simply press the 'attach form to new email' button at the bottom of the document and it will open this in a new email as an attachment. Then send your completed form to:

[nwbh.mhsupportwarr@nhs.net](mailto:nwbh.mhsupportwarr@nhs.net)

Tel: 01925 664 120

Email: [nwbh.mhsupportwarr@nhs.net](mailto:nwbh.mhsupportwarr@nhs.net)

Web: [www.nwbh.nhs.uk/schools-support-warrington](http://www.nwbh.nhs.uk/schools-support-warrington)

