

Map of Local Mental Health Provision for Children

Need Local	National
Supporting children who care for others Cheshire Young Carers 0151 356 3176 https://www.cheshireyoungcarers.org/	
Provides children and their families with tailored practical and emotional support that improves wellbeing, reduces isolation and supports both children and care-givers to thrive. Koala North West https://koalanw.co.uk/ Core Assets (have to have FSW or SW) CWAC.IES@coreassets.com	
Assessment and treatment for young people with emotional, behavioral or mental health difficulties West Cheshire CAMHS 01244 393200 cwp.westcheshire.camhsteam@nhs.net www.mymind.org.uk	
Counseling/Therapy Listening Ear 0151 488 6648 https://listening-ear.co.uk/ enquiries@listening-ear.co.uk	Starting Well www.startingwell.org.uk - online councilor available
Bereavement Child Bereavement UK - Cheshire 0800 02 888 40 or 01928 577 164 https://www.childbereavementuk.org/cheshire northsupport@childbereavementuk.org	Cruse Bereavement Support https://www.cruse.org.uk/ 0808 808 1677 Hospice of the Good Shepherd https://www.hospiceofthegoodshepherd.com/ Winston's Wish https://www.winstonswish.org/ Hope Again https://www.hopeagain.org.uk/ Dove Service https://www.thedoveservice.org.uk/ Elsie Ever After https://www.elsieeverafter.org.uk/

Suicide/Suicidal thoughts	<p>Shout 85258 is a 24/7 UK text messaging service for times when people feel they need immediate support.</p> <p>Papyrus https://www.papyrus-uk.org/</p> <p>Samaritans 116 123 / www.samaritans.org</p>
Our Childline service gives children and young people a voice when no one else is listening. Whatever problems or dangers they face, we give them somewhere to turn to for support when they need it.	<p>Childline 0800 1111 / www.childline.org.uk</p>
<p>Bullying</p> <p>Sexuality</p>	<p>Bullying UK https://www.familylives.org.uk/</p> <p>Brook https://www.brook.org.uk/</p> <p>The Proud Trust https://www.theproudtrust.org/</p> <p>Mermaids (gender diversity) https://mermaidsuk.org.uk/</p> <p>Switchboard LGBTQ https://switchboard.lgbt/</p>
<p>Domestic Violence</p> <p>Child on Parent Domestic Abuse</p>	<p>The Hideout http://thehideout.org.uk/</p> <p>Respect Not Fear https://respectnotfear.co.uk/</p> <p>Capa First Response https://capafirstresponse.org/</p> <p>Pegs https://www.pegssupport.co.uk/</p>
We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.	<p>Young Minds https://www.youngminds.org.uk/</p>

OCD	OCD Youth https://ocdyouth.org/
<p>Anxiety: separation, social, generalized, panic Attacks</p> <p>Emotional Support, Wellbeing, Mental Health, Anxiety & Depression</p> <p>Hatch https://www.hatchmerseyside.co.uk/</p> <p>Crea8ting Community https://www.crea8tingcommunity.com/</p>	<p>Anxiety BC https://www.anxietycanada.com/ Mindshift App</p>

<p>Explaining different mental health conditions to children at their level</p> <p>Sleep issues</p> <p>Adoption issues</p>	<p>No Panic's Youth Hub https://nopanic.org.uk/youth-hub/</p> <p>In Hand App</p> <p>HeadSpace App</p> <p>SmilingMind App</p> <p>VirtualHopeBox App</p> <p>Breathe2Relax App</p> <p>SAM: Selfhelp for Anxiety Management</p> <p>App Chilled Panda App</p> <p>www.psychologytools.com</p> <p>www.getselfhelp.co.uk</p> <p>www.cwpcamhscentre.mymind.org.uk/mysleepguide</p> <p>https://sleepscotland.org/</p> <p>Together for Adoption https://www.togetherforadoption.co.uk/Support/Support.aspx</p>
<p>National service 4-14 years, helping them to enhance resilience, counseling, social issues, family issues, trauma, Looked After Children, carers</p>	<p>Place2Be https://www.place2be.org.uk/</p>
<p>Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.</p>	<p>Young Minds https://www.youngminds.org.uk/</p>
<p>Eating disorder support</p>	<p>Beat! www.beateatingdisorders.org.uk</p>