

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 well-being, reduces isolation and supports both children and caregivers 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, behavioural or mental health difficulties	West Cheshire CYPMHS (formally CAMHS) 01244 393200 cwp.westcheshire.camhsteam@nhs.net www.mymind.org.uk	
Counselling/Therapy	Listening Ear 0151 488 6648 https://listening-ear.co.uk/ enquiries@listening-ear.co.uk	Starting Well www.startingwell.org.uk - online counsellor available
Bereavement	Child Bereavement UK - Cheshire 0800 028 8840 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.elseieverafter.org.uk/
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Suicide/Suicidal thoughts		Shout 85258 is a 24/7 UK text messaging service for times when people feel they need immediate support. Papyrus https://www.papyrus-uk.org/ Samaritans 116 123 / www.samaritans.org
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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.		Childline 0800 1111 / www.childline.org.uk
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Bullying Sexuality		Bullying UK https://www.familylives.org.uk/ Brook https://www.brook.org.uk/ The Proud Trust https://www.theproudtrust.org/ Mermaids (gender diversity) https://mermaidsuk.org.uk/ Switchboard LGBTQ https://switchboard.lgbt/
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Domestic Violence		The Hideout http://thehideout.org.uk/ Respect Not Fear https://respectnotfear.co.uk/
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We're here to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.		Young Minds https://www.youngminds.org.uk/
OCD		OCD Youth https://ocdyouth.org/
Anxiety: separation, social, generalised, panic attacks		Anxiety BC https://www.anxietycanada.com/ Mindshift App

Explaining different mental health conditions to children at their level Sleep issues		No Panic's Youth Hub https://nopanic.org.uk/youth-hub/ In Hand App HeadSpace App SmilingMind App VirtualHopeBox App Breathe2Relax App SAM: Selfhelp for Anxiety Management App Chilled Panda App www.psychologytools.com www.getselfhelp.co.uk www.cwpcamhscentre.mymind.org.uk/mysleepguide https://sleepscotland.org/
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Adoption issues		Together for Adoption https://www.togetherforadoption.co.uk/Support/Support.aspx
		National service 4-14 years, helping them to enhance resilience, counselling, social issues, family issues, trauma, Looked After Children, carers Place2Be https://www.place2be.org.uk/
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.		Young Minds https://www.youngminds.org.uk/
Eating disorder support		Beat! www.beateatingdisorders.org.uk