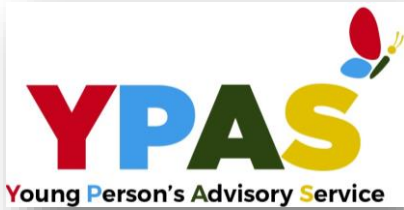


Mental Health Services for Under 18s

In Case of Emergency – dial 999 or go to your nearest A&E Department

CRISIS TEAM: If you are a child or young person in crisis, you can call the crisis care line 24 hours a day, seven days a week on 0151 293 3577



0151 707 1025

YPAS provides mental health and emotional wellbeing services for Liverpool's children, young people and families aged 5-25 years.

www.ypas.org.uk



Stop.Breathe.Think gives young people, aged 21 or younger, access to free 1-1 counselling sessions. No wait times and available nationally.

Refer yourself via the online form available at www.stopbreathethink.org.uk



Kooth is an online mental wellbeing community offering free, safe and anonymous support for children aged 10-25, providing 24-hour access to self-help materials. There are also online forums and online counselling sessions.

www.kooth.com



0800 1111

Childline is a free, private and confidential support service for children up to 18 years old.

www.childline.org.uk



0800 842 842

Training for people aged 16-30 who are trying to find a job.

www.princes-trust.org.uk