



Childrens General Mental Health Support (2022)

CWP Crisis Line: 24/7 Help from a mental health professional – 08001456485

CAMHS Wirral Request for Help:

<https://www.mymind.org.uk/services-and-contacts/wirral/request-help-wirral-camhs>

ADHD / Autism diagnosis: School Nurses (Not GP) - 01515140219

Childline: 0800 1111

Zillo: <https://www.zillowirral.co.uk/mental-health> - Loads of local advice

NHS Talking Together Wirral: insight.limbic.ai – for self-referral to talking therapy - 01516491859

Kooth: free, anonymous online therapy and mental health support – www.kooth.io

WEB Merseyside: <https://webmerseyside.org/>, 176 Corporation Rd, CH418JQ

SHOUT: Text SHOUT to 85258, 24/7 for confidential support

Hatch: 07518330949 – CH416ND - <https://www.hatchmerseyside.co.uk/get-in-touch/>

Ditch the Label: Global charity: <https://www.ditchthelabel.org/>

Stem4: <https://stem4.org.uk/> support and specially designed apps

The Hive Wirral Youth Zone: <https://www.thehiveyouthzone.org/> Award Winning Charity

YoungMinds Crisis Messenger: Text YM to 85258 & other support: <https://www.youngminds.org.uk/>

Open Door Charity: <https://www.opendoorcharity.com/> - CH415FQ - 01516394545

Switch180 – Stop.Breathe.Think – free 1-1 counselling: <https://www.stopbreathethink.org.uk/>

YPAS Crisis Drop-Ins (Liverpool) – 01517071025 – L148YA Mon-Thurs 9-8

Know another local service that we should include? - Please let us know