

COVID-19

St Helens Emotional Wellbeing Support

The Partnership of Services in St Helens are adapting as Coronavirus impacts our everyday lives.

Our partners are working hard to ensure children, young people and families get the support they need during this time. This document outlines the support available and how this can be accessed.

If you or somebody you know of is in crisis, you can call the Urgent Mental Health Support Line at any time and select Option 1 for Children and Young People.

Urgent Mental Health Support Line - 24 hours a day, seven days a week

– 01925 27 5309

For further information, please visit the North West Boroughs Healthcare [website](#)

The Crisis Response Team will still be available for face-to-face support if essential - risk assessments will be undertaken regarding these cases.

Kooth - Online Counselling and Support

What support is available?

Kooth is an, online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and **free** at the point of use.

There is also a wealth of useful support and information, the ability to be creative and share your experiences and moderated forums to discuss with others who may be feeling the same way.

Who can access this?

Any Children and Young People aged 11-25 years

How can you access this?

You can access this via the online via the website at [Kooth.com](https://www.kooth.com)

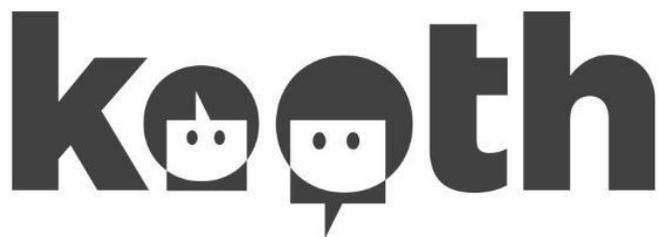
When is this available?

24 hours a day, 365 days a year.

Counsellors are available from:

Midday to 10pm Monday to Friday

6pm - 10pm at Weekends



Barnardo's

What support is available?

Barnardo's BOSS is based in St Helens and is an Early Intervention Emotional Health and Wellbeing service, working alongside St Helens CAMHS service. The service supports children and young people through a range of therapy including counselling, art and play therapy and solution focused interventions, and group work. We also offer telephone consultations and virtual sessions either one to one or in a group setting to meet your needs.

Who can access this?

Barnardo's is a specialist service, which means that a referral needs to be made by someone who has met you and thinks that Barnardo's might be able to help. The service works with all children and young people (aged 5–19) who are registered with a GP in St Helens.

How can you access this?

Barnardo's works together with CAMHS to make sure all children and young people receive the right emotional and mental health help and support they need. A shared referral form needs to be completed by a professional that knows you (GP, Teacher, School Nurse, Social Worker) and sent to the CAMHS referrals email address on the form. An assessment will then be made as to which service is best placed to meet your needs. This may mean you are seen by CAMHS, or Barnardo's or a referral may be made to another service.

Once we receive your referral, we get in touch with you as soon as possible to let you know whether we think we can help and to offer you an appointment with our team.

When is this available?

Barnardo's offers support Monday to Friday, 9am-5pm.

For further information, please visit the [BOSS website](#) or contact us on 01744 753238 if you have been referred or have an existing appointment with us.

**Believe in
children**



Barnardo's

North West Boroughs CAMHS

What support is available?

Our Child and Adolescent Mental Health Services - also known as CAMHS - work with young people with emotional, behavioural or mental health difficulties, and their families. We provide specialist face to face therapies, including whole family holistic therapy, and we also offer telephone consultations and virtual sessions so you can feel comfortable in your own setting.

Who can access this?

Our service is for young people up to the age of 18 who have emotional, behavioural or mental health difficulties which are causing difficulties in their school, family or social life.

How can you access this?

CAMHS is a specialist service providing bespoke therapy and intervention, which means that a referral will need to be made by someone who has met you. An assessment will then be made as to which service is best placed to meet your needs. This may mean you are seen by CAMHS, or Barnardo's or a referral may be made to another service. Referral process into the service is the same as Barnardo's.

Once we receive your referral, we get in touch with you as soon as possible to let you know whether we think we can help and to offer you an appointment with our team.

When is this available?

CAMHS offers support Monday to Friday, 9am-5pm.

For further information, please visit our [website](#) or contact us on 01925 579405 if you have been referred or have an existing appointment with us.



**North West
Boroughs Healthcare**
NHS Foundation Trust