



Contact Details

Monday to Friday

9am-10pm

Saturday & Sunday

12pm to 8pm

For any queries or concerns, you can contact the Children & Young People's Out of Hours Advice Line on

Tel: 0151 488 8453

Outside of Hours

- Contact the out of hours GP service.
- See one of the Helplines listed in our Resource Packs on the My Mind website:

<http://cwpcamhscentre.mymind.org.uk/>

Immediate Concerns

If you are concerned about the immediate safety of your child, please take them to your local A&E Department.

To find out more about our CAMHS Service why not visit our website www.mymind.org.uk or follow us on twitter [@MyMindFeed](https://twitter.com/MyMindFeed)



CYP Out of Hours Advice Line

This leaflet is available in other languages or formats

Feedback

We welcome any suggestions you have, please send your comments, concerns and compliments to: PALS, Patient and Carer Experience Team, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwp.nhs.uk.
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CYP
Would you like to talk about child or young person's mental health?

Who are we?

We are the Children & Young Peoples (CYP) Out of Hours Advice Line

Our aim is to provide access to a mental health service for children & young people, their families and concerned professionals outside of the usual business hours.

All the clinicians you speak to will be trained in different backgrounds including social work, psychology and nursing and will have experience and knowledge of a range of mental health difficulties.



What do we do?

As a team we offer telephone advice and support to young people, parents/carers and professionals from across Wirral & Cheshire West & East who may have concerns about a young person's mental health.

We also undertake assessments of young people on Saturday & Sunday who have been admitted to the paediatric wards in Wirral & Cheshire following self-harm concerns.

Need help?

Call the Advice Line: **0151 488 8453**

Self-help websites for young people:

www.moodjuice.scot.nhs.uk

www.mind.org.uk

www.youngminds.org.uk

<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Resource packs available at:

<http://cwpcamhscentre.mymind.org.uk>