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 and will have experience and knowledge of a range of mental health difficulties.

We offer telephone advice and support to young people, parents/carers and adults who work with children who have concerns about the mental health of a young person. We can offer advice and support over the phone, as well as sending out resources and signposting to services. We can also process referrals to Child & Adolescent Mental Health Services (CAMHs) if appropriate.

visit mymind www.mymind.org.uk

5pm - 10pm Mon to Fri
12pm - 8pm Weekends
01244 397644
...and worried how to start a conversation with us? ....try these...

"Hi, I’m calling because I feel really low and sad all the time....."

"Hello, I think I need some help with my mental health and I’m not sure what to do or who to speak to....."

For other outside of hours support contact the out of hours GP service
See the helplines in our resource pack on the MyMind website

This leaflet is available in other languages or formats

Advice Line
Children & Young People
Wirral & Cheshire Wide

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

Are you struggling with...?

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Are you an adult working with a young person and concerned about their mental health? Talk to us!

Are you worried about your child’s mental health? Talk to us!

You can ring us too!

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Are you struggling with...

autism  low mood  body image  suicide  

anxiety  self-harm  relationships  bullying

Out of Hours Advice Line Children & Young People
Wirral & Cheshire Wide

Are you worried about something?

Are you self harming or having thoughts of suicide?

Are you feeling very sad & unhappy?

5pm - 10pm  Mon to Fri
12pm - 8pm   Weekends

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