

# COVID-19

## LIVERPOOL CAMHS SUPPORT

The Liverpool CAMHS Partnership is 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 from each partner and how this support can be accessed.

### **In this document you will find:**

- General CAMHS partner support - pages 2-6
- Specific support available for schools - pages 7-9
- Specific support available for those working in Childcare Hubs - page 10

**The support outlined will be continually reviewed to manage demand and resources to deliver.**

Please [click here](#) for regular updates.

## **Crisis Support**

If a child or young person is in crisis, they can call the crisis care line any time, but they should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

**Alder Hey Crisis Care Team - 24 hours a day, seven days a week  
– 0151 293 3577.**

**Face-to-face support will still available when essential - risk assessments will be undertaken regarding these cases. [Click here](#) for more information about CAMHS crisis care.**

## ADHD Foundation

### What support is available?

- Information advice and guidance.
- Parent and children, young people's skills-building groups.
- Therapeutic interventions for children and young people.

### Referral contact details:

Office closed, email referrals only to:  
[ADHD.Foundation@nhs.net](mailto:ADHD.Foundation@nhs.net)  
[www.adhdfoundation.org.uk](http://www.adhdfoundation.org.uk)

### Who can make referrals?

GPs  
Alder Hey  
Schools  
Self referral  
Social Care

### How can this support be accessed?

Remotely via Skype, Zoom or email.

### Opening hours

9am – 5pm

## Alder Hey Fresh CAMHS

### What support is available?

- Crisis and risk assessment and management consultation, telephone support.
- Range of online workshops, seminars and groups for parents/carers, children and young people.

### Referral contact details:

0151 293 3662  
[camhs.referrals@alderhey.nhs.uk](mailto:camhs.referrals@alderhey.nhs.uk)  
[www.alderhey.nhs.uk/services/camhs](http://www.alderhey.nhs.uk/services/camhs)

### Who can make referrals?

Any professional, parent/carer, self-referrals.

### How can this support be accessed?

Telephone or video call.

### Opening hours

Core 9am - 5pm. Crisis 24/7.

## ADDvanced Solutions Community Network

### What support is available?

- Telephone consultations.
- Email consultations and support. Resources on website.
- Open Facebook page: [ADDvanced Solutions Community Network](#)
- Closed Facebook group only for parents/carers of children and young people living with a neurodevelopmental condition: [ADDvanced Solutions Community Network CIC](#)

### Referral contact details:

0151 486 1788

[info@addvancedsolutions.co.uk](mailto:info@addvancedsolutions.co.uk)

[www.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk) - via the contact us page

### Who can make referrals?

Open Access

Families and professionals

### How can this support be accessed?

- Telephone/e-mail
- Contact us through our [website](#)
- Open Facebook page: [ADDvanced Solutions Community Network](#)
- Closed Facebook group only for parents/carers of children and young people living with a neurodevelopmental condition: [ADDvanced Solutions Community Network CIC](#)

### Opening hours

Normal working hours are 9am - 5pm.

## Barnardo's Action with Young Carers

### What support is available?

**All support will be offered via telephone/email, no face-to-face support is currently available.**

- Continued daily/weekly support to all our new and existing young carers.
- Statutory assessments to gauge significant caring roles and negative impact (all young people/young adults have the right to a carers assessment) and support plans once gauged caring role.
- There are no carers breaks, but we will be making regular contact and sending information/resources to share/work with.
- Some group work will be set up via whatsapp/other but only for those who are identified as young carers following assessment

### Referral contact details:

0151 228 4455

[youngcarers.liverpool@barnardos.org.uk](mailto:youngcarers.liverpool@barnardos.org.uk) for guidance and pack will be sent out with all details EHAT & Pre-EHAT pathways (will be given guidance as above).

### How can this support be accessed?.

- Providing vouchers for shopping if in need including delivering shopping or accessing on-line slots if family unable to get out.
- We will maintain contact with all professionals to support service users/families including highlighting any safeguarding concerns/issues linked to young carers/cared for, family as a whole.
- We will continue to provide updates, summaries of work and any reports needed to feed into any specific groups: child protection, child In need, early help/other.
- School access: young carers are classified as one of the most vulnerable groups, we will encourage children and young people to access schools should they need additional support, respite, access to free school meals.

### Opening hours

9am – 5pm, workers will contact young people/families outside of this depending on individual need.

## Kooth

### 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.

The team will be delivering therapeutic support via online forums and chats.

### Referral contact details:

Via the website [www.kooth.com](http://www.kooth.com)

### Who can make referrals?

Children and young people aged 14-25 years

### How can this support be accessed?

Online via [website](#)

### Opening hours

Midday to 10pm Monday to Friday  
6pm - 10pm weekends

## RAISE Team - Merseyside Youth Association

### What support is available?

- Group work for young people and parents - weekly interactive meetings with the YAY group online
- Resilience-building support for children and young people.
- Youth Connect 5 courses for parents delivered via Zoom.
- Social media campaigns to help children and young people become resilient and also parents and carers of children and young people, providing them with self-care tools and ways to help maintain a work life balance at home. [Read more here.](#)

### Referral contact details:

[www.mya.org.uk/News](http://www.mya.org.uk/News)

[www.twitter.com/MYARAISETeam](https://www.twitter.com/MYARAISETeam)

[www.facebook.com/merseysideya/](https://www.facebook.com/merseysideya/)

[www.instagram.com/myaraiseteam?](https://www.instagram.com/myaraiseteam?igshid=mzuefqlhwe2b)

[igshid=mzuefqlhwe2b](#)

### How can this support be accessed?

Mental health promotion interventions on social media, from competitions to messages about mental health and resilience.

### Opening hours

9am - 5pm but we will do some evening online group work.

## Young Person's Advisory Service - YPAS

Face-to-face support from YPAS is not currently available.

### What support is available:

#### Information Advice and Guidance (11yrs - 25yrs) & LGBTQ (11yrs - 25yrs)

- Psycho-social education
- Coping strategies
- Resilience building
- Parenting support
- Telephone support
- Access to school meal vouchers
- Strategies for managing children and young people's behaviour
- Advice around benefits and support
- Government advice broken down and explained in simple terms
- Referral to advice on prescription
- Guidance on managing anxiety with the current social distancing process
- Sessions/families will be risk assessed ensuring safeguarding protocols for managing escalations in mental health concerns.

#### Counselling & Psychotherapy Service (11yrs - 25yrs) & Primary Care Liaison Service (0-25yrs)

Telephone sessions with parents/carers and young people to support the mental health and emotional well-being. The sessions will provide activities to undertake with children, reassurance and guidance managing anxiety with the current social distancing process. The sessions/families will be risk accessed ensuring we follow usual safeguarding protocols for managing escalations in mental health concerns.

Parents/carers and young people will be directed to our website for resources when pertinent and be provided with practical advice such Citizen's Advice Bureau contacts.

#### Group Work - Smartys, Thrive & Sky

- Telephone and email sessions with children and young people to support their mental health and emotional well-being
- Children and young people will be directed to our website for resources when pertinent and be provided with practical support.

#### Youth Justice Service:

Telephone support sessions will be offered at a negotiated time when they can speak in confidence.

## Young Person's Advisory Service

### Referral contact details:

YPAS Support Service 0151 702 6074

Therapy Service 0151 702 6064

Primary Care Liaison 0151 702 6087

Referrals.liverpoolypas@nhs.net

Referral form via [www.ypas.org.uk](http://www.ypas.org.uk) or email support@ypas.org.uk

### Who can make referrals?

Self-referrals, parents and carers, and professionals.

### How can this support be accessed?

Individual support access points may vary - but primarily all support will be access via telephone and email sessions with children and young people to support the mental health and emotional well-being.

Children and young people will be directed to our website for resources when pertinent and be provided with practical advice such Citizen Advice Bureau contacts.

### Opening hours

9:15am - 8pm Monday Thursday

9am - 4pm Friday

# Schools Support

The following pages outline the support available within schools.

In addition to these specific services, support for children with neurodiverse needs will also be available by contacting ADDvanced Solutions and the ADHD Foundation

ADHD.Foundation@nhs.net [www.adhdfoundation.org.uk/](http://www.adhdfoundation.org.uk/)

[www.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk) - via the contact us page 0151 486 1788

info@addvancedsolutions.co.uk

## Young Person's Advisory Services - Seedlings

### What support is available:

- Telephone support sessions will be offered. Face-
- to-face interventions are on hold at this time.

### Referral contact details:

0151 702 6057

Referrals.liverpoolypas@nhs.net

Schools hold the referrals and have copies of the referral form. Referrals are completed by designated school staff and triaged by the designated school Seedlings practitioner.

### Who can make referrals?

Liverpool Primary Schools.

### How can this support be accessed?

Telephone sessions with parents to support the mental health and emotional well-being of the children and families. The sessions will provide activities to undertake with children, reassurance and guidance managing anxiety with the current social distancing process. Parents and carers will be directed to our website for resources when pertinent and be provided with practical advice such as Citizen Advice Bureau contacts. The sessions/families will be risk assessed ensuring we follow usual safeguarding protocols for managing escalations in mental health concerns.

### Opening hours

9:15am - 5pm Monday to Thursday

9am - 4pm Friday

## Schools Support

### Young Person's Advisory Service Secondary Schools Wellbeing Clinic (11-17)

#### What support is available:

- Telephone support sessions will be offered at a negotiated time when they can speak in
- confidence Psycho-social education
- Coping strategies
- Resilience building
- Face-to-face interventions are on hold at this time.

#### Referral contact details:

0151 702 6057

Referrals.liverpoolypas@nhs.net

#### Who can make referrals?

- Any secondary schools

Wellbeing clinics

#### How can this support be accessed?

Telephone support and email (see contact details above).

#### Opening hours

9am-5pm Monday - Thursday

9am-4pm Friday



# Schools Support

## Alder Hey - Mental Health Support Teams (MHSTs) for schools

At present MHSTs are only working into primary schools, and small number of secondary schools, as part of the programme roll-out. For schools that are not yet involved in this programme, please continue to use Seedlings.

### What support is available:

- Phone and video consultations/sessions weekly from Educational Mental Health Practitioners and team leads with families who are open to service.
- New assessments via phone consultations that teachers / mental health leads have identified as requiring support with low level interventions and referred to service.
- Team leads can offer stepped up assessments and consultations if required and following consultation
- Teams will develop resources for children, young people and families and schools

### Referral contact details:

07908 207 612      Referrals.liverpoolypas@nhs.net

### Who can make referrals?

School staff who identify young people who experience low level anxiety and low mood and teachers requiring consultation and discussion.

### How can this support be accessed?

Phone and video consultations/sessions.

### Opening hours

9am-5pm

# Mental Health Support for Childcare Hubs

This page outlines the support aimed specifically in Liverpool's Childcare Hubs. This is in addition to the wider **CAMHS Partnership** support available.

## What to do if a child at your hub needs urgent support for their mental health.

If a child is in crisis, you can call the **crisis care line 0151 293 3577 anytime**. However, they should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

Alder Hey Crisis Care Team - 24/7. Face-to-face support will still be available when essential.

If children at your hub are already being seen by Seedlings, Mental Health Support Teams or Wellbeing Clinics (Secondary Schools) Children and families will continue to be offered telephone appointments with their designated practitioner during this time.

Referrals can still be made into these services using the standard Seedlings, MHST or Wellbeing Clinic referral forms which should be sent to the following address: [Referrals.liverpoolypas@nhs.net](mailto:Referrals.liverpoolypas@nhs.net)

## If you need advice or support around a child in your hub

Mental Health Support Teams are available to offer consultation and advice at this time.

### Please contact:

YPAS clinical admin on 07908 207612 / 0151 702 6057 who will then forward your enquiry to the person on duty. Alternatively you can complete the support request form and email it to: [Referrals.liverpoolypas@nhs.net](mailto:Referrals.liverpoolypas@nhs.net)

## If you need advice around a child in your hub with a neuro-developmental condition

The current situation is unsettling for all children and young people but those with neurodevelopmental conditions may be finding the change of routine particularly challenging.

ADDvanced solutions and ADHD foundation are available to the teaching and support staff in the school hubs to offer them a consultation, or any information, advice, guidance regarding ND conditions, through telephone and email support.

### Please contact:

ADDvanced Solutions: 0151 486 1788 or  
[info@addvancedsolutions.co.uk](mailto:info@addvancedsolutions.co.uk) ADHD Foundation:  
[ADHD.Foundation@nhs.net](mailto:ADHD.Foundation@nhs.net)

Find everything you need to know about covid-19 (also known as coronavirus) in our useful information hub. Get the latest updates from Alder Hey, check the signs and symptoms of covid-19 and more. For the latest government advice, please [click here](#).

For the latest NHS guidance and advice relating to covid-19, please go to the dedicated NHS 111 website [here](#).

For queries relating to care of a patient, or an appointment at Alder Hey, call our hotline on 0151 282 4907 or email [covidinfo@alderhey.nhs.uk](mailto:covidinfo@alderhey.nhs.uk).

### Adult Mental Health Support

These services are mainly delivering remotely.  
For more information please click the links below.

[Mersey Care NHS Foundation Trust](#)

[Talk Liverpool](#)

[Samaritans](#)

[James' Place](#)

[Cheshire West Partnership](#)

[Citizens Advice Bureau](#)

[Ladders of Life](#)

[Mary Seacole](#)

[Liverpool Roots](#)