



North Cheshire and Mersey
NHS Foundation Trust

Services to Support Health and Wellbeing

For Children, Young People and their Families in Warrington

Neurodiversity Advice and Support

ADDvanced Solutions Community Network

Encourages, supports and empowers the families of neurodiverse children and young people with or without a diagnosis, who may also have specific learning difficulties or associated mental health needs.

Telephone: 01925 320863

Website: www.advancedsolutions.co.uk

National Autistic Society (NAS)

Provide advice and guidance to support mental health.

Website: www.autism.org.uk

Autism understood

Created by autistic individuals with advice and support to improve health and wellbeing.

Website: www.autismunderstood.co.uk

Attention Deficit Hyperactivity Disorder

ADHD support and advice to improve health and wellbeing for parents/carers and young people.

Website: www.adhdandyou.co.uk

Website: www.adhdfoundation.org.uk

Mental Health Support

Child and Adolescent Mental Health Service Crisis Response Team

24 hour crisis response team for young people up to the age of 18 experiencing a crisis needing an emergency response.

Telephone: 01744 415640

Warrington Crisis Line

Urgent support 24/4 for people of all ages experiencing a mental health crisis.

Telephone: 0800 051 1508

Child and Adolescent Mental Health Service (CAMHS)

Child and Adolescent Mental Health Services - also known as CAMHS - support children and young people up to age 18 with their emotional and mental health and wellbeing.

Telephone: 01925 575904

General Practitioner (GP)

Your GP can also talk to you about your mental health and help introduce you to the right mental health service for your needs.

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

YoungMinds

Advice and information to empower parents and young people and provide tools to support their mental health. Parents helpline, webchat and email service.

Website: www.youngminds.org.uk

Happy Ok Sad

Links to information, services and resources to support mental health wellbeing.

Website: www.warrington.gov.uk/happy-ok-sad

Samaritans

Call 116123 to talk to someone 24/7 whatever your age.

Website: www.samaritans.org

Talking matters Warrington

Talking Therapies for people experiencing mental health difficulties. Self-refer on-line from 16 years old.

Telephone: 01925 401720

Website: www.mhm.org.uk

PAPYRUS

Prevention of young suicide.

Telephone: 0800 068 4141 or text 07786 209697

Website: www.papyrus-uk.org

Saint Joseph's family Centre

Works in partnership with CAMHS to provide person centred counselling for children and young people aged 6-18 to support them to understand their feelings, develop positive self-management tools and encourage better mental health and wellbeing.

Website: www.saintjosephsfamilycentre.co.uk

Calm Harm App

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

Download via Apple and Google Play app stores.

Wellbeing Support

Childline

Offer a free 1:1 online counselling service.

Telephone: 0800 1111

Website: www.childline.org.uk

Youth in Mind

Free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

Telephone: 01925 977277

Website: www.warringtonyouthzone.org/youth-in-mind

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

REACH 85258

Text SHOUT to 85258 for free, 24 hour confidential text support service for anyone in the UK who is struggling to cope.

Website: www.giveusashout.org

School Health Team

Each primary and secondary school has a named school nurse who will promote health and emotional wellbeing in school.

Website: www.bridgewater.nhs.uk

Education and SEND

Special Education Needs and Disability Information Advice & Service Support

Help parents/carers and young people who have or may have special educational needs and disabilities between the ages of 0-25 with or without EHCP.

Telephone: 01925 442978

Email: infosendiass@warrington.gov.uk

IF YOU FEEL YOUR CHILD/YOUNG PERSON IS IN IMMEDIATE DANGER OR AT RISK OF HARM, CONTACT YOUR LOCAL A&E DEPARTMENT OR CALL 999