



North Cheshire and Mersey
NHS Foundation Trust

Services to Support Health and Wellbeing

For Children, Young People and their Families in Halton

Local Offer Advice and Support

Halton Local offer

Provides links to information, services and resources to support mental health and wellbeing in the local area.

Website: <https://localoffer.haltonchildrenstrust.co.uk>

Halton Family Hubs

A brand-new website and app, giving you access to Halton's free local family hub services 24/7 direct to your device.

Website: www.haltonfamilyhubs.co.uk

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: 0151 486 1788

Website: www.addvancedsolutions.co.uk

NHS – ADHD in children and young people

NHS approved information, advice and links to support to improve health and wellbeing. www.nhs.uk/conditions/adhd-children-teenagers/

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

Mental Health Support

Child and Young Person's Mental Health Service (CYMPHS)

CYPHS support children and young people up to age 18 with their emotional and mental health and wellbeing. Monday to Friday (09:00 to 17:00) General advice line. Telephone: 01928 568 162

Halton Child and Young Person's Mental Health Service Crisis Line

Parents/Carers and others over the age of 18 can contact the crisis line for urgent support 24/7.

Telephone: 0800 051 1508

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

Young Minds

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

Samaritans

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

Website: www.samaritans.org

SHOUT 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

Talking Therapies Halton

Talking Therapies offer free NHS therapy for people in Halton with common mental health problems like anxiety or depression, to help you change the way you feel by changing the way you think.

Website: www.merseycare.nhs.uk

PAPYRUS

Prevention of young suicide.

Telephone: 0800 068 4141 or text 07786 209697

Website: www.papyrus-uk.org

Wellbeing Support

Headz Up Halton Drop-In session for young people up to 18 years old

The weekly HeadzUp Halton drop-in café takes place every Wednesday from 2.30pm to 4.30pm at the Hub, Grangeway, Runcorn, WA7 5HA.

Website: www.hbcnewsroom.co.uk/headz-up-halton

0-19 Service

Every child has a named health visitor, and each primary and secondary school has a named school nurse who are registered specialist community public health nurses who promote health and emotional wellbeing and who can signpost to support.

Kooth

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

Website: www.kooth.com

Childline

Offer a free 1:1 online counselling service.

Telephone: 0800 1111

Website: www.childline.org.uk

Education and SEND

Special Education Needs and Disability Information Advice & Service Support

Helping children, parents, carers and young people to take part in decisions that affect their lives.

Telephone: 0151 511 7733

Website: <https://sendiasshalton.co.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