

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



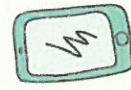
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We offer telephone advice and support to young people, parents/carers and adults who work with children who have a concerns about the mental health of a young person. We can offer advice and support over the phone, as well as sending out resources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



Cheshire and
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NHS Foundation Trust

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 at 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..."



Cheshire and Wirral Partnership NHS Foundation Trust

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

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



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**Advice Line
Children &
Young People
Wirral & Cheshire Wide**



Are you struggling with...

anxiety
low mood
body image
self-harm
bullying
schizophrenia
depression



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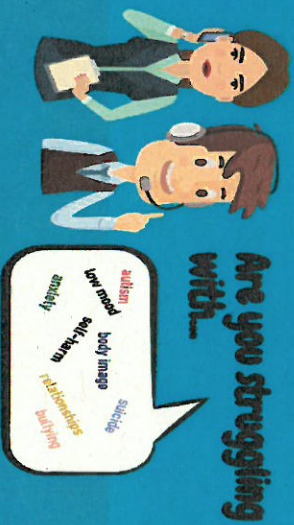
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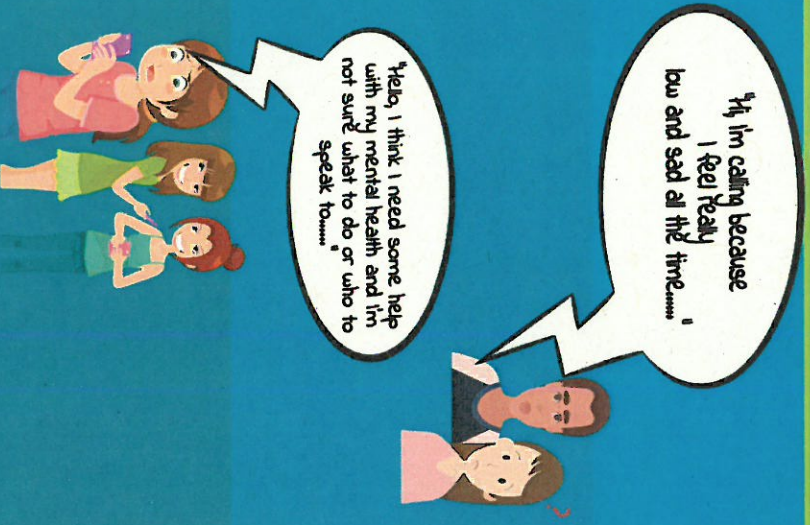


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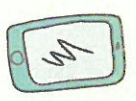
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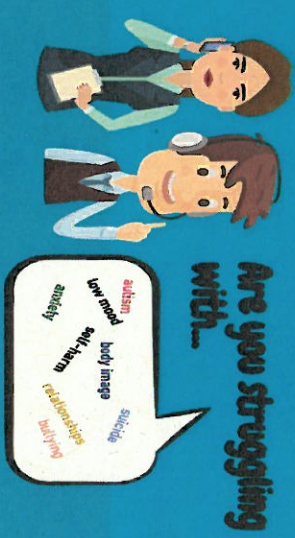
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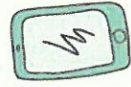
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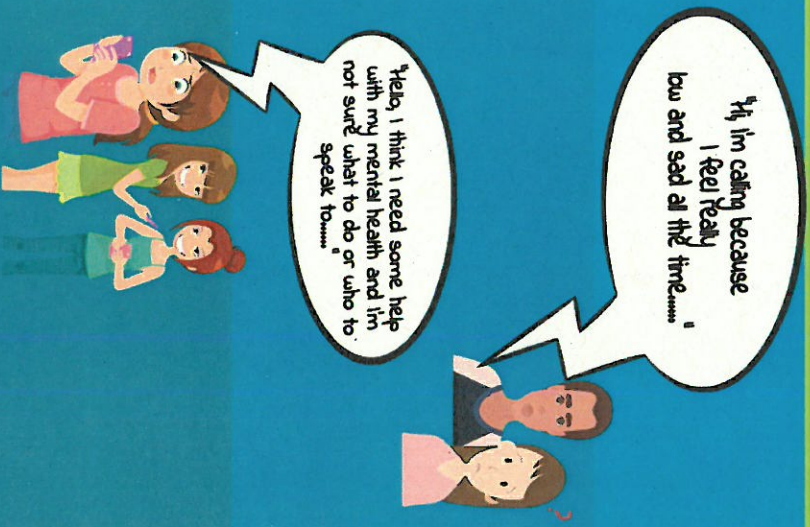


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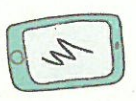
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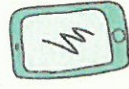
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Are you struggling with...
anxiety, low mood, self-harm, eating disorders, substance use, suicidal thoughts



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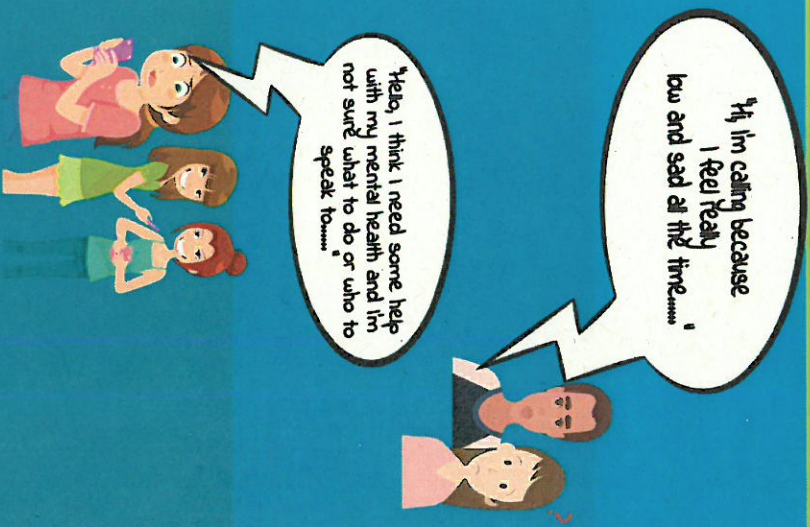


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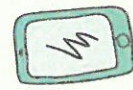
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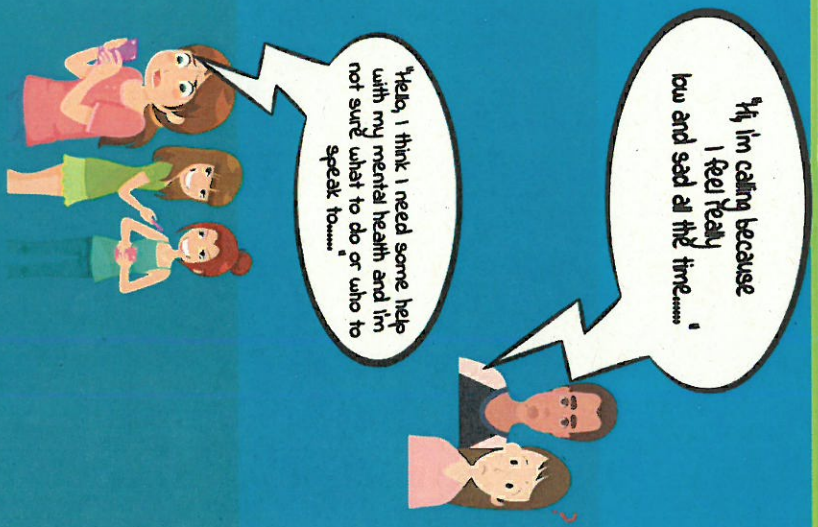


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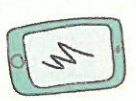
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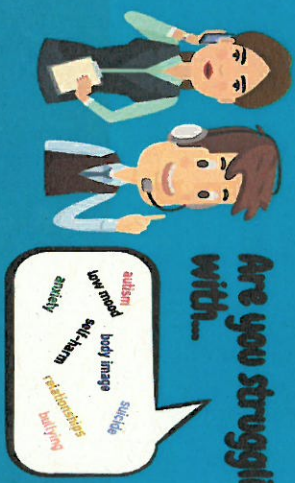
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body image
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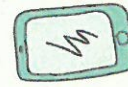
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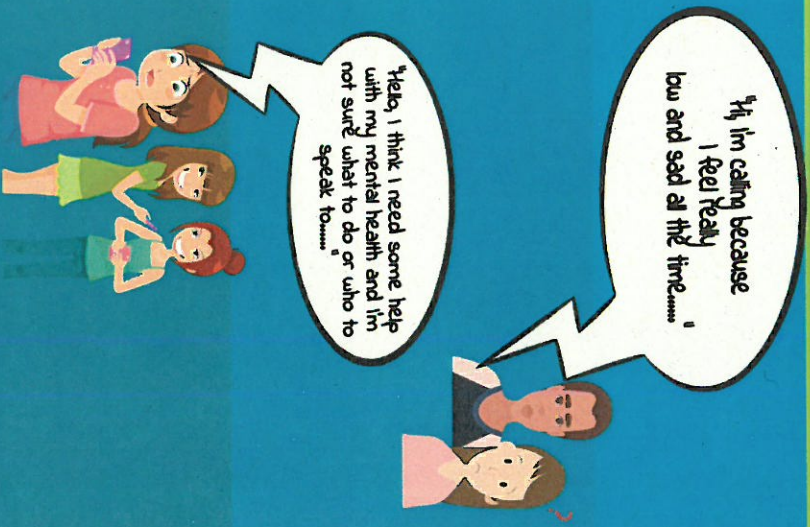


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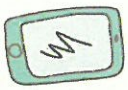
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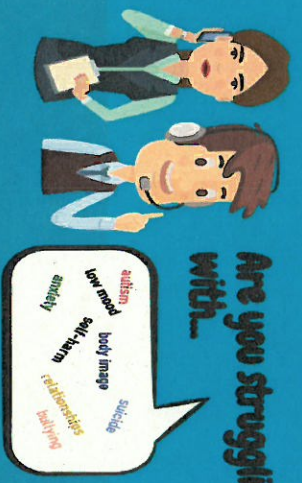
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"Hi, I'm calling because I feel really low and sad at the time..."

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



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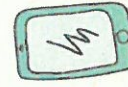
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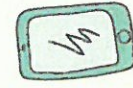
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low mood
self-harm
relationships
bullying

stroke

body image

anxiety

self-harm

relationships

bullying

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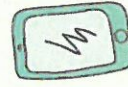
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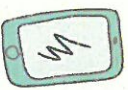
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- anxiety
- low mood
- body image
- self-harm
- relationships
- bullying
- suicide



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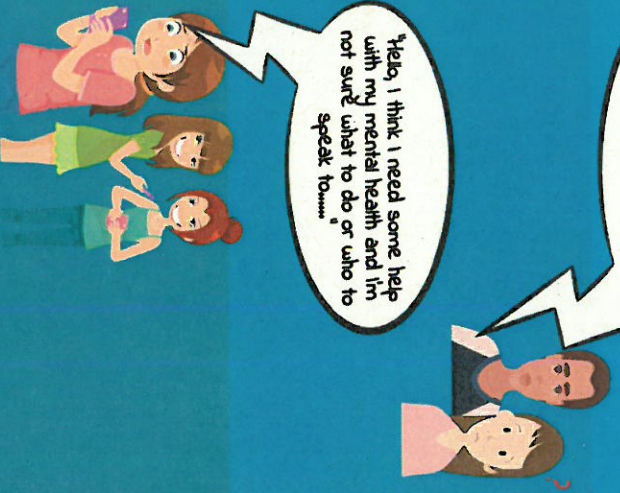
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Our aim is to provide access to a mental health service for children & young people, their families and concerned professionals outside of the usual business hours



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 a 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.

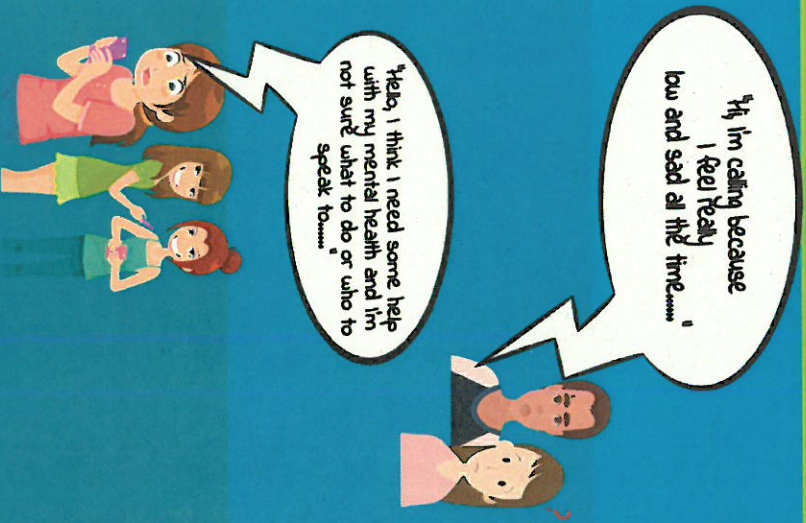
visit mymind
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5pm - 10pm Mon to Fri
12pm - 8pm Weekends
01244 397644



...and worried how to start a conversation with us? ...try these...



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Cheshire and Wirral Partnership
NHS Foundation Trust

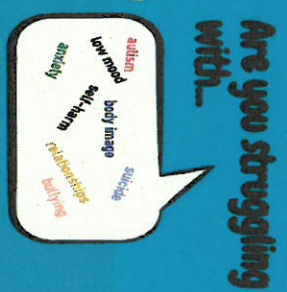
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This leaflet is available in other languages or formats

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



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Children &
Young People**

Wirral & Cheshire Wide

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"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....."



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Are you struggling with...

anxiety
low mood
body image
self-harm
suicidal thoughts
panic attacks

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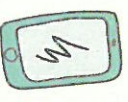
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Children &
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Are you struggling with...

- anxiety
- low mood
- body image
- self-harm
- relationships
- substance
- bullying



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Wirral & Cheshire wide



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anxiety
low mood
self-harm
relationships
bullying

body image

sickness

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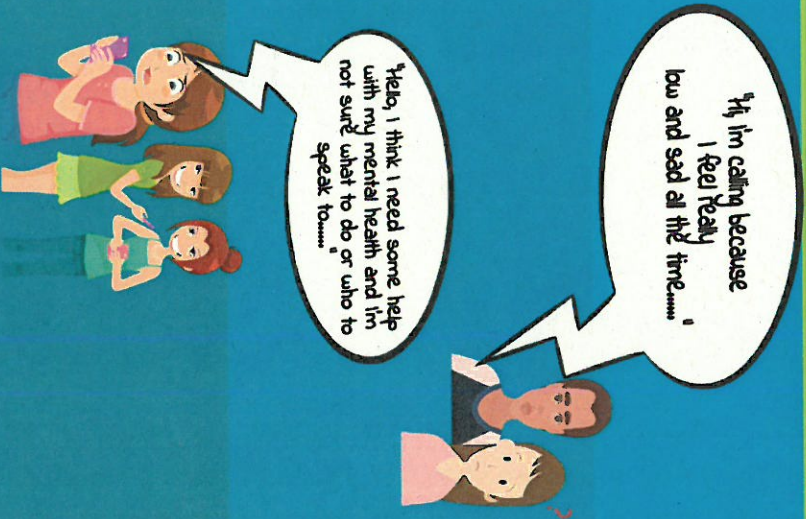


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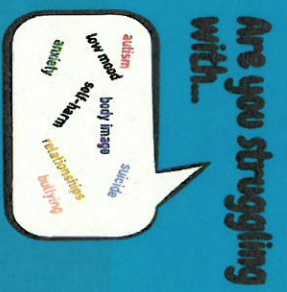
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autism
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body image
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relationships
bullying
suicide

Out of Hours Advice Line Children & Young People

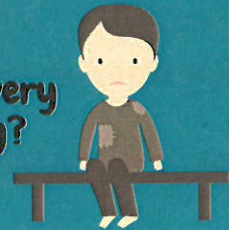
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Are you worried
about something?



Are you self harming
or having thoughts
of suicide?

Are you feeling very
sad & unhappy?



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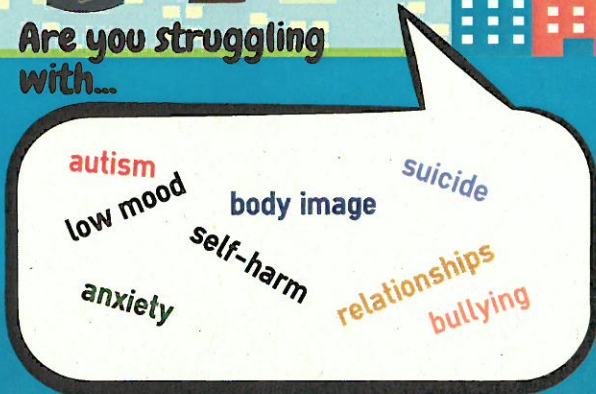
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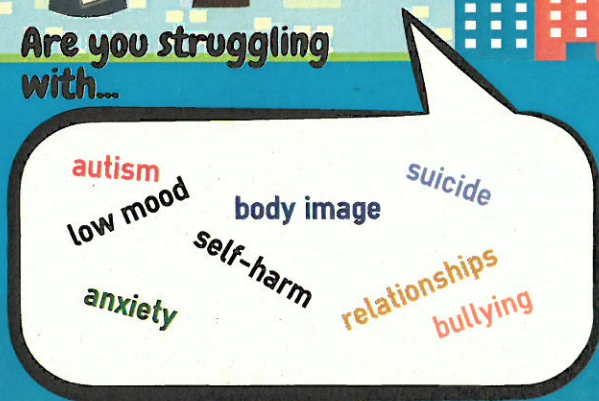
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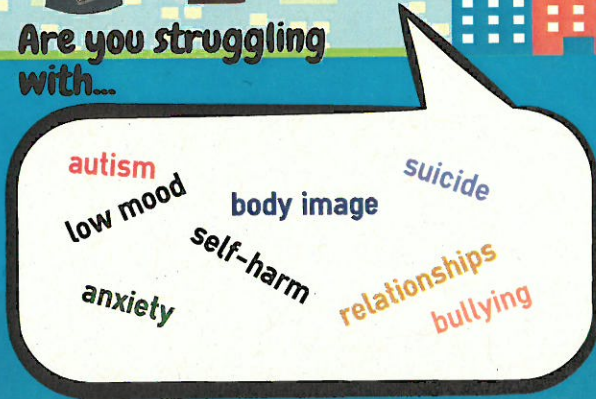
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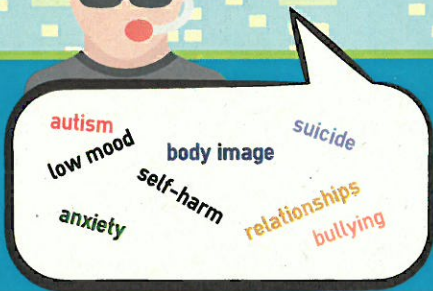




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Out of Hours Advice Line Children & Young People

Wirral & Cheshire
Wide



Are you an adult
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Are you a child &
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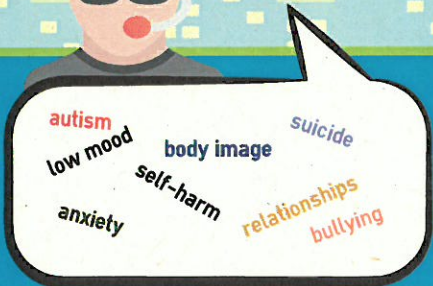




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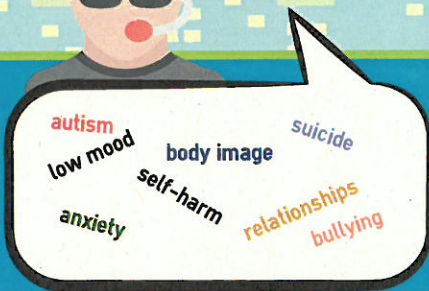




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- autism
- low mood
- anxiety
- body image
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