

Contact Details

9am-4.30pm

For any queries or concerns, you can contact the CAMHS Advice Line

Tel: 0151 488 8453

Outside of Hours

Including all day on weekends and bank holidays

- Contact the out of hours GP service.
- See one of the Helplines listed in our Resource Pack on the My Mind website:

<http://cwpcamhscentre.mymind.org.uk/wp-content/uploads/2017/07/Wirral-CAMHS-Resource-and-Information-Pack.pdf>

Immediate Concerns

If you are concerned about the immediate safety of your child, please take them to Arrowe Park A&E Department.
Tel: 0151 678 5111.

To find out more about our CAMHS Service why not visit our website www.mymind.org.uk or follow us on twitter [@MyMindFeed](https://twitter.com/MyMindFeed)



Cheshire and Wirral Partnership NHS Foundation Trust

Concerned about a child or young person's mental health?

Wirral CAMHS- Primary Mental Health Team

This leaflet is available in other languages or formats



Feedback

We welcome any suggestions you have, please send your comments, concerns and compliments to: PALS, Patient and Carer Experience Team, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester CH2 1BQ.

For more information see www.cwp.nhs.uk.

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Care • Well-being • Partnership

Who are we?

We are the Primary Mental Health Team within Wirral Child and Adolescent Mental Health Service (CAMHS).

Our aim is to help promote health and wellbeing in children and young people within schools and the wider community, recognising that mental health is everyone's business.



We are all trained in different backgrounds including social work, psychology and nursing.

What do we do?

As a team we offer advice, resources and training services to schools and organisations that support children and young people.

Need help?

Call the Advice Line: **0151 488 8453**

Self-help websites for young people:

www.moodjuice.scot.nhs.uk

www.mind.org.uk

www.youngminds.org.uk

<https://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>

Resource pack available at:

<http://cwpcamhscentre.mymind.org.uk/wp-content/uploads/2017/07/Wirral-CAMHS-Resource-and-Information-Pack.pdf>