

Contact Details

9am-5pm

For any queries or concerns, you can contact the CAMHS Duty Worker

- Tel: 0151 488 8453
- Website: www.mymind.org.uk



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.

Immediate Concerns

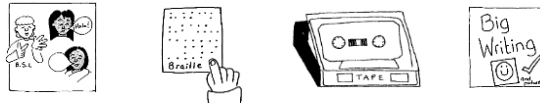
CAMHS are not an emergency service. If you are concerned about the immediate safety of your child, please take them to Arrowe Park A&E Department. Tel: 0151 678 5111.

If there's immediate life threatening risk to self or others, it may also be necessary to call 999 for the police or ambulance service.

To find out more about our CAMHS Service why not visit our website www.mymind.org.uk or follow us on twitter; www.twitter.com/mymindfeed



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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Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

When to be concerned

Wirral CAMHS



A guide to identify behaviours to be concerned about while on the waiting list for Child and Adolescent Mental Health Services (CAMHS).

Care • Well-being • Partnership

When to be concerned...

Increased level or frequency of self-harm and/or suicidal thoughts.



Seeing or hearing things others cannot see or hear.



Should you notice any of these changes, please contact us. For emergencies please contact A&E.

Weight loss and reduced food intake.



Significant changes in sleep or eating patterns.



Significant changes in personal hygiene ie. Washing much more or less than usual.

