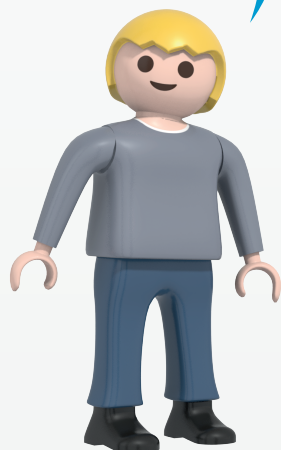


The treatment and support I get will be right for me and my personal needs.



If I'm having emotional difficulties, I'll get the right care, when I need it, and as close to my home as possible.



Sometimes these difficulties are too much for children and young people's friends and family members to help with.

Liverpool's mental health services are here to help when they find it hard to cope with family life, school, or the wider world.

These mental health services are commissioned by NHS Liverpool CCG. They work in partnership to promote positive mental health and emotional wellbeing to children and young people.

How to access this mental health support

Text

A free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.

Text the word **GREEN** to **85258**

Phone

If a child or a young person is in crisis, they can call the 24/7 crisis care line, freephone **0808 196 3550**

Online

On our website there's lots of information about the range of support available for children, young people and their families.

You can also find information about looking after your child's mental health and make a referral if they need the support of a professional.

www.liverpoolcamhs.com



These partners also help professionals who work with children, such as school staff and GPs — because in Liverpool, mental health is everyone's business.