



MARICOURT
CATHOLIC
HIGH SCHOOL
& SIXTH FORM CENTRE

Getting
Advice &
Support

Urgent
Support



I am a pupil

I am a
parent/ carer



My GP surgery is in...

Sefton >

Liverpool >

Knowsley/
Other >

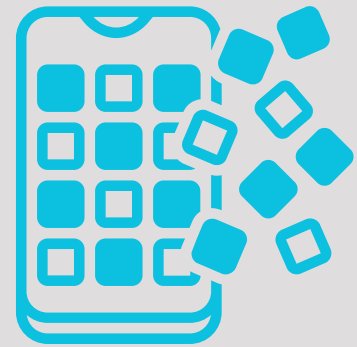
Sefton >



Support
outside of
school



In School



Apps



Online

Emotional

Self Harm

Eating Disorders

Drug/Alcohol

Domestic Abuse

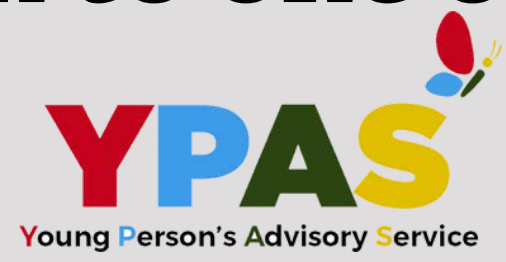
Gambling




Suicidal Thoughts

Numbers to
call/text



You do not need a referral to access these services, just drop-in to one of hubs.



		
North Hub Croxdale Road West L14 8YA 0151 305 2040	Central Hub 36 Bolton Street L3 5LX 0151 707 1025	South Hub Lyndene Road L25 1NG 0151 305 2030
Opening Hours	Opening Hours	Opening Hours
Monday: 9am - 8pm	Monday: 9am - 8pm	Monday: 9am - 8pm
Tuesday: 9am - 8pm	Tuesday: 9am - 8pm	Tuesday: 9am - 8pm
Wednesday: 9am - 8pm	Wednesday: 9am - 8pm	Wednesday: 9am - 8pm
Thursday: 2pm - 8pm	Thursday: 2pm - 8pm	Thursday: 2pm - 8pm
Friday: 9am - 4pm	Friday: 9am - 4pm	Friday: 9am - 4pm
	Saturday: 12pm - 4pm	



In School

Form
Tutor

Progress
Leaders

Wellbeing
Champions

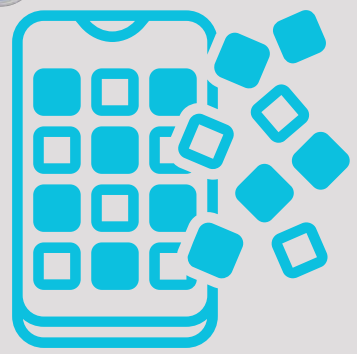
Julia
(Chaplain)

Learning
Mentors

School
Nurse

External
Partnerships

« BACK



Apps

Search your app store
for the apps below



Link

CAMHS
recommended
Apps

A white rounded square button with a blue link icon in a circle on the left. To its right is a yellow rectangular box with the word "Link" in black. Below these elements, the text "CAMHS recommended Apps" is displayed in blue, with "CAMHS", "recommended", and "Apps" each underlined.

CALM HARM

A logo consisting of a stylized blue and purple shape that resembles a lowercase 'c' or a protective shield, with a small blue dot above it. Below the graphic, the words "CALM HARM" are written in a light blue, sans-serif font.

Daylio
Journaling App
& Mood Tracker

A green rounded square icon containing a white, smiling face with large eyes and a wide mouth. Below the icon, the word "Daylio" is written in a large, bold, black font. Underneath "Daylio", the text "Journaling App & Mood Tracker" is written in a smaller, black font.

« BACK



Online



« BACK

**Numbers to
call/text**



Liverpool & Sefton

0151 293 3577

0808 196 3550



Knowsley CAMHS

0800 051 1508



**Text "GREEN"
to 85258**



**Text Service
School Nurse
07312 263 291**

 **Mermaids
0808 801 0400**



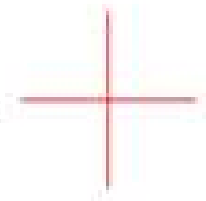
0808 808 4994

School Nurse

The school nurse holds a drop in session on a Wednesday lunchtime at the Newman Wellbeing hub. If you would like more information feel free to speak to one of the learning mentors.

LET'S CHAT
LET'S CHAT
LET'S CHAT
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**11 - 19
YEARS
OLD?**



We help young people with all kinds of things like...

- RELATIONSHIPS
- MENTAL HEALTH
- BULLYING
- ALCOHOL
- SELF HARM
- HEALTHY EATING
- DRUGS
- SMOKING
- EXAM STRESS

Message us for confidential advice and support.



Send a message to

07312 263 291

and chat with a school nurse

Find @SeftonSchoolNurses at chathealth.nhs.uk

Liverpool >



Support
outside of
school



In School



Apps



Emotional

Self Harm

Eating Disorders

Drug/Alcohol

Domestic Abuse

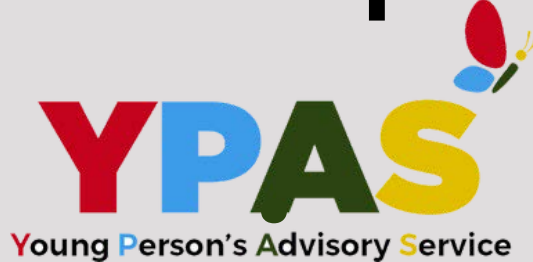
Gambling




Suicidal Thoughts

Numbers to
call/text



You do not need a referral to access these services, just drop-in to one of hubs.



Hub	Address	Contact	Opening Hours														
 North Hub Croxdale Road West L14 8YA 0151 305 2040	 Central Hub 36 Bolton Street L3 5LX 0151 707 1025	 South Hub Lyndene Road L25 1NG 0151 305 2030	<table border="1"><thead><tr><th>Day</th><th>Hours</th></tr></thead><tbody><tr><td>Monday</td><td>9am - 8pm</td></tr><tr><td>Tuesday</td><td>9am - 8pm</td></tr><tr><td>Wednesday</td><td>9am - 8pm</td></tr><tr><td>Thursday</td><td>2pm - 8pm</td></tr><tr><td>Friday</td><td>9am - 4pm</td></tr><tr><td>Saturday</td><td>12pm - 4pm</td></tr></tbody></table>	Day	Hours	Monday	9am - 8pm	Tuesday	9am - 8pm	Wednesday	9am - 8pm	Thursday	2pm - 8pm	Friday	9am - 4pm	Saturday	12pm - 4pm
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« BACK

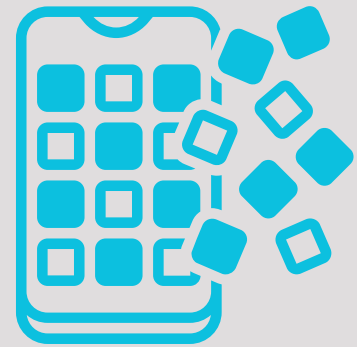
Knowsley/
Other >



Support
outside of
school



In School



Apps



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Emotional

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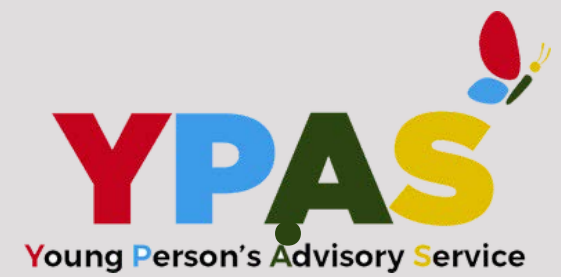
Domestic Abuse




Gambling

Suicidal Thoughts

Numbers to
call/text

You do not need a referral to go and speak to a professional for mental health support, just drop-in to one of hubs.

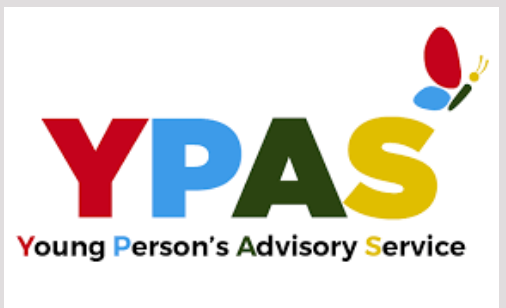


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Thursday	2pm - 8pm														
Friday	9am - 4pm														

Emotional



Daylio
Journaling App
& Mood Tracker



« BACK

Self Harm



CALM HARM

Self help app

"It's alright to ask for help"

SAMARITANS

 **116 123**



Things you can do to help

 **SHARP**

SELF HARM AWARENESS & RESOURCE PROJECT

What is rIPP?

Eating Disorders

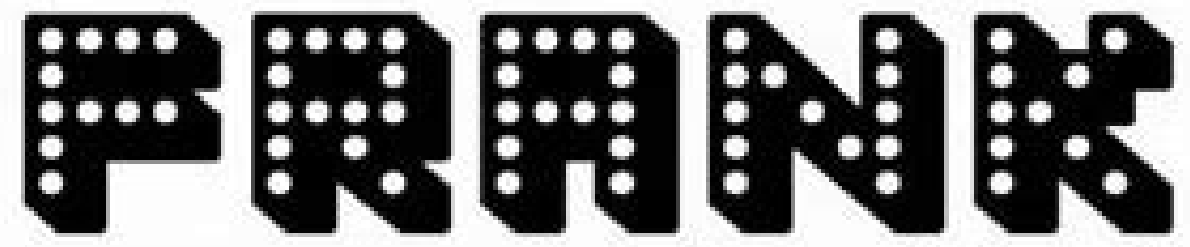


0808 801 0677



**For those with a
Liverpool/ Sefton GP**

Drug/Alcohol



0300 123 6600 talktofrank.com
Friendly, confidential drugs advice



**Change
Grow
Live**

**Text 'Frank'
82111**

« BACK

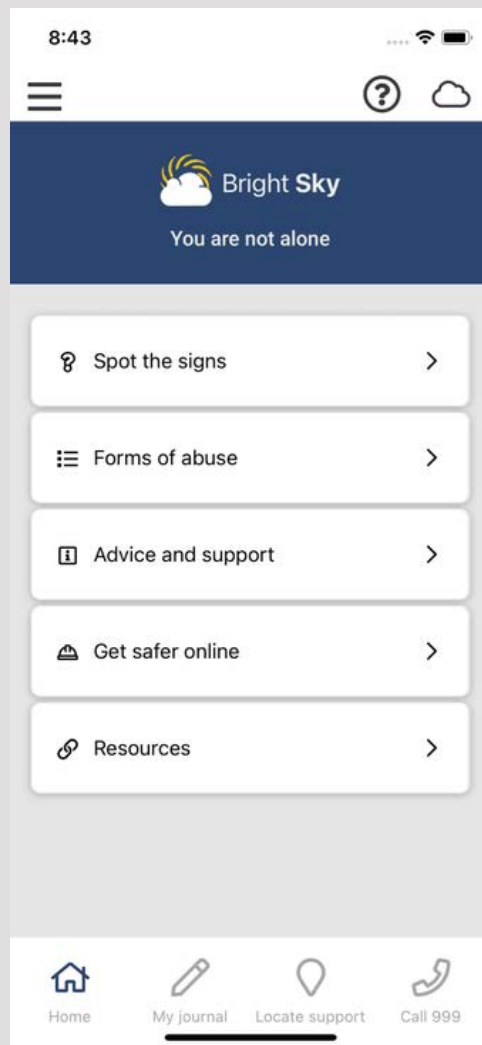
Domestic Abuse

Refuge



For women and children.
Against domestic violence.

0808 2000 247



women's aid
until women & children are safe

Respect
Men's advice line



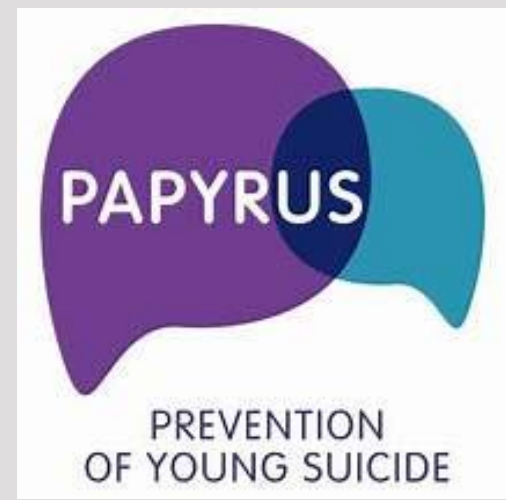
BACK

Gambling



Suicidal Thoughts

CRISIS NUMBERS YOU CAN CALL
0151 293 3577
0800 051 1508



0800 068 4141
or
Text HOPELINE on
07860 039967

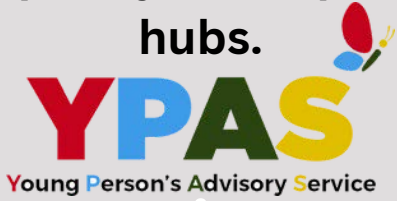


Suicidal Thoughts



Professional support

You do not need a referral to go and speak to a professional for mental health support, just drop-in to one of hubs.



Book an appointment with your GP. They will have further advice about services available to support you in your local area.

Hub	Address	Phone	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
North Hub	Croxdale Road West L14 8YA	0151 305 2040	9am - 8pm	9am - 8pm	9am - 8pm	2pm - 8pm	9am - 4pm	
Central Hub	36 Bolton Street L3 5LX	0151 707 1025	9am - 8pm	9am - 8pm	9am - 8pm	2pm - 8pm	9am - 4pm	12pm - 4pm
South Hub	Lyndene Road L25 1NG	0151 305 2030	9am - 8pm	9am - 8pm	9am - 8pm	2pm - 8pm	9am - 4pm	

My child's GP surgery is in...

Sefton >

Liverpool >

Knowsley/
Other >

« BACK

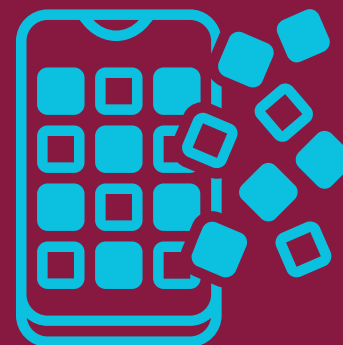
Sefton >



Professional Support



In School



Apps



Online

Emotional

Self Harm

Eating Disorders

Drug/Alcohol

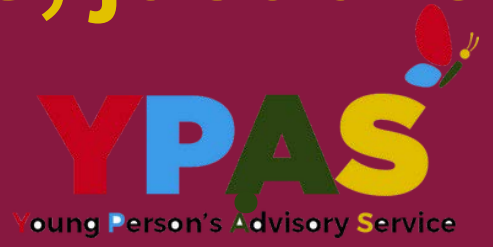
Domestic Abuse




Gambling

Suicidal Thoughts

Numbers to call/text

You do not need a referral to access the Star Centre or YPAS, just drop-in to one of hubs.



North Hub	Central Hub	South Hub			
					
<p>North Hub Croxdale Road West L14 8YA 0151 305 2040</p>	<p>Central Hub 36 Bolton Street L3 5LX 0151 707 1025</p>	<p>South Hub Lyndene Road L25 1NG 0151 305 2030</p>			
Opening Hours		Opening Hours		Opening Hours	
Monday	9am - 8pm	Monday	9am - 8pm	Monday	9am - 8pm
Tuesday	9am - 8pm	Tuesday	9am - 8pm	Tuesday	9am - 8pm
Wednesday	9am - 8pm	Wednesday	9am - 8pm	Wednesday	9am - 8pm
Thursday	2pm - 8pm	Thursday	2pm - 8pm	Thursday	2pm - 8pm
Friday	9am - 4pm	Friday	9am - 4pm	Friday	9am - 4pm
		Saturday	12pm - 4pm		

Take your child to see their GP. GP's will have further advice about services available to support you in your local area.

« BACK

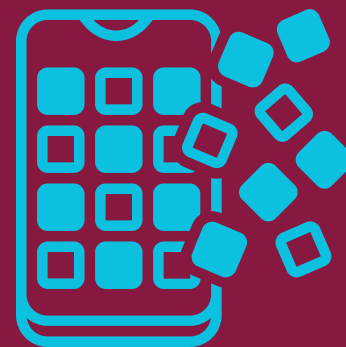
Liverpool >



Professional Support



In School



Apps



Emotional

Self Harm

Eating Disorders

Drug/Alcohol

Domestic Abuse

Gambling

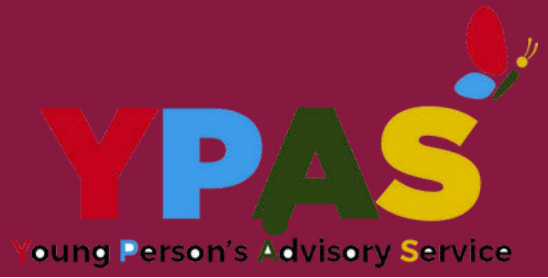
Suicidal Thoughts

Numbers to call/text

« BACK

Liverpool >

You do not need a referral to access YPAS drop in service, just turn up to one of hubs.



The screenshot displays three YPAS hubs, each with a location pin icon, a photo of the building, and a table of opening hours.

- North Hub:** Croxdale Road West, L14 8YA. Phone: 0151 305 2040.
- Central Hub:** 36 Bolton Street, L3 5LX. Phone: 0151 707 1025.
- South Hub:** Lyndene Road, L25 1NG. Phone: 0151 305 2030.

Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	2pm - 8pm
Friday	9am - 4pm

Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	2pm - 8pm
Friday	9am - 4pm
Saturday	12pm - 4pm

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Take your child to see their GP. GP's will have further advice about services available to support you in your local area.

« BACK

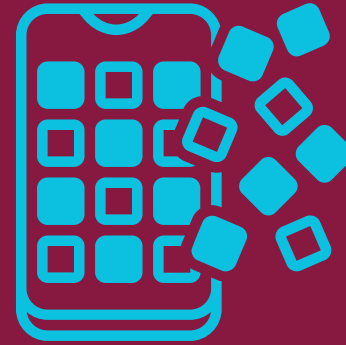
Knowsley/
Other >



Professional
Support



In School



Apps



Online

Emotional

Self Harm

Eating Disorders

Drug/Alcohol

Domestic Abuse

Gambling

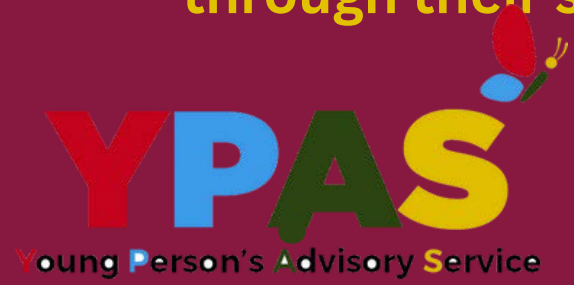
Suicidal Thoughts


Numbers to
call/text

« BACK

Knowsley/
Other >

You do not need a referral to access YPAS drop in service, just turn up to one of hubs and your child can be given time to speak with a professional. If your GP is not a Liverpool/ Sefton GP, YPAS will not refer you for key work through their service, however the drop in sessions are still available.






North Hub
Croxdale Road West
L14 8YA
0151 305 2040

Opening Hours


Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	2pm - 8pm
Friday	9am - 4pm



Central Hub
36 Bolton Street
L3 5LX
0151 707 1025

Opening Hours

Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	2pm - 8pm
Friday	9am - 4pm
Saturday	12pm - 4pm



South Hub
Lyndene Road
L25 1NG
0151 305 2030

Opening Hours

Monday	9am - 8pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	2pm - 8pm
Friday	9am - 4pm

Take your child to see their GP. GP's will have further advice about services available to support you in your local area.

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In School



Form Tutor

Progress Leaders

Learning Mentors

Julia (Chaplain)



Please speak to child's Head of Year/ Progress Leader about referrals to Sefton MHST

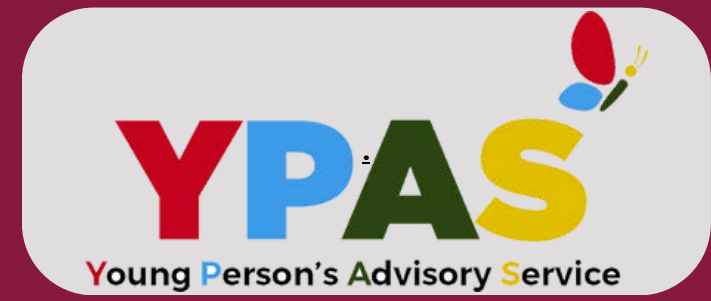
School Nurse


External Partnerships

« BACK




CAMHS offer FREE online 'bitesize' training sessions for parents/carers on a range of topics which may help you support your child. Please find the updated training session details by clicking this link.





Chat to us online



To chat to us online, click on the chat icon in the bottom righthand corner of your screen. We're open Monday to Friday, from 9:30am to 4pm.

When we're closed, you can still leave us a message in the chat. We'll reply to you by email in 3-5 working days.

[Find out more about our chat service >](#)

Self Harm



Advice

Further Information

Eating Disorders



0808 801 0677



For those with a
Liverpool/ Sefton GP

« BACK

Domestic Abuse

Refuge



For women and children.
Against domestic violence.

0808 2000 247

women's aid
until women & children are safe

Respect
Men's advice line

Advice

« BACK

Numbers to
call/text



Speak to us on the phone



Call our Parents Helpline for free on 0808 802 5544.

We're open Monday - Friday 9:30am - 4:00pm.

Find out more about our phone service >

0151 707 1025

YPAS

Young Person's Advisory Service



Liverpool & Sefton

0151 293 3577

0808 196 3550

Parenting

2000

0151 920 7137

Numbers to call/text



Speak to us on the phone



fighting for young people's mental health

Call our Parents Helpline for free on 0808 802 5544.

We're open Monday - Friday 9:30am - 4:00pm.

[Find out more about our phone service >](#)

Parenting
2000

0151 920 7137



Knowsley CAMHS
0800 051 1508
0151 351 8610

Do you need



Further
Support

Urgent
Support



My GP surgery is in...

Sefton >

Liverpool >

Knowsley/
Other >



Those with a Sefton /Liverpool GP can put a referral directly into CAMHS with detail of the reason your child is seeking support.

! **If your child is at immediate risk**
Dial 999 for emergency
111 for non emergency
Or take your child to A&E for urgent mental health support



Mersey Care
NHS Foundation Trust

CAMHS

How to access our service



CAMHS is a specialist service, which means that referrals need to be made by someone who has met you and thinks that CAMHS might be able to help. That person might be your GP, health visitor, school health advisor, social worker or a paediatrician (a specialist children's doctor).

Once we receive your referral, we get in touch with you as soon as possible to let you know whether we think we can help and to offer you an appointment with our team.

If you think you would benefit from support from CAMHS, make an appointment to see your GP, who will be able to make a referral to our service for you if they think we could help.



If your child is at immediate risk

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111 for non emergency

Or take your child to A&E for urgent mental health support



My GP surgery is in...

Sefton >

Liverpool >

Knowsley/
Other >

Numbers to
call/text



0151 293 3577

0808 196 3550



**If your child is at
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health support



BACK

Numbers to
call/text



Mersey Care

NHS Foundation Trust

Knowsley CAMHS

0800 051 1508

01744 415 640

Not in Knowsley?

Find the Mental
Health Support line
for my area



**If your child is at
immediate risk**

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111 for non emergency

Or take your child to A&E for urgent mental
health support