



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 >

« BACK

# Sefton >



Support  
outside of  
school



In School



Apps



http://  
Online

Emotional

Self Harm

Eating Disorders

Drug/Alcohol

Domestic Abuse

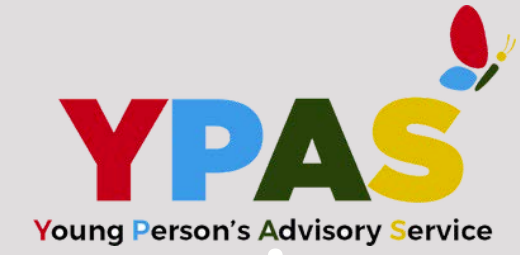
Gambling

Suicidal Thoughts

Numbers to  
call/text



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





## In School

Form  
Tutor

Progress  
Leaders

Wellbeing  
Champions

Julia  
(Chaplain)

Learning  
Mentors

School  
Nurse

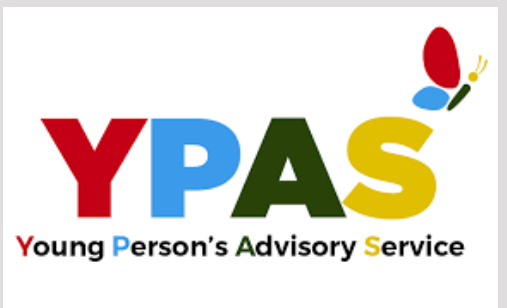
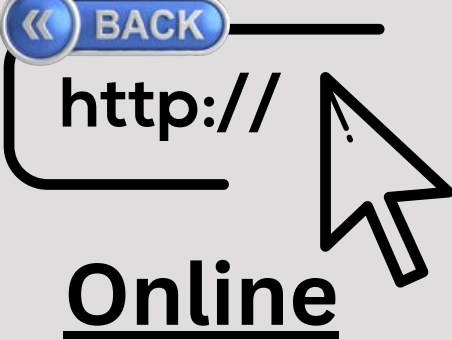
External  
Partnerships



Apps

Search your app store  
for the apps below







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**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**



**Call Us  
0808 801 0576  
Text Us  
07717 989 025**

School Nurse

The school nurse holds a drop in session on Wednesday lunchtimes, opposite the pastoral office in the Newman Campus.

**11 - 19 YEARS OLD?**

+

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

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

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

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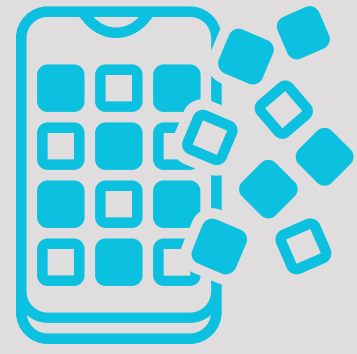
# Liverpool >



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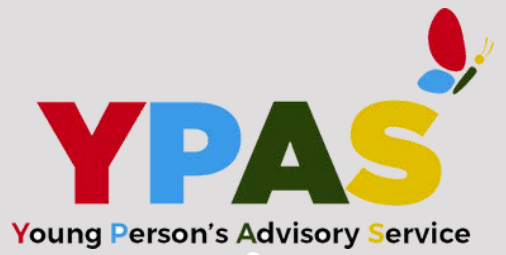
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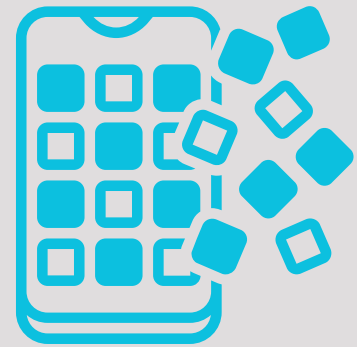
Knowsley/  
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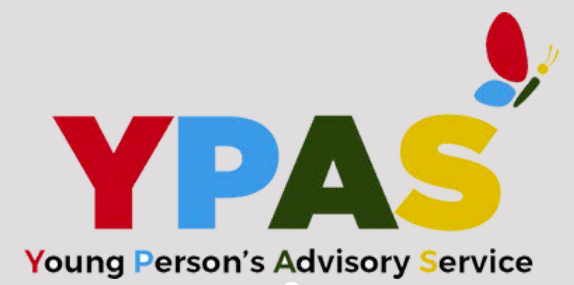
Domestic Abuse

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



# Emotional



**Daylio**  
Journaling App  
& Mood Tracker



# 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

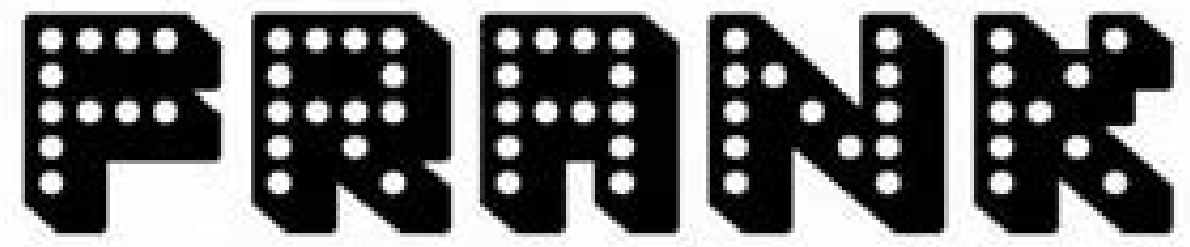


**0808 801 0677**



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

Drug/Alcohol



0300 123 6600 talktofrank.com  
Friendly, confidential drugs advice



**Change  
Grow  
Live**

**Text 'Frank'  
82111**

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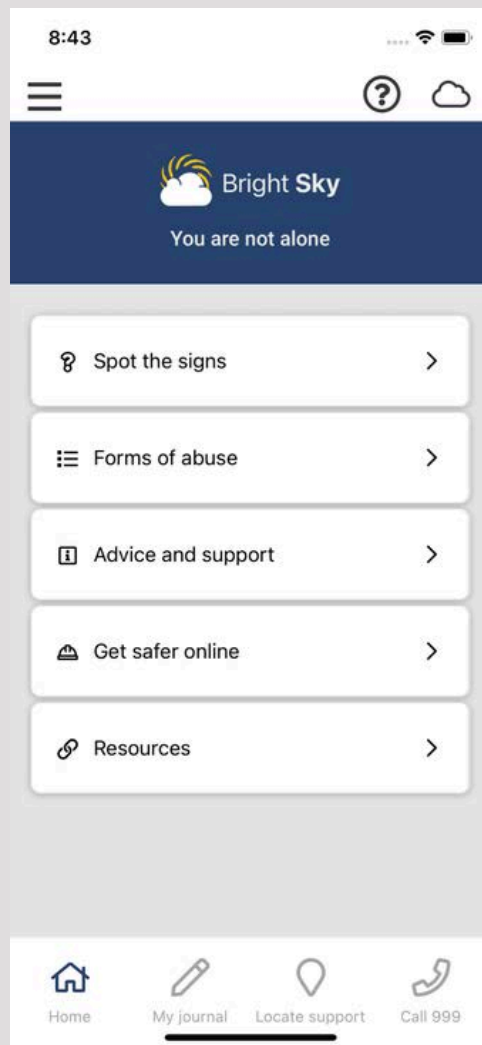
# Domestic Abuse

# Refuge



For women and children.  
Against domestic violence.

**0808 2000 247**



women's aid  
until women & children are safe

Respect  
Men's advice line

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# Gambling



**Suicidal Thoughts**

**CRISIS NUMBERS YOU CAN CALL**  
**0151 293 3577**  
**0800 051 1508**



**0800 068 4141**  
or  
**Text HOPELINE on**  
**07860 039967**



**Professional support**

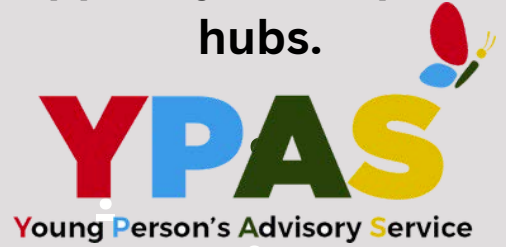
# Suicidal Thoughts



Professional support

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

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





# My child's GP surgery is in...

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Knowsley/  
Other >

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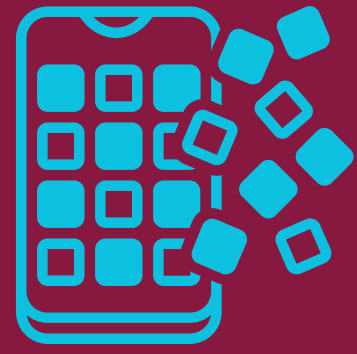
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Professional Support



In School



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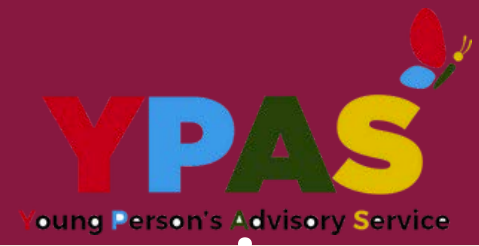
Gambling

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.



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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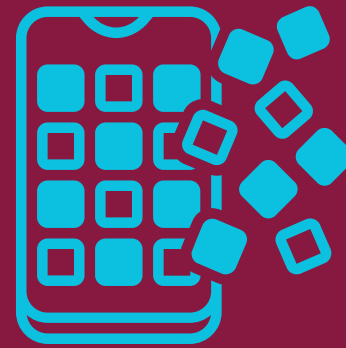
Liverpool >



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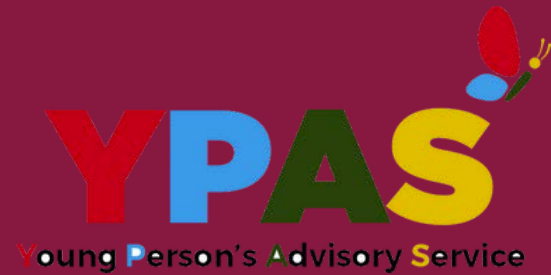
Domestic Abuse

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



**W**ALK **I**N **S**UPPORT **H**UB

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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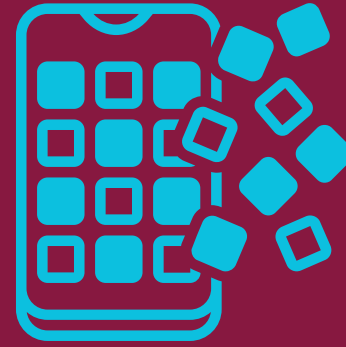
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Other >



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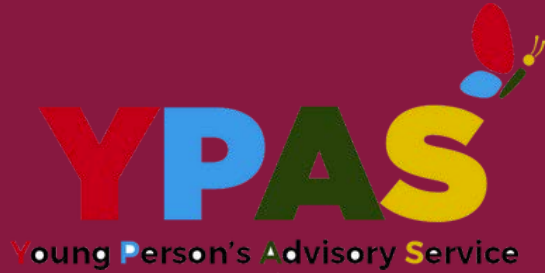
Suicidal Thoughts

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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.



WALK IN SUPPORT HUB

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

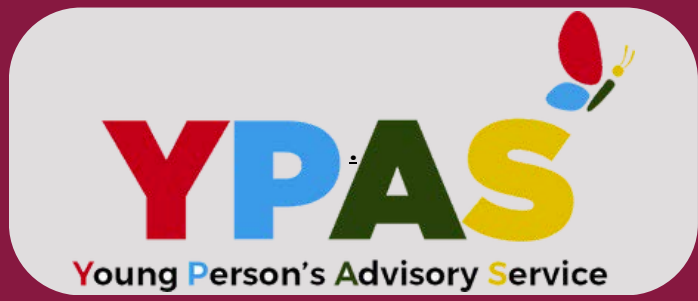
External Partnerships



http://  
Online



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



# Self Harm



Advice

Further Information



Eating Disorders



**0808 801 0677**



**For those with a  
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## 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

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Numbers to  
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Speak to us on the phone

**YOUNGmINDS**  
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 >

0151 707 1025

**YPAS**

Young Person's Advisory Service



**Mental Health Support**

for children & young people in Liverpool



**Liverpool & Sefton**

**0151 293 3577**

**0808 196 3550**

**Parenting**

**2000**

**0151 920 7137**

Numbers to call/text



Speak to us on the phone

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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**

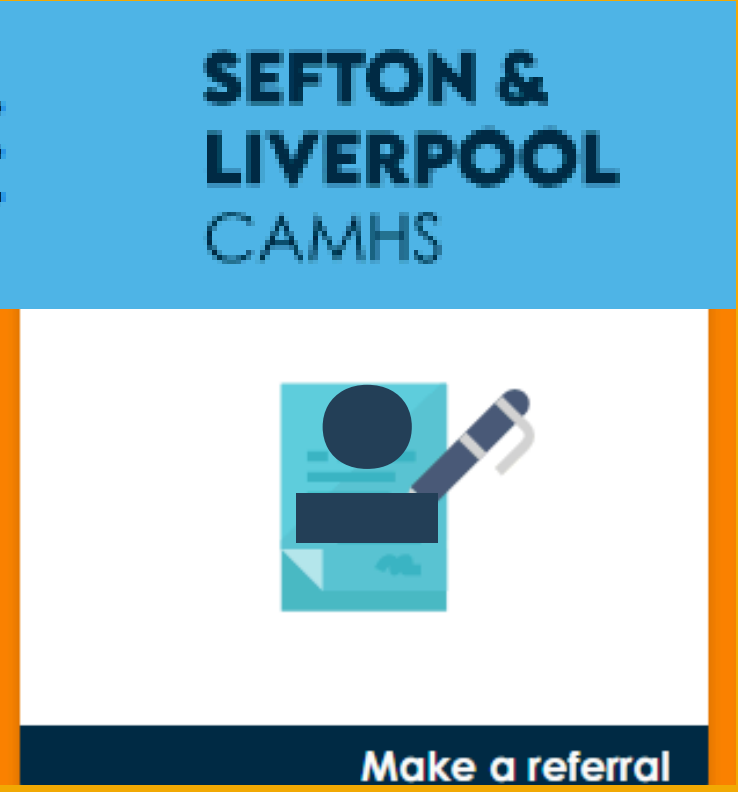


# My GP surgery is in...

Sefton >

Liverpool >

Knowsley/  
Other >



Those with a Sefton /Liverpool GP can put a referral directly into Mental Health Support (previously known as 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**

Dial 999 for emergency  
111 for non emergency  
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# My GP surgery is in...

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0151 293 3577

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Numbers to  
call/text

**NHS**

**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**

Dial 999 for emergency

111 for non emergency

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