



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



Emotional

Self Harm

Eating Disorders

Drug/Alcohol

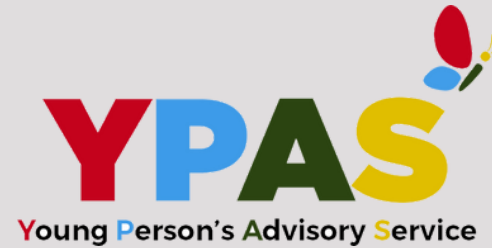
Domestic Abuse

Gambling

Suicidal Thoughts

**Numbers to
call/text**

**Drop in sessions are available without a referral.
Or, you can submit a referral on the website to
access regular support.**





In School

Form
Tutor

Progress
Leaders

Wellbeing
Champions

Julia
(Chaplain).

Learning
Mentors

School
Nurse

External
Partnerships

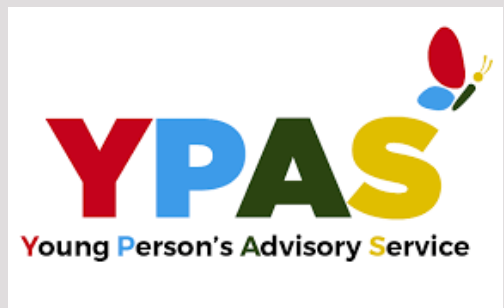
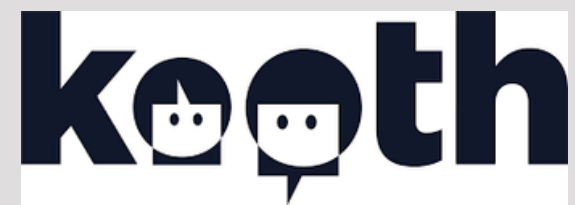


Search your app store
for the apps below





Online



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

Our school nurse Kaz has a drop in session every Tuesday lunchtime. She is based in the room next to Julia opposite the pastoral office in the Newman Campus.

LET'S CHAT
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**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

NHS

 ChatHealth

Send a message to

07312 263 291

and chat with a school nurse

Find @SeftonSchoolNurses at chathealth.nhs.uk



BACK

Liverpool >



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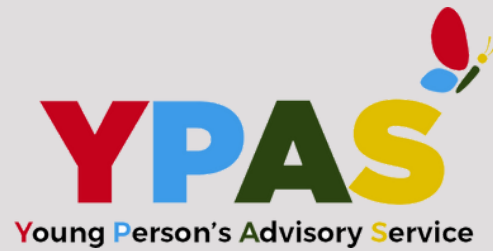
Domestic Abuse

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Suicidal Thoughts

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call/text**

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



WALK **I**N **S**UPPORT **H**UB



BACK

Knowsley/
Other



Support
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In School



Apps



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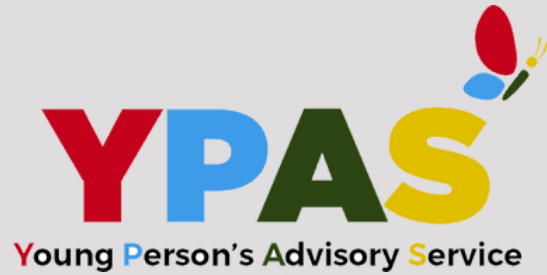
Domestic Abuse

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Numbers to
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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.

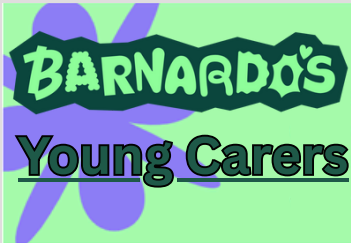
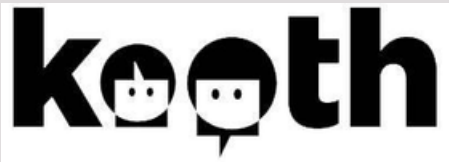


W A L K I N S U P P O R T H U B

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?



ALUMINA

Eating Disorders



0808 801 0677



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

Drug/Alcohol

FRANK

0300 123 6600 talktofrank.com

Friendly, confidential drugs advice



**Change
Grow
Live**

**Text 'Frank'
82111**



« BACK

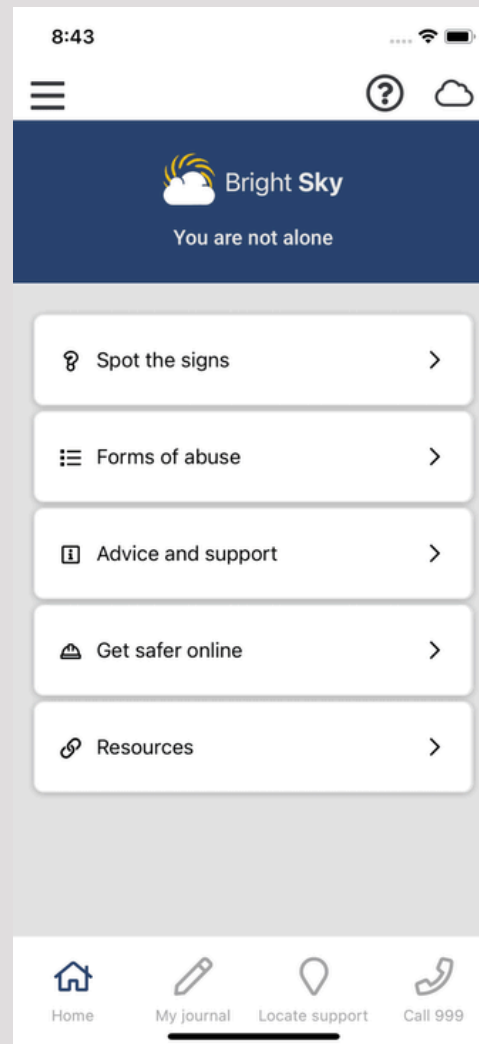
Domestic Abuse

Refuge



For women and children.
Against domestic violence.

0808 2000 247



women's aid
until women & children are safe

Respect
Men's advice line



07802 722 703



BACK

Gambling



Suicidal Thoughts

CRISIS NUMBERS YOU CAN CALL

0151 293 3577

0800 051 1508



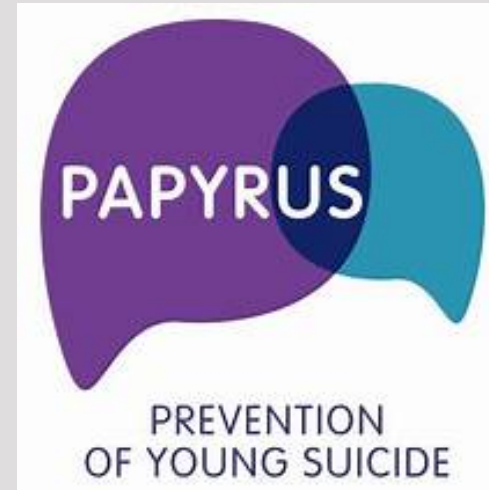
#StayAlive

"It's alright to
ask for help"

SAMARITANS



116 123



0800 068 4141

or

Text HOPELINE on

07860 039967



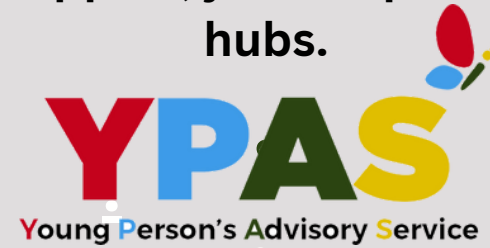
Professional
support

Suicidal Thoughts



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.



WALK IN SUPPORT HUB

My child's GP surgery is in...

Sefton >

Liverpool >

Knowsley/
Other >



BACK

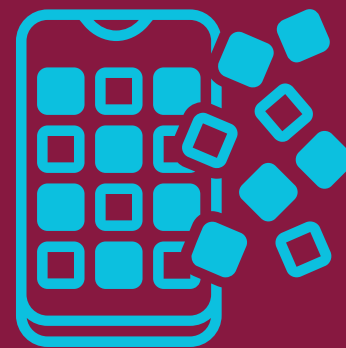
Sefton



**Professional
Support**



In School



Apps

http://



Online

Emotional

Self Harm

Eating Disorders

Drug/Alcohol

Domestic Abuse

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**Numbers to
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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.

« BACK

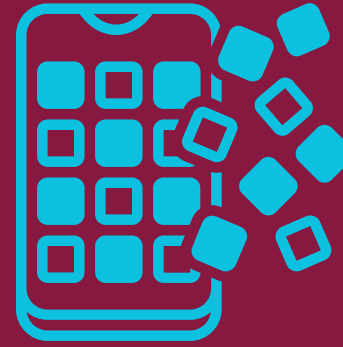
Liverpool >



Professional
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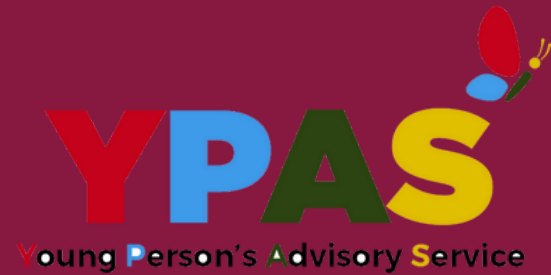
Domestic Abuse

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



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.



BACK

Knowsley/

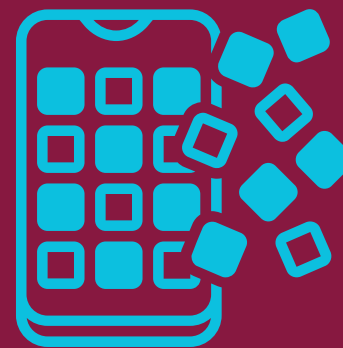
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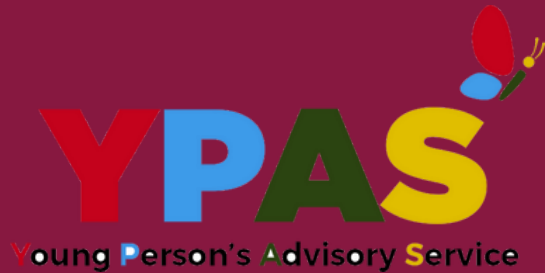
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You do not need a referral to access YPAS drop in service, just turn up to one of hubs and your child can be given time to speak with a professional. If your GP is not a Liverpool/ Sefton GP, YPAS will not refer you for key work through their service,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



In School



Form
Tutor

Progress
Leaders

Learning
Mentors

Julia
(Chaplain).



Please speak to child's
Progress Leader about
referrals to Sefton
MHST

School
Nurse

External
Partnerships



BACK

School Nurse

Our school nurse, Karen Corris, holds a drop in session every Tuesday lunchtime for pupils.

School can support with referrals to our school nurse for any other medical support your child may need or for further support and advice. Please speak with your child's progress leader for support with this.

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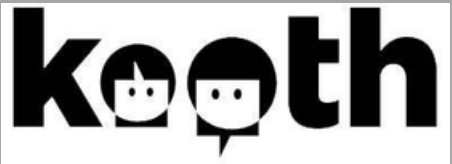
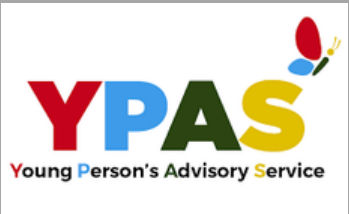
Send a message to
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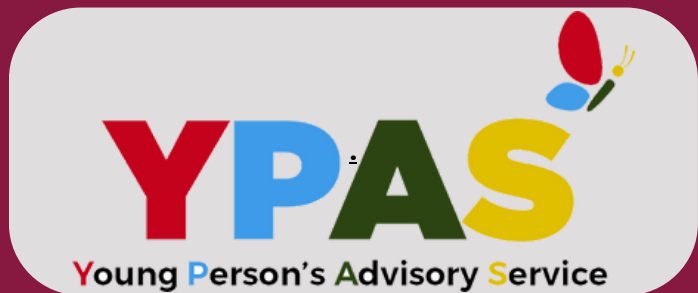



Daylio
Journaling App
& Mood Tracker






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.





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



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Liverpool/ Sefton GP**

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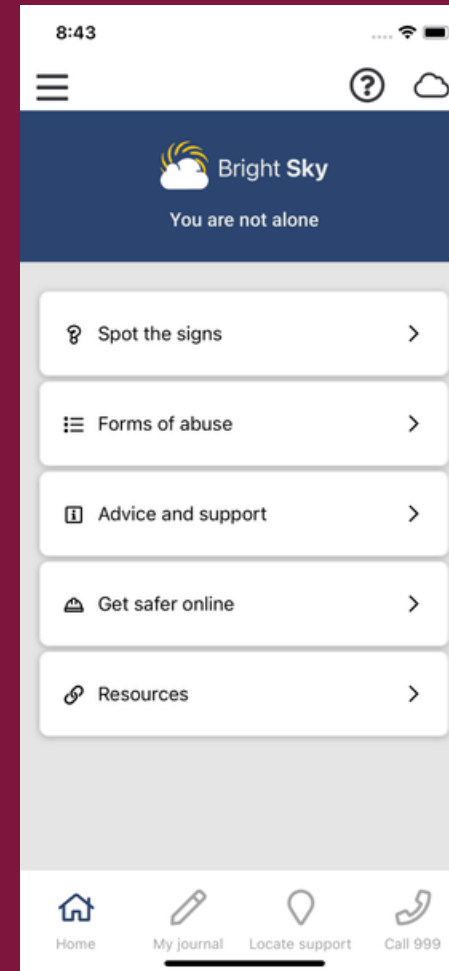
women's aid
until women & children are safe

Respect
Men's advice line



MERSEYSIDE DOMESTIC
VIOLENCE SERVICE
creating a safer community

07802 722 703



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



BACK

Numbers to
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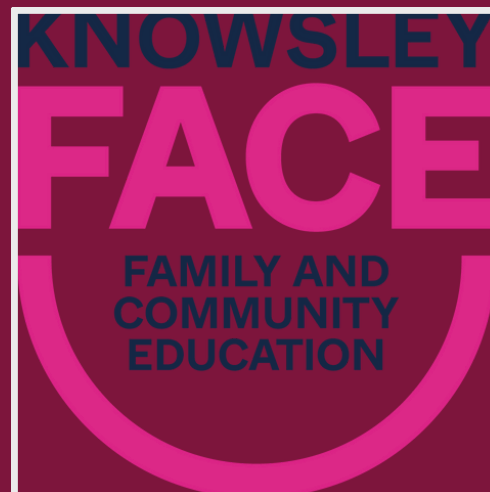
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Triple P parenting
programme

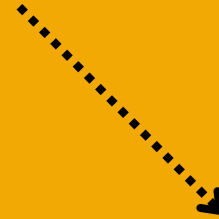
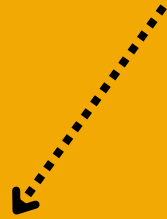


Knowsley CAMHS

0800 051 1508

0151 351 8610

Do you need



My GP surgery is in...

Sefton >

Liverpool >

Knowsley/
Other >

Sefton >

Liverpool >

SEFTON & LIVERPOOL CAMHS



Make a referral

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

[BACK](#)

[Knowsley/](#)
[Other](#)



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.



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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



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