**MENTAL HEALTH CRISIS LINE**

Please note that for any child or young person in Knowsley requiring **Urgent mental health support** there is now a dedicated phone line -01925 275309

Any child ( where appropriate) or young person  can self-refer or be referred by any professional.

 The line is open 24/7  and the NHS staff will support callers to access the help that is needed. Key points to note and share with your parents/ children and young people are:

  The crisis line is available 24 hours a day, seven days a week and is open to people of all ages – including children and young people;

  The crisis line is now the first port of call for mental health crisis help it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be redirected to this local service.

  Please note, A&E and 999 are not the best places to get help for the majority of mental health problems – call our crisis line to be directed to the best local service to support you.

  You should still call 999 or go to A&E if you have a life-threatening emergency requiring immediate mental or physical health assistance.

**MENTAL HEALTH SUPPORT SERVICES**

Please find attached a mental health service support document commissioned in Knowsley.  It is directed at professionals who have contact with young people and may be of use to you all as school leaders but also for your Pastoral Teams, Learning Mentors and anyone who is checking in with your vulnerable families at this time. It includes services available for children and adults, online and telephone numbers and who can access them.

Below is a list of the key services who provide volunteers:

**For people in Crisis** - Urgent mental health support - 01925 275309  (adults and children)

**(For people with a Kirkby GP (only)** – can call 0151 330 7332 (but the above line will re-direct as well)

**General mental health support**

For adults (over 16) requiring treatment for common mental health problems such as depression and anxiety -

Think Wellbeing - 0151 290 4999,   <https://www.nwbh.nhs.uk/think-wellbeing-knowsley>