



Mental Health Support and Resources

February 2026

Mental Health Support for Liverpool's Children & Young People (previously CAMHS)

<https://www.liverpoolcamhs.com/professionals/training/>

COMING UP IN FEBRUARY LIVE, ONLINE TRAINING

Children in Care Pathway - for social workers 11AM-12PM FEB 02	Introduction to Self-Harm 10AM - 11AM FEB 18	Understanding Mental Health Support for Children and Young People in Liverpool 10AM - 11AM FEB 23
Managing Challenging Conversations 12PM - 1PM FEB 23	Behaviour as Communication 4-5PM FEB 23	Parental Mental Health 12PM - 1:30PM FEB 24
Understanding and Managing Anxiety 12PM - 1PM FEB 24	Body Image - Eating Disorder Awareness Week 10AM - 11AM FEB 26	Child & Adolescent to Parent Violence & Abuse Session (CAPVA) 11AM - 1PM FEB 19
Nutrition and Wellbeing - Eating Disorder Awareness Week 1PM - 2.15PM FEB 26	Cultivating Self-Compassion 3:50PM - 4:45PM FEB 26	Adolescent Brain Development 9:30AM - 10:30AM FEB 27
Emotionally-Based School Avoidance 10AM - 11AM FEB 27	An Introduction to Eating Disorders - Eating Disorder Awareness Week 12PM - 1PM FEB 27	Kinship Kids and Mental Health 3PM-4PM FEB 27

Members of the Mental Health Support Offer for Liverpool's Children & Young People (previously CAMHS) design and deliver an ongoing programme of funded training opportunities.

Underpinned by therapeutic models, this is designed to educate and empower professionals, parents and carers as we strive to improve the knowledge and understanding of mental health among children and young people. These bite-sized sessions, which can be accessed online and last up to one hour.

kooth

Free, safe and anonymous mental wellbeing support whenever you need it.

For young people in Liverpool aged 10-25.

- Chat with our team of friendly practitioners
- Helpful articles
- Self help tools and activities
- Support from the Kooth community

Whatever is going on in your life, the anonymous community and our team of professionals are here to help and support you 24/7.

Visit www.kooth.com today to learn more.

Kooth CAMHS Support: Liverpool

<https://www.kooth.com/>

Kooth is a welcoming digital space where you can reach out and access online support tools to help improve your own wellbeing. Whether you want to talk to a professional or access self-help tools, support is available every day of the year.

Liverpool FRESH CAMHS (Alder Hey Children's NHS Foundation Trust)

<https://www.alderhey.nhs.uk/services/fresh-camhs/>



Fresh CAMHS is a community based mental health service in Liverpool for children and young people up to 18 years of age and their families who are struggling with how they are feeling, thinking or the way they are doing things.

They especially help those whose difficulties are getting in the way of being able to manage everyday life and relationships. Once assessed, referrals are directed to the most suitable part of the service, where there will be access to a highly skilled multi-disciplinary team trained in various therapies and approaches.

YPAS (Young Person's Advisory Service)

YPAS Walk-In Support Hub (WISH) provides a safe space for children and young people to attend at their Central Hub. Trained professional staff will listen and support you through difficult times.

<https://www.ypas.org.uk/what-we-do/well-being-services/crisis-drop-in/>



Smarty's is an open access group ran by YPAS for primary school aged children. Smarty's provides a secure, happy and stimulating environment in two of their hubs.

<https://www.ypas.org.uk/what-we-do/well-being-services/smartys/>

The parenting team at YPAS offer a variety of group programmes and 1-1 support that aim to support parents/carers to strengthen their relationships with their child, manage challenging behaviour, support their emotional wellbeing and talk through issues with other parents experiencing similar difficulties.

Support is delivered directly to parents/carers, face to face, in YPAS hubs as well as across community spaces in the Liverpool area.

<https://www.ypas.org.uk/what-we-do/parental-support/>