

Support for children and young people in Liverpool with their mental health

APPS



- <https://kooth.com/> - Popular App for young people - Free, safe and anonymous online support for young people.



- <https://www.mypossibleself.com/> - The NHS-featured mental health and wellbeing app

Liverpool based support

- Liverpool FYI (Fun Youth Involvement) www.liverpoolcamhsfyi.com



- Merseyside Youth Association <http://www.mya.org.uk>
- Young Persons Advisory service - offers free counselling and small group -

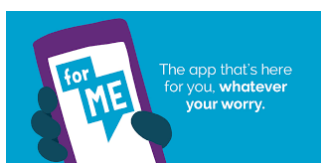


www.ypas.org.uk/

- **National support**

YOUNGMiNDS

Young Minds - mental health support for young people <http://www.youngminds.org.uk/>



- Childline - <https://www.childline.org.uk/> - Lots of visual and online resources as well as access to free counsellors via email and telephone.