

A message from Brook

We want to make sure all our young people are staying safe during this difficult time, this is why we have gathered some links and leaflets for you to take a look at.

The following links have been sent to us from numerous companies and you may have already received them but please see below and distribute where necessary:

[Brook Resources](#)

[Brook - Covid-19-response](#)

[Brook Learn for Professionals](#)

[Abuse: Getting Help](#)

[5 Ways You Can Support Young People with Home Study](#)

MENTAL HEALTH AND EMOTIONAL SUPPORT

If you or someone you know needs help right now, you should, if possible, try to talk to a parent, carer or trusted adult. If that's not possible, there are other sources of help and support:

- [Samaritans](#): someone to talk to about whatever you are going through. Available 24 hours a day, 365 days a year.
- [Childline](#): a huge range of free support, guidance and activities for under 18s, including a free phone helpline and 1-2-1 counsellor chat.
- [YoungMinds – crisis messenger](#): text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. There are also details of other sources of help and support.
- [On My Mind – urgent help](#): a list of organisations offering mental health help and support collated by the Anna Freud National Centre for Children and Families. On My Mind also has ideas for self-care and a directory of mental health services.

IMPORTANT INFORMATION

Please be aware there have been some changes to our Liverpool and Wirral clinical Services

To protect you & our staff, we are not accepting walk-ins at the moment.

Please call the service you wish to attend beforehand to book an appointment

We can answer any questions you have over the phone and help you book an appointment

Liverpool: 0151 207 4000

Wirral: 0151 670 0177 select
option 3

Thank you for understanding

brook.org.uk

