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

**APPS**

* [**https://kooth.com/**](https://kooth.com/) **-** Popular App for young people - Free, safe and anonymous online support for young people.
* [**https://www.mypossibleself.com/**](https://www.mypossibleself.com/) **-** The NHS-featured mental health and wellbeing app

**Liverpool based support**

* **Liverpool FYI (Fun Youth Involvement)**[www.liverpoolcamhsfyi.com](http://www.liverpoolcamhsfyi.com)
* **Mersyside Youth Association** <http://www.mya.org.uk>  
* **Young Persons Advisory service** - offers free counselling and small group - [www.ypas.org.uk/](http://www.ypas.org.uk/) 
* **National support**

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

* **Childline -** [**https://www.childline.org.uk/**](https://www.childline.org.uk/) **-** Lots of visual and online resources as well as access to free counsellors via email and telephone.