



**YPAS Central Hub,  
36 Bolton Street,  
Liverpool,  
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YPAS is a mental health and wellbeing charity in Liverpool specializing in working with children, young people and their parents.

We have staff working in communities across Liverpool, on evidence based training capable of delivering 6-8 sessions of 1:1 interventions around worry and low mood, an offer we are calling our **YPAS + Community offer**.

**The areas of focus are:**

- **helping children learn to manage and reduce their worries**
- **helping children who can find social situations anxiety-provoking or who feel nervous about talking in front of people or talking to new people**
- **support for children who feel down or low in their mood.**

We also offer 1:1 support to parent/carers of children with anxiety to support them learn new techniques and skills to help their child overcome anxiety.

The aim of these interventions are to offer support to Liverpool children and young people at an early stage, to prevent difficulties from escalating later.

**In order to access this offer:**

- **the child/parent need to give consent to record for training purposes (not shared publicly)**
- **the child needs to have no risk of harm presentations**

**We currently have no waiting list for this support**, although this is likely to change with demand.

If you feel any of the above support would be helpful for you or your child, please get in touch or refer in via:

- By calling 0151 707 1025 to make a referral over the phone
- By attending our WISH ([Walk-In Support Hub](#)) service Monday – Friday at our Central hub (opening hours on our website).
- Completing a referral form online [www.ypas.org.uk](http://www.ypas.org.uk)