

MENTAL HEALTH SUPPORT DURING SCHOOL HOLIDAYS

Adolescents in Warrington can access free face-to-face mental health support seven days a week during the summer holidays through the [Youth In Mind Drop-In Service](#) at Warrington Youth Zone. This service does not require any school referral, pre-booked appointment, or active youth zone membership, filling the gap when school-based pastoral systems are closed. [

A comprehensive directory of local, open-access, and crisis mental health resources available for teenagers in Warrington throughout the summer includes the following:

Face-to-Face & Local Drop-In Services

- **Youth In Mind (Warrington Youth Zone)**
 - **Availability:** Open 7 days a week from 3:30 PM to 7:30 PM.
 - **Location:** Warrington Youth Zone, Dallam Lane, Warrington, WA2 7LU.
 - **Details:** Run in partnership with Mersey Care [Child & Adolescent Mental Health Services \(CAMHS\)](#). Offers a discreet space for young people aged 7–19 (up to 25 with additional needs) to co-design a bespoke emotional support plan with key workers
- **Warrington & Halton Support Hub**
 - **Details:** Managed by [Mental Health Matters](#), providing a safe, non-clinical environment for teenagers facing emotional distress or heading toward a crisis. Offers 1-to-1 emotional support, social workshops, and wellness activities.
- **Targeted Counselling & Community Support**
- **St Joseph's Family Centre**
 - **Details:** Provides personalized [1-to-1 youth counselling](#) for adolescents aged 6–18 registered with a Warrington GP. The center utilizes creative activities to assist young people in managing anxiety, depression, and complex emotions.
- **Warrington CAMHS Assessment & Response Team**
 - **Details:** If local community interventions are insufficient, parents or young people can contact the local Mersey Care NHS CAMHS Service directly during weekdays by calling **01925 575 904** (9:00 AM to 5:00 PM) for clinical advice and triage.

Digital & Anonymous Support (24/7)

- **Kooth**
 - **Details:** A free, safe, and entirely anonymous [online mental wellbeing community](#) commissioned by the NHS for young people. It provides access to peer support forums, articles, and online text-based counselling with qualified practitioners.
- **Shout Crisis Text Service**
 - **Details:** A national, 24/7 confidential text support network. Adolescents can text **SHOUT** to **85258** at any time of day or night to connect with a trained crisis volunteer. [[1](#), [2](#)]

Urgent & Immediate Crisis Care

If an adolescent is experiencing a severe mental health crisis or is at immediate risk of self-harm, use these dedicated 24-hour resources: [[1](#), [2](#)]

- [NHS Mental Health Crisis Line](#): Call **111** and select the mental health option to reach the local 24-hour crisis response team.
- **Papyrus HOPELINE247**: Call **0800 068 4141** or text **07860 039967** for specialist suicide prevention advice tailored for young individuals.
- [Childline](#): Call **0800 1111** for free, confidential 1-to-1 counselor support. [[1](#), [2](#), [3](#), [4](#)]

