



## FREE health advice for teenagers in Knowsley

TH!NK is an exciting opportunity for 11 - 19 year olds (up to 25 with SEND) to access 1 to 1 and group health interventions and our dynamic group work offer, including specialist LGBTQ+ support.

### Health Topics:

- Drugs & Alcohol
- Nutrition
- Sexual Health
- Sleep
- LGBTQ+

And many more

**For referrals or to enquire about our group work offer, please get in touch:**



**ChristopherMc@mya.org.uk**  
**07921 949496**

**JessicaG@mya.org.uk**  
**07759 707461**



## GIVE US A FOLLOW



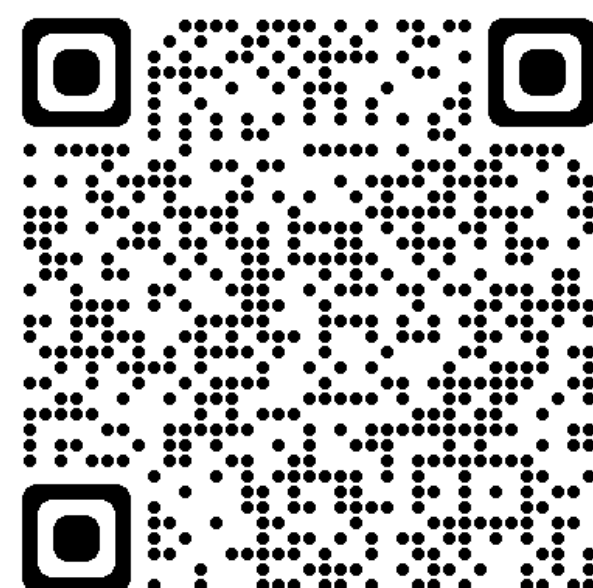
**@think.mya**



**@THinK\_MYA**



Merseyside Youth Association  
"Creating positive and lasting change in the lives of Merseyside's young people"



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## Key contacts for Teenage Health

**PAPYRUS** - PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

**Website:** [www.papyrus-uk.org](http://www.papyrus-uk.org) **Call:** 08000684141 **Text:** 07860039967 **Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**YPAS** - YPAS provide mental health and emotional wellbeing services for Merseyside's Children, Young People and Families. YPAS also deliver extensive LGBTQ+ support.

**Website:** [www.ypas.org.uk](http://www.ypas.org.uk) **Call:** 0151 305 2040 **Email:** [support@ypas.org.uk](mailto:support@ypas.org.uk)

**Kooth** - Free online mental health support on Kooth.com or on the Kooth app, available on the App Store or Google Play Store.

**Website:** [www.kooth.com](http://www.kooth.com)

**Lee Cooper Foundation** - The Lee Cooper Foundation is a mental health foundation run by young people, for young people. Providing free mental health support to people aged 11-24 in Knowsley and surrounding areas.

**Website:** [www.theleecooperfoundation.co.uk](http://www.theleecooperfoundation.co.uk) **Email:** [theleecooperfoundation@gmail.com](mailto:theleecooperfoundation@gmail.com)

**Stonewall** - Stonewall is a lesbian, gay, bisexual and transgender (LGBT) rights charity in the United Kingdom. It is the largest LGBT rights organisation in Europe. Stonewall offer a wide range of support for LGBT people in the UK.

**Website:** [www.stonewall.org.uk](http://www.stonewall.org.uk)

**Axess 4 U Sexual Health Knowlsey** - The Axess Young Person's Clinic Knowsley is a specialist clinic for young people age 19 and under, open **Wednesdays 3pm to 6pm**. Axess Knowsley also host **The Butterfly clinic**. This is the Axess sexual health clinic for trans and non-binary folk.

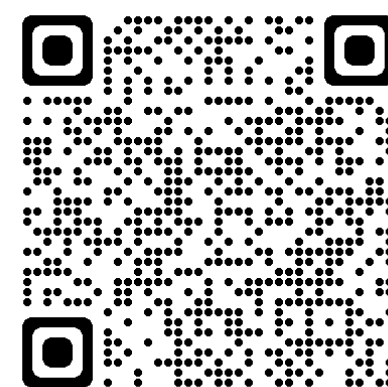
**Website:** [www.axess.clinic/find-service/axess-sexual-health-knowsley/](http://www.axess.clinic/find-service/axess-sexual-health-knowsley/)

**Call:** 0300 323 1300 - Option 5

**Address:** THE ARCH  
2 Ellison Grove  
Huyton  
L36 9GA



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