

Coronavirus / COVID-19 update for CAMHS

Updated 26.03.2020

Please check regularly for updates

As you will no doubt be expecting due to the COVID-19 virus we need to make some changes to our service which will impact on the level and type of care you and your child may receive. In order to protect the young people, families and carers that we work with as well as our own staff we are having to take the following measures:

- Reduction in face-to-face contact and increased use of telephone for consultations and support is essential to reduce the spread of the virus.
- Reduction in the frequency of sessions with your CAMHS practitioner, therapist or Consultant may also be required as we operate with fewer staff.
- You might be contacted by a CAMHS clinician who is not known to you and whilst we will endeavour to keep this to a minimum, it will be dependent on changes in our staffing levels over the next few weeks.
- Existing appointments are likely to be cancelled – you should be contacted about this.
- Wherever possible we will continue to offer support via the phone but inevitably this might mean a break in therapy

We recognise what a stressful time this is and we wish to support everybody receiving a service from us in the best way that we can. If you feel your child's needs change or you have concerns about your child's mental health please contact us on this **number 0300 790 0264** between 9:00 and 4:30 Monday to Friday.

Please stay at home and in particular if you have any symptoms of either a high temperature (you feel hot to touch on your chest or back) or a new, continuous cough (this means that you have started coughing repeatedly, or if someone in your house has these symptoms. Do not go to a GP surgery, pharmacy or hospital but follow the advice that can be found on www.nhs.uk/coronavirus

Please see below some useful websites for further information

Best wishes from the CAMHS team and we hope you stay well.

Information to Support You

- **Coping with Stress**

The World Health Organisation have produced a [really helpful leaflet](#) to help cope with stress in the current situation.

- **What to do if you are anxious**

Young Minds, which is a website for young people, have developed a Webpage called '[What to do if you're anxious about Coronavirus](#)'.

- **Spending long periods of time at home with Young People with Learning Disabilities**

Please see the information below.

- **Online support**

Also see the information below on further support.

Online sites recommended by NHS England and NHS Improvement

- National Autistic Society – guidance and helpline for parents', young people and staff: [https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)
- Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>
- Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Carers UK - Guidance for carers: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions

that they might be experiencing during the pandemic:

<https://www.mindheart.co/descargables>

- [Public Health England](#) have produced an easy read version of their [Advice on the coronavirus for places of education](#). You can download it [here](#).
- WHO Guidance - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- Kooth provides anonymous online Mental Health support for young people aged 11-25: www.kooth.com
- Qwell provides free online support for parents: <https://www.qwell.io/>