

Coronavirus / COVID-19 update for CAMHS

Updated 3/09/2020

Due to the COVID-19 virus we have made some changes to our service which will have had an 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 have had 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 have been required.
- 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.
- Wherever possible we have continued to offer support via the phone.

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 **0300 790 0264** between 9am and 4.30pm Monday to Friday.

If you have or anyone in your household has any symptoms of COVID-19, please stay at home, do not go to a GP surgery, pharmacy or hospital but follow the advice that can be found on www.nhs.uk/coronavirus

The symptoms are:

- A high temperature (you feel hot to touch on your chest or back)
- A new, continuous cough (this means that you have started coughing repeatedly)
- A loss of taste or smell

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 has 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, has developed a webpage called '[What to do if you're anxious about Coronavirus](#)'.

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 – EasyRead 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](#) has produced an EasyRead version of its [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/>