

Resources for children, young people, and their families during the Coronavirus outbreak

CAMHS Neurodevelopmental Team



Pride in our children's, young people's and families' services

Available Resources

Please find below some links that may be helpful to support you and your family.

Helpful websites for talking to your child about Coronavirus:

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Children's Guides to Coronavirus:

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

https://www.rcpch.ac.uk/sites/default/files/2020-03/covid-19_childfriendly_poster_cc_march2020_0.pdf

How to support your child's mental health during this time:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://emergingminds.org.uk/recommended-resources-supporting-children-and-young-people-with-worries-and-anxiety-links/>

https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf

Resources for Young People with Neuro-Developmental Difficulties

Coping with Anxiety and uncertainty (ASD)

<https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty>

Tips for Autistic People and Their Families

<https://www.autism.org.uk/services/helplines/coronavirus/resources/tips.aspx>

Resources for Autistic People and Their families

<https://www.autism.org.uk/services/helplines/coronavirus/resources/helpful-resources.aspx>

Talking to children with ADHD about Coronavirus

<https://www.additudemag.com/explain-coronavirus-covid-19-anxiety-adhd-child/>

Social Story about Coronavirus

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

Supporting Children with Learning Disabilities and ASD

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>

Keep up to date with local services including telephone counselling, and mental health services and any changes that are occurring:

Keep Your Head:

<https://www.keep-your-head.com/cyp/CP-MHS/support-during-the-coronavirus-outbreak/local-service-changes>

Early Help Hub: Peterborough - 01733 864180; Cambridgeshire -01480 376 666

CHUMS:

<http://chums.uk.com/>

<http://chums.uk.com/cambs-referral-forms/>

Support for parents/ carers:

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

<https://blog.oup.com/2020/03/a-guide-to-parent-self-care-during-the-covid-19-pandemic/>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse589a0>

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Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail pals@cpft.nhs.uk

Out-of-hours service for CPFT mental health service users

Please call **NHS 111** for health advice and support.

If you require this information in another format such as braille, large print or another language, please let us know.

CPFT supports the **HeadtoToe Charity** – visit www.HeadToToeCharity.org for details on how you can help



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