

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

Core CAMHS



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

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

<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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