



Supporting Family's Wellbeing and Mental Health

During COVID-19

Here are our most recent service updates from Northamptonshire County Council:

CaMHs: Below is link to CaMHs website which is worth a visit as resources for all: -

<https://www.camhs-resources.co.uk/coronavirus>

If link does not work goggle CaMHS resources corona virus.

COUNSELLING: Self referrals for counselling are open now for remote support on Monday-Friday between 11:00am and 5:00pm.

This service is being delivered by our qualified counsellors (Northampton)

EMOTIONAL SUPPORT: We've opened a wellbeing support helpline on 01604 622223,

This will be monitored between 1:00pm and 3:30pm Tuesday to Friday and Mondays 1:00pm to 7:30pm.

WELLBEING: Wellbeing resources, videos/webinars are also available on our dedicated web page:

www.thelowdown.info/counselling/remote-wellbeing-support.

We're also going to be doing offering Instagram live weekly wellbeing sessions at 6:30pm every Wednesday, starting from on the 22nd of

April. Follow @thelowdownnn1 to make sure you don't miss out.

We have also just launched an online emotional support helpline at

<https://www.tidio.com/talk/wellbeingsupport>.