11/06/2020

Hi Everyone,

Content warning for this week's wellbeing update, as the information at the end of the e-mail relates to feelings of suicide and how to get appropriate help.

I hope you are all doing well as some restrictions are starting to be lifted. I had a socially distanced picnic with a couple of friends last weekend and it was great, albeit a bit weird not to be seeing them via zoom!

This week, our local CAMHS (Child and Adolescent Mental Health Service) have updated some of their details to allow for better access to their services, especially for anyone feeling that they are in need of urgent help, advice or support:

Firstly there is a new mental health helpline which is open 24 hours a day, seven days a week, and is for residents of Cheshire West, Cheshire East & Wirral. It is open to people of all ages who need urgent mental health support. The number is 0300 303 3972. The Liverpool CAMHS number is 0808 196 3550.

CAMHS website [www.mymind.org.uk](http://www.mymind.org.uk) has various resources, self- help guides and information on local services. They have been updating the website to include resources specific to Covid 19. Also on the website is a self-referral form should you wish to refer into CAMHS.

These resources are really useful if you are feeling in need of support. However, if you are worried about your immediate safety, or if you are unsure of how to keep yourself safe because of how you are feeling, please tell someone you trust and attend A&E as soon as possible. There are also some helpful numbers you can call if you are worried about intrusive thoughts or thoughts of taking your own life. Papyrus Hopeline on 0800 068 4141, text on 07860039967 or e-mail on pat@papyrus-uk.org Papyrus are a mental health charity specifically for young people.

It's ok to not feel ok and it's important to speak to a healthcare professional if you are concerned about your immediate safety.

Next week's update may be slightly earlier/ later in the week the usual as we are in college for first year review appointments but please remember that your tutors, teachers and I are just an e-mail away.

Take care,

Jen