

16 July 2020

Dear Parent, Carer, Guardian

We recognise there is a lot of uncertainty and anxiety due to the pandemic that has likely had an impact on your child's/children's emotional and mental wellbeing and not forgetting you too.

To support you during this time we have included information of services provided both locally and nationally which we feel you may find useful.

These services are provided online and have been commissioned by Health, Education and Social Care providers at no extra costs to you. Many of the services can also be found on the Lancashire & South Cumbria Healthy Young Minds Website

<https://www.healthyyoungmindslsc.co.uk/home>
<https://www.healthyyoungmindslsc.co.uk/information/professionals>



A topic page for COVID-19 has been created specifically aimed at children and young people: <https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people/coronavirus>

Parents/carers/families webpages are still in development but we've added some resources on there about COVID-19: <https://www.healthyyoungmindslsc.co.uk/information/family-and-carers>

If you would prefer to talk, we have set up a 24/7 freephone local wellbeing helpline to provide emotional support that can be accessed on [0800 915 4640](tel:08009154640). Fully trained volunteers operate the helpline and offer their time to listen and support callers.

We have also set up a 24/7 local crisis helpline if you need urgent help and this can be accessed on [0800 953 0110](tel:08009530110). It is staffed by trained mental health professionals who are able to provide assessment and referrals to services.

Please do remember to seek advice from your GP if you feel you need further support.

Our CAMHS teams have trained mental health children's practitioners called Primary Mental Health Workers who are linked into all schools across Central Lancashire and they can also provide you with advice and support, please contact

CAMHSCPS.Central@lancashirecare.nhs.uk

Local Services - Central Lancashire:

Primary School Aged Children



Kooth.com is a free, online counselling and emotional wellbeing platform which is available to young people aged 10-16 years across Lancashire. The service allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their mental health and wellbeing.

Secondary School Aged Children

Kooth.com (as above)



- A team of trained counsellors working across Preston & Chorley, South Ribble. We support young people aged 11-18 to resolve emotional difficulties through the delivery of 1-2-1 counselling and group workshops.
- To find out more about the service you can visit our website at www.butterflyandphoenix.org
- To refer a young person to our service you can either Call us on 0345 138 208 (*lines are open 8am to 6pm Monday to Friday*) or email us at admin@n-compass.org.uk

Colleges and post 16 education



Big White Wall Big White Wall, www.bigwhitewall.com, provides a clinically safe and anonymous online community providing peer to peer support, personal assessments and self-help courses for those who need it.

Lancashire Emotional Health in Schools and Colleges - Online information tailored for families and freely available to anyone. This focuses on maintaining and promoting good emotional health and self-care. You can access this information here:

<https://sway.office.com/8oQ8Wc5LL02BdEID?ref=Link>

Sam Tyrer Prevention and Engagement Lead, Lancashire & South Cumbria Foundation Trust - Mental Health Hour – 10 online sessions covering a wide range of topics - www.twitch.tv/mindsetbydave

National Services

<https://youngminds.org.uk/find-help/for-parents/> a good resource for parents and young people alike. There is a parent helpline 0808 802 5544 which is staffed from 9:30 – 16:00 with an online form for out-of-hours

<https://www.nhs.uk/apps-library/category/mental-health/> a list of mental health apps which have been checked by the NHS

Anna Freud National Centre for Children and Families

<https://www.annafreud.org/coronavirus-support/>

<https://www.mentallyhealthyschools.org.uk/getting-started/coronavirus-and-mental-health/>

<https://www.annafreud.org/on-my-mind/>

We wish you an enjoyable summer break and do hope this information is of help.

With very best wishes from the CCG CYP Emotional Wellbeing and Mental Health Team

Janet Ince
Mental Health Transformation Manager

centrallancashireccg.mentalhealth@nhs.net