

Outstanding
Our journey continues...



CHILD AND ADOLESCENT MENTAL HEALTH SERVICES

GUIDANCE DURING THE COVID-19
PANDEMIC



CAMHS DURING COVID-19 PANDEMIC

North Staffordshire Combined Healthcare NHS Trust provides a number of Child and Adolescent Mental Health Services (CAMHS). Throughout the COVID-19 pandemic Combined continues to support new referrals and these will be processed in the usual way.

CAMHS continues to offer assessments and treatment. These being are being delivered remotely via telephone or video-call. We are now using the video-call service '[Attend Anywhere](#)', more information for this can be found [here](#).

Our duty system remains available for you to call should you need to. If you need any urgent help please call our [Crisis Care Centre](#) at any time.



CRISIS CARE CENTRE - 24/7 ALL AGE

0300 123 0907 - Option 1



INFORMATION FOR FAMILIES

We appreciate that this can be a really difficult time for children, young people and families. The stress of being inside together for long periods of time can be difficult to manage. We want you to know that we are here to support you and that we will do our best to help you manage this very difficult situation.

CAMH Services will continue to be open and available throughout the COVID-19 pandemic, although we will be working remotely (through telephone and video-calls). For Children and Young People that are on medication or who need to start medication, we may need to take physical observations to make sure that your medication is, or will not, cause any side effects - therefore you may be asked to attend a specific appointment.

SELF-HELP

If you would like to access resources for self-help for children and parents, please visit [Combined Wellbeing Website](#) which has information, tips, resources and links that you may find helpful.



SUPPORT FOR PARENTS

The World Health Organisation (WHO) has developed six one-page tips for parents covering a range of areas such as; creating a daily routine, managing stress and talking about COVID-19. Click [here](#) to download.

"MY HERO IS YOU": ONLINE BOOK

Inter-Agency Standing Committee has released a book "[My Hero is You](#)" to help children cope with COVID-19. The book is available in [all languages](#).



WORKBOOK: TO HELP BUILD RESILIENCE

The Wellness Society have developed a [workbook](#), for older children and young people, to help build resilience during difficult times.

MANAGING THROUGH COVID-19



KEEP TO A ROUTINE

Visual routines can be really helpful – making a timetable together as a family can be really fun and everyone can get involved. All you need is a piece of paper or a whiteboard on a wall for everyone to see. Make sure there are lots of breaks and a variety of things to do throughout the day – Have fun!!

EAT AND DRINK AT REGULAR TIMES

Remember not having enough, or having too much can impact on your health, mood and behaviour.



TAKE REGULAR EXERCISE

This is really important to do and is good for your physical and mental health. You can do this anywhere, inside or out, there are plenty of videos on YouTube or at specific times on the TV that you can follow.

RECOVERY COLLEGE ONLINE

Tees, Esk and Wear Valley Recovery College online have produced a range of [short online courses](#) to support you at this time.



HAVE A BREAK

Have breaks in your screen time – too much time on any device is not healthy, limit this where you can and do something different.

BE KIND

Be kind to one another – It is usual that when everyone is worried people can be snappy or irritable and we usually take this out on the people we live with. By being kind, this can help stop some of the stress and frustration.

