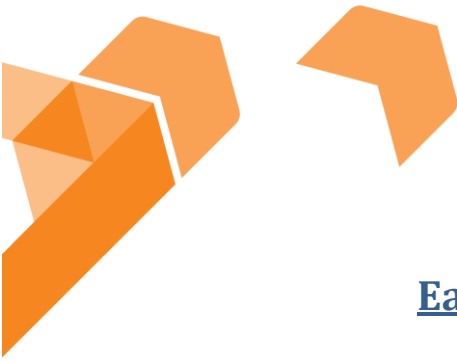


Resource Pack for Schools

In these unprecedented times concerns have naturally been raised with regards to the current COVID-19 situation. We would like to offer reassurance that as a CAMHS & Children’s Service we are still available to offer support and advice. This resource pack has been developed to contain resources that may be helpful in supporting young people, their families and the schools in the forthcoming weeks.

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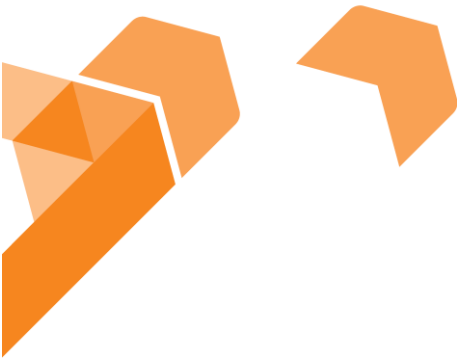
Early Intervention Support for Schools

We would also like to offer reassurance that the Early Intervention Services in Surrey, which includes our Primary Mental Health Team, Emotional Wellbeing School Nurses, Children's Wellbeing Practitioners (In selected Schools) and the School Nurse Service are still available to offer support and advice to you all, if you need us via telephone, email or video call. These services can be accessed through the following pathways, please also continue to refer to the CYPS & CFHS website for all up to date information as this may be subject to change.

- <https://www.sabp.nhs.uk/aboutus/coronavirus>
- <https://childrenshealthsurrey.nhs.uk/news/covid-19-coronavirus-guidance>

The Surrey Early Intervention Services can be accessed through the following pathways:

- Through your local **CAMHS Primary Mental Health Worker** - If you are unsure who your local Primary Mental Health Worker is, please contact the local CAMHS team to find out:
 - **NE CAMHS Locality** (East Elmbridge, Epsom, Ewell & Mole Valley)
Tel: 0300 222 5850
 - **SE CAMHS Locality** (Reigate, Banstead & Tandridge)
Tel: 01737 288 700
 - **NW CAMHS Locality** (West Elmbridge, Spelthorne, Runnymede & Woking)
Tel: 01932 587 066
 - **SW CAMHS Locality** (Surrey Heath, Guildford & Waverly)
Tel: 01276 454 000 or 01483 443 777
- Your area **Emotional Wellbeing School Nurse** through your School Nursing Team
- Through the **Children Wellbeing Practitioners** that have been allocated to your school
- **0 – 19 Advice Line**
 - Tel: 01883 340 922 - Mon -Fri 8-5pm
- **Chat Health** – Mon - Fri expt. Bank Holidays 9am – 5pm
 - Text: 07507 329 951
- The **CAMHS SPA**
 - Tel: 0300 222 5755 – Open Mon – Fri 8am – 8pm & Sat 9am -12pm
- The **Surrey County Council C SPA Consultation Line**
 - Tel: 0300 470 9100 – Open Mon – Fri 9am – 5pm



Crisis Contacts

CAMHS

During office hours: you can talk to someone about your concerns by contacting the designated clinician or the duty clinician by contacting your local CAMHS Team.

Out of normal office hours, you can speak to someone urgently by contacting:

- CAMHS Single Point of Access: on Tel: 0300 222 5755 (8am – 8pm).
- Extended Hope Emergency Duty Team: Tel. 01483 517898 (5pm – 11pm)
- Please refer to the CYPS Website for up-to-date information on opening times as this subject to change. <https://www.sabp.nhs.uk/mindsightsurreycamhs>

CYP Haven

CYP Havens, due to current given by HM Government and Public Health England to reduce social contact, the decision has been made to physically close the CYP Havens temporarily.

However, a virtual service over the phone is available. Please refer to the CYPS Website for contact details as this is subject to change: <https://www.cyphaven.net>

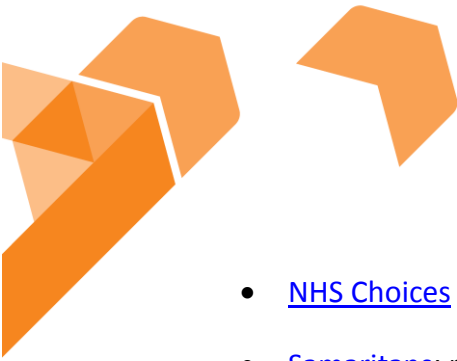
In the event of a medical emergency:

In the event of a mental health or medical **emergency or if there are serious safety concerns**, please call 999 or visit A&E Department – You may be diverted to an A&E diversion service dependant on the nature of the medical emergency.

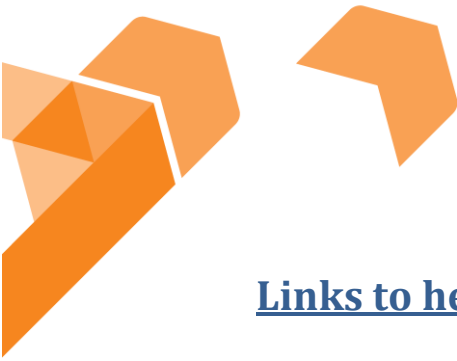
Immediate advice and support:

Please refer to the NHS website regarding [Emergency mental health care](#) or contact one of the following:

- [Mental Health Crisis helpline](#): (Surrey and Borders Partnership NHS Foundation Trust): 0300 456 8342. SMS text line for deaf and hard of hearing: 07717 989 8342. SMS text relay: 18001 0300 456 8342. Service operates 5.00pm - 9.00am Monday to Friday, with 24 hours cover at weekends including Bank Holidays. If the lines are engaged your call will be diverted to an answer-phone which will enable you to leave your contact details and someone will call you back within 30 minutes.
- NHS Tel: 111: please contact for emergencies or to discuss COVID-19 concerns that are less urgent than 999.



- [NHS Choices](#) website for help and support
- [Samaritans](#): provides 24 hour emotional support - Tel: [116 123 \(UK\)](tel:116123) (free number)
- [Sane Emotional Support](#): provides crisis support. Helpline 0845 767 8000 (6pm to 11pm seven days a week) – for young people age 16 and over
- [Papyrus](#): Offers advice and support for young people, parents and friends. Helpline: Monday-Friday 10am-5pm and 7pm-10pm. Saturdays 2pm-5pm. Website: www.papyrus-uk.org
- [HOPELineUK](#): Tel: 0800 068 41 41 **Text**: 07786209697
- [SHOUT](#): Crisis text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Text Shout to [85258](sms:85258)



[Links to helpful resources & sources of support around Coronavirus disease \(COVID-19\)](#)

Local Services in Surrey:

- <https://www.sabp.nhs.uk/aboutus/coronavirus> Our Trust webpage on coronavirus includes information on any service changes, advice on managing mental health plus Public Health England coronavirus information and guidance. This is regularly updated.
- [Mindsight Surrey CAMHS](#): Together with our partners, we deliver targeted and specialist services, connecting with universal services to ensure support is available at entry level, from primary mental health in schools through to urgent needs. You can also find resources and help sheets [here](#).
 - For information on our [Primary Mental Health Team](#)
 - For information on our [Community Teams](#)
 - For information on our [Specialist Teams](#)
 - For information on our [Mindsight Partners](#)
- [Surrey Children's Social Care C-SPA](#): The Single Point of Access provides residents and people who work with children in Surrey with direct information, advice and guidance about where and how to find the appropriate support for children and families. Telephone: 0300 470 9100, Mon-Fri 9-5pm.
- **Surrey County Council**: Advice and support around COVID-19:
<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus>
- **Surrey's Educational Psychologists** have put together a resource pack for COVID-19. This includes information and tips on managing home learning, general wellbeing and anxiety during these difficult times. They also have a helpline. You can access the pack [here](#).
- [Jigsaw](#) - Information, advice and guidance to help support bereaved children and young people and those facing the loss of a loved one during the Coronavirus outbreak. **Helpline is open 9-12pm Monday-Friday 01342 313895**



National Services and Support for all ages:

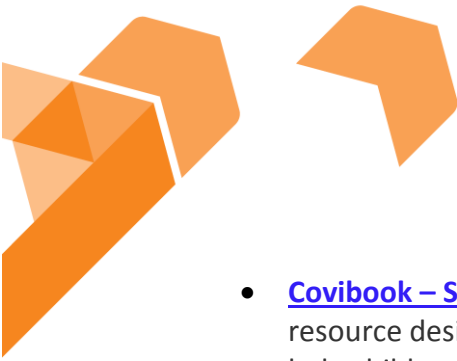
- Responding to coronavirus – Resources for Mental Health & Emotional Wellbeing
<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>
- Anna Freud:
 - Tips for Self Care: <https://www.annafreud.org/on-my-mind/self-care/>
 - [Video with advice for children and young people](#) about managing their mental health and wellbeing during the coronavirus situation
- For people with OCD, this website has a latest news section with information about coronavirus: <https://www.ocduk.org/>
- [National Autistic Society](#) Covid-19 guidance and helpline for parents, young people and staff
- Support for young people with disabilities to discuss coronavirus.
<http://theconversation.com/how-coronavirus-could-affect-the-wellbeing-of-people-with-intellectual-disabilities-133540>
- [Childline](#): Help for children who are finding the current situation worrying, information and helpline Tel: 0800 1111 <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/>
- **ChildLine Mood Journal** (<https://www.childline.org.uk/locker/#journal>). Children can track their mood daily. They will need to create a free account with ChildLine to access this (Children as young as 4 can create an account – some content is limited for under 8's)

Services and Support for Early Years:

- [Covibook – Supporting and Reassuring Children Round the World](#) An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic

Services and Support for KS1 and KS2:

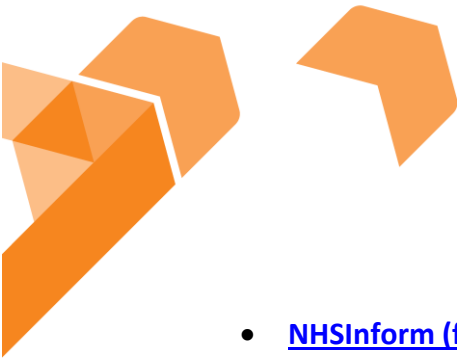
- Information from the Children's Commissioner:
<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf> Easy to understand resource to support younger children's understanding of coronavirus



- **[Covibook – Supporting and Reassuring Children Round the World](#)** An interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic
- **CBT workbooks for 6-12 year olds by Dawn Huebner:**
<http://www.dawnhuebnerphd.com/tips-for-parents/>
 - “What to do when you worry too much”
 - “What to do when your brain gets stuck: A Kid's Guide to Overcoming OCD”
 - “What to do when your temper flares: Kid’s guide to overcoming anger”
- **[ThinkNinja](#)** is an app designed to support 10-18 year olds with anxiety and low mood. They have updated the app to include COVID-19 Specific content

Services and Support for KS3

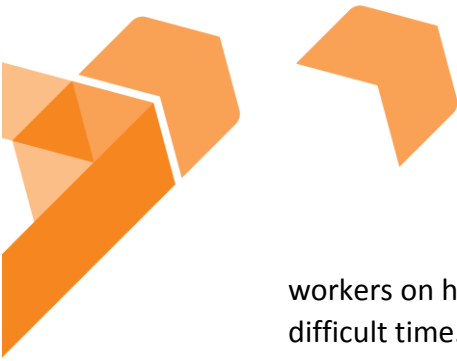
- Information from the Children’s Commissioner:
<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf> Easy to understand resource to support younger children’s understanding of coronavirus
- What to do if you're anxious about coronavirus:
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Looking after your mental health while self-isolating:
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- **[The Mix](#)** Website dedicated to supporting adolescents and young adults with a variety of difficulties. Information on coronavirus: <https://www.themix.org.uk/your-body/using-health-services/help-im-worried-about-coronavirus-35643.html>
- **[ChatHealth](#)** A service provided by Surrey School Nurses. Young people from 11-19 can text 07507 329 951 with questions about their health.
- **[Safe Space Health](#)** A website designed for 11-14 year olds and provides advice on physical and emotional health issues
- **[Kooth.com](#)** Online counselling support/peer support and self-help/psycho-educational materials for young people 11+.



- [NHSInform \(formerly MoodJuice\)](#) provides online self-help materials for young people experiencing anxiety
- [Stem4](#) have created some downloadable mental health resource sheets in light of the COVID-19 outbreak. There is information for parents, teenagers and primary care workers on how to promote positive mental health for young people during this difficult time.
- [MindShift™](#) is an app designed to help teens and young adults cope with anxiety. It can help young people change how they think about anxiety.
- [Clear Fear](#) is an app to support young people with anxiety.
- [ThinkNinja](#) is an app designed to support 10-18 year olds with anxiety and low mood. They have updated the app to include COVID-19 Specific content

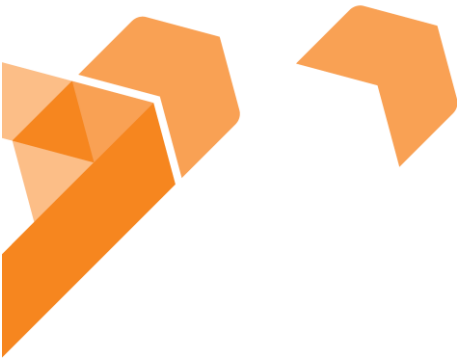
Services and Support for KS4 and KS5

- What to do if you're anxious about coronavirus:
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Looking after your mental health while self-isolating:
<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>
- [The Mix](#) Website dedicated to supporting adolescents and young adults with a variety of difficulties. Information on coronavirus: <https://www.themix.org.uk/your-body/using-health-services/help-im-worried-about-coronavirus-35643.html>
- [ChatHealth](#) A service provided by Surrey School Nurses. Young people from 11-19 can text 07507 329 951 with questions about their health.
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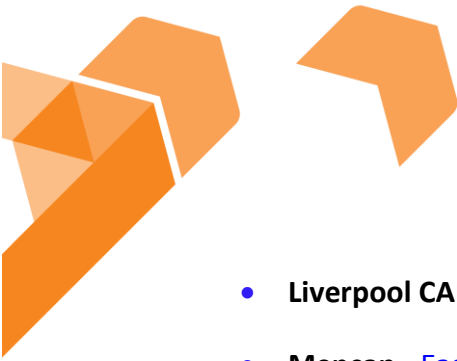
Advice for Parents

Local Services in Surrey:

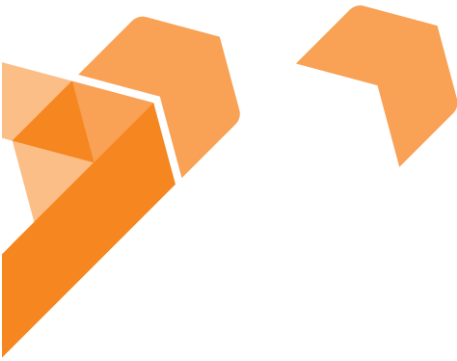
- [Children and Family Health Surrey Advice Line](#): Families with children from birth to 19 years old can call our Surrey-wide 0-19 Advice Line on: 01883 340 922
- Online CBT service for 18+ for those registered with a GP in Surrey:
https://www.iesohealth.com/en-gb/online-cbt/surrey?gclid=EAlaIQobChMI5I3_7u-m6AIVSLDtCh066w3mEAYASAAEgJiqPD_BwE
- Family information Service: <https://www.surreycc.gov.uk/people-and-community/families/support-and-advice/parenting-courses-and-advice>
- **Barnardo's Positive Parenting Support**: Specialist ADHD Parenting Support: Advice and support for parents of children who have been diagnosed with, or whose children are awaiting a diagnosis of ADHD. Tel: 01293 610689
surreypositiveparenting@barnardos.org.uk
- **Surrey's Educational Psychologists** have put together a resource pack for COVID-19. This includes information and tips on managing home learning, general wellbeing and anxiety during these difficult times. They also have a helpline. You can access the pack [here](#).

National Services and Support:

- **Family Lives** - Offers parenting advice <http://www.familylives.org.uk/> Free phone helpline 7am to 12am Tel: 0808 800 2222
- <https://www.samaritans.org/> - We offer a safe place for you to talk any time you like, in your own way – about whatever is getting to you. You don't have to be suicidal. Tel: 116123
- **Young Minds**
 - Parent Advice line: Available to offer advice to anyone worried about a child or young person under 25 operating Mon-Fri from 9.30am to 4pm Tel: 0808 802 5544 <https://youngminds.org.uk>
 - [Talking to your child about coronavirus and 10 tips from their Parents Helpline to support family wellbeing](#)
- **Anna Freud** - [video for parents](#)
- **Carers UK** - [Guidance for carers of coronavirus](#)



- **Liverpool CAMHS resource** - [Supporting children during social distancing](#)
- **Mencap** - [Easy Read guide to coronavirus](#)
- **Place2Be** - [Guide to helping parents answer questions from their children and to support family wellbeing](#)
- Advice from **mentalhealth.org** on looking after mental health during the coronavirus pandemic: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- Managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Stem4** have created some downloadable mental health resource sheets in light of the COVID-19 outbreak. There is information for parents, teenagers and primary care workers on how to promote positive mental health for young people during this difficult time.
- **Bounce Forward** are delivering free resilience-building sessions online for parents so they can help their children thrive through and beyond these uncertain times.
- **Combined Minds** is an app to help parents/friends to supports someone who is anxious



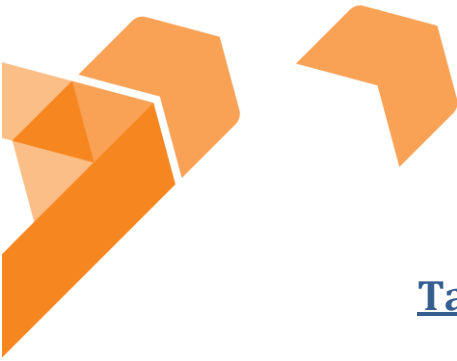
Advice for Schools

Local Services in Surrey:

- [Schools and Early Years Child Protection Consultation Line](#) – provides advice and support to Schools and Early Years Settings to ensure we are able to direct you to the most appropriate service that can meet the child and family's needs. 0300 470 9100, Mon-Fri 9-5pm.
- **Surrey's Educational Psychologists** have put together a resource pack for COVID-19. This includes information and tips on managing home learning, general wellbeing and anxiety during these difficult times. They also have a helpline for parents and schools. You can access the pack [here](#).

National Services and Support:

- Mentally Health Schools have compiled resources for schools and families <https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>
- **Anna Freud**
 - [Supporting Schools and Colleges during periods of disruption](#)
 - [Video for school staff](#)
- [Advice from The British Psychological Society](#), written by Educational Psychologists



Talking to Children about Coronavirus

The following organisations provide ideas, suggestions and guidance about talking to children about coronavirus.

- **Young Minds** have some helpful ideas about this:
<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- **Place2Be** have suggestions on answering your children's questions about coronavirus
<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>
- **The Anna Freud Centre** has also put together a useful resource pack which includes information for schools, parents and young people:
<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf>
- There is also this link from the **BBC News website** (<https://www.bbc.co.uk/news/uk-51734855>) with some useful pointers on explaining the current situation to young people, especially being mindful to a child or young person's developmental stage and how much information to share with them. Also, to be mindful that whilst the current situation is unsettling for all of us, if young people or parents/carers are also having to manage existing mental health difficulties the current situation can be even more challenging for them. Encouraging pupils with resilience building; relaxation, interests, hobbies, exercise, eating and sleeping well, having routine and structure and keeping connected with family and friends.
- **BBC/Newsround** - <https://www.bbc.co.uk/newsround/51861089> - Information and good videos. Suitable for younger children.
- **BPS guidance** – [Talking to Children About coronavirus](#)
- **BACP guidance** – [How to cope if you're feeling anxious about the outbreak](#)
- **Autism Parenting Magazine:** [Advice for talking about COVID-19 to children with ASD.](#)