



## June 2020

Dear colleagues,

We hope that you're getting on as well as you can at present. We are thinking of you.

We're aware that there has been a great deal of information and advice shared since lockdown began. We have produced this booklet with the aim of keeping you up to date with what we're offering at CAMHS and sharing the resources that we think are most helpful at this time.

We hope that you will find it useful.

### **Current service being offered by CAMHS**

We are still open!

We continue to be available to offer advice and consultation to all professionals. Our daily duty system is operating. We are still accepting referrals. We continue to complete mental health assessments and therapeutic interventions. Currently, this is mostly being done by telephone. We are exploring video options that meet BCUHB information governance guidelines. Face to face appointments are only being offered to our highest risk patients, where necessary.

**We have a member of staff available Monday to Friday, 9am—5pm. If you would like advice, please contact our CAMHS SPOA Team; 01978 727024 or 727031**

# Resources for staff

For ourselves:



Advice for professionals working with young children during the outbreak:



Teacher resilience during coronavirus school closures:



Seven days of kindness calendar— encourages pupils to do two acts of kindness each day – one to someone else and one to themselves.



6 lesson plans for Yr 2 pupils on Wellbeing, including video and resources. Lesson 1: Wonderful me!



To help us support children & young people:

**Helping children and young people to manage anxiety**

*A practical guide to supporting pupils and students during periods of disruption*

Talking to children about illness:



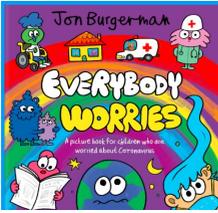
Sign up for free access to resources and a fortnightly email of guidance to support young people during the pandemic.

**MENTALLY HEALTHY SCHOOLS**



**Anna Freud**  
National Centre for Children and Families

## Resources for children



**Free downloadable picture book for children worried about Coronavirus**



**Free printable book to help families talk with their children about emotions and Covid-19**

### **Joe Wicks—School Workout!**



### **List of self-isolating activity**

#### **ideas for children**

**Living Life to the Full  
4 Children**



#### **Cosmic Kids Yoga!**

Yoga can be calming, relaxing and fun

## Resources for young people

### **YOUNGMINDS**

#### **Social media and mental health:**

How to have more positive time online; how to deal with online bullying; how can I look after my privacy online and other helpful information.



**Worried? Frustrated? Try this game:**  
Write on the wall and watch your worries crumble away.

**LIVING LIFE TO THE FULL**  
for Young People

[www.litffyp.com](http://www.litffyp.com)

**You can only change what you can change:  
Corona virus and Young People**

**Helpful advice for young people;**  
Exam worries,  
ideas for activities  
and ways to stay positive.

## Resources for parents and carers

Key worker parents—  
helping your children to adapt.



## YOUNGMINDS

Take time out—however busy you are, it's important for your mental health to take time out for yourself, relax and recharge your batteries. [Read more here...](#)



**Anna Freud  
National Centre for  
Children and Families**

[Top tips](#), including [guidance to help families work together and support one another during the coronavirus outbreak.](#)

### EAT WELL!



[Eating well during Covid-19 to help your physical and mental well-being](#)

**ourplace** 

**UNDERSTANDING YOUR CHILD**



S O L I H U L L   A P P R O A C H

**FREE** ACCESS FOR [ALL NORTH WALES RESIDENTS](#) TO 4 ONLINE COURSES FOR PARENTS, PARENTS-TO-BE, AND CARERS.

- **Understanding your pregnancy, labour and birth**
- **Understanding your baby**
- **Understanding your child 0-18years**
- **Understanding your teenagers brain**

<https://inourplace.heiapply.com/online-learning/>

**Access code: NWSOL**

Calmer parents, happier households, less conflict, more closeness.