



## **CAMHS SUPPORT TO CHILDREN, YOUNG PEOPLE AND FAMILIES DURING THE COVID 19 OUTBREAK**

**Telephone 01253 957160 between 9am and 5pm Monday-Friday**

**We want to keep you and your families as safe as possible**

If you or a member of your household have a high temperature, a sudden cough, or any other symptoms, look on the NHS 111 website to check whether these might be Coronavirus and self-isolate in line with government guidelines

### **CAMHS appointments**

Appointments now will be by telephone.

Children, young people and their parents or carers, would be seen in the clinic ONLY if it is seen as urgent. Please call and discuss this with the person your appointment is with if you are concerned.

### **Prescription requests CAMHS**

Please try giving us 7 working days for repeat prescriptions

Note we are still giving only maximum 30 day prescriptions

We can assure you plans are being made to ensure repeat prescription of medications can be continued, do keep yourself updated through national / local news/media

If you are worried about your own, or someone else's safety, or if your mental health is making you unwell, please phone us on the number above or ring one of the contact numbers below

**CASHER team: 07810 696565 Mon-Fri 5pm-10pm or Sat/Sun 10am-8pm**

**Childline: 0800 1111**

**Wellbeing Mental Health Helpline: 0800 915 4640**

**Samaritans: 116 123**

**Domestic Abuse Helpline: 0808 2000 247**

**Young Minds: Text YM to 85258 for urgent support 24 a day**