

## **South Cumbria CAMHS support to children, young people and their families during the Covid-19 Outbreak**

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 continuous cough, or any other symptoms, look on the NHS 111 website to check for Coronavirus symptoms and advice. Please do not attend any CAMHS service presenting with symptoms, contact the service first.

We are operating as near to *Business as usual* service as possible whilst working within the government guidelines in order to optimise the safety of our service users and staff. The following information details the support that we are providing to children, young people and their families during this time.

### **CONTACT**

To contact South Cumbria CAMHS Monday – Friday 9.00am – 5.00pm please phone **01229 402696**

For appointment cancellations or queries you can also email [camhssouth@nhs.net](mailto:camhssouth@nhs.net)

If you feel you, or someone you know requires more urgent help or advice, contact the Crisis and Intervention Service (CAIS) on **01228 603964 at any time**.

*N.B. A & E departments are particularly busy in the current climate, if you have more urgent concerns relating to your child's behaviour or presentation and are thinking of attending the A & E department, please ring CAMHS crisis team in the first instance on the above number.*

### **APPOINTMENTS**

We continue to offer initial assessments, follow-up appointments and routine appointments, however all appointments will be by telephone or video call where possible. Children, young people and their parents or carers would be seen in clinic only if it is clinically indicated. If you have any enquiries or concerns about your appointment, please call and discuss this with the person that your clinician.

### **PRESCRIPTION REQUESTS**

For repeat prescriptions for medication, please allow 14 working days for your request. Please email your request where possible with your child/young person's details and the medication required to [camhssouth@nhs.net](mailto:camhssouth@nhs.net).

If you are worried about your own, or someone else's safety, or if your mental health is making you unwell, in addition to the numbers above, you could also access one of the services below:

Childline: **0800 1111**

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

Samaritans: **116 123**

Domestic Abuse Helpline: **0808 2000 247**

Safeguarding Hub: **0333 240 1727**

Young Minds (24h text service): text **YM** to **85258**

The following websites can also be visited:

Kooth: **[www.kooth.com](http://www.kooth.com)**

MindEd: **[www.minded.org.uk](http://www.minded.org.uk)**

Get Self Help: **[www.getselfhelp.org.uk](http://www.getselfhelp.org.uk)**

PAPYRUS: **[www.papyrus-uk.org](http://www.papyrus-uk.org)**

BBC Headroom: **[www.bbc.co.uk/headroom](http://www.bbc.co.uk/headroom)**

AnxietyBC: **[www.anxietybc.com](http://www.anxietybc.com)**

The following phone apps can be downloaded:

MindShift

STOPP

Calm

Headspace

MoodKit

SafeSpot

MoodGym