



Child and Adolescent Mental Health Services

CPS SUPPORT TO CHILDREN, YOUNG PEOPLE AND FAMILIES DURING THE COVID 19 OUTBREAK

Telephone: 01254 226480

Child Psychology Service for Blackburn with Darwen and East Lancashire

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 for Coronavirus symptoms and advice. Please do not attend a CAMHS/ Psychology service presenting with symptoms before contacting the service in the first instance.

Appointments

We will continue to offer appointments both initial assessments and follow up appointments, however routine appointments will now be by telephone or Skype where possible.

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.

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:

Childline: 0800 1111

All age Wellbeing Mental Health Helpline: 0800 915 4640 or text 'Hello' to 07862 022846

Samaritans: 116 123

Domestic Abuse Helpline: 0808 2000 247

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

Kooth: www.kooth.com