

Sources of advice, help and support during school closures for Covid-19, including sources of help for mental health and well-being and children dealing with bereavement

Parents:

Safeguarding Children Partnership

<https://cumbriasafeguardingchildren.co.uk/LSCB/CSCP/covid19informationforfamiliesandparents.asp>

Additional sources of advice and support:

Young Minds:

The Young Minds Website has a parents and professionals section as well as advice and moderated blogs for young people and a free telephone.

Parents Helpline Tel: 0808 802 5544.

<https://www.youngminds.org.uk>

Rise Above:

Health and wellbeing website by Public Health England that covers everything including emotional wellbeing, friendships, self-care; it also has games, videos etc.

<https://riseabove.org.uk/>

Kooth.com online support for young people:

Kooth is a web-based confidential support service available to young people aged 11 to 18 years, providing a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. It offers the opportunity to have a text-based conversation with a qualified counsellor.

Counsellors are available from 12 noon to 10 pm on weekdays and 6 pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours young people can message our team and get support by the next day. Support can be gained through counselling and also articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit www.Kooth.com where young people can register and others can find out more about the service.

Laura Berry, Kooth Integration and Participation Worker for Cumbria can be contacted at lberry@xenzone.com or by calling 07535 088117 or www.Kooth.com

5 – 19 School Age Public Health Nurse Practitioner Service:

E-school Nurse it is now available for professionals AND parents across the age ranges – however it is about general health needs not just mental health.

5-19 Public Health Website – the team are constantly updating with information and ideas on their website. <https://www.cumbria.gov.uk/ph5to19/>

My Time Cumbria (Barnardos) Primary Care Mental Health Service:

Initial telephone advice can be obtained from the Primary Mental Health Workers who can be contacted as below:

Nikki.swan@barnardos.org.uk (Tel 07510 586358)

Annabel.nicholls@barnardos.org.uk (Tel 01539 742626)

My Time has put in place a new model of working throughout Cumbria, to provide support during the COVID-19 Pandemic. All new referrals will have a Primary Assessment Meeting online, through an approved platform, or by telephone as part of a three stage process. The administration team will continue to allocate assessments as referrals are received. Those who are currently receiving a service will continue via telephone. Young people who have been contacted are continuing their interventions with the practitioners allocated to them.

Referrals can be made directly by contacting My Time on the number below:

MyTime Cumbria Telephone: 01539 742626 (Working Days: Monday-Friday 9am-5pm)

My Time will continue to triage with CAMHS on a daily basis. They will continue to offer online and telephone support to professionals across the County and support them with identifying suitable and relevant interventions that are available.

CAMHS Support (North Cumbria):

Where Children and Young People are experiencing serious mental health issues (currently as staffing allows). The West Team can be contacted on 01900 603985. The East Team (including Carlisle) can be contacted on 01228 608870.

SAFA - Self Harm Awareness for All Support Service:

SAFA continues to work with self-harm clients and have moved from face to face counselling to virtual counselling. Office staff are working from home. All counsellors have been trained to deliver the service via on-line support. They are also able to support friends/family members who need support. Until June SAFA will be working across the whole of Cumbria, after then they will switch to working only across South Cumbria.

SAFA can be contacted on 01229 832269 during normal business hours.

Referrals are accepted via their website at <https://safa-selfharm.com/referral-forms/>

New Course: Coping during the Pandemic

This course has been developed for everyone in response to the recent global pandemic. There is information about how to avoid catching/spreading the virus, what immediate feelings you may have and common reactions, managing your mental health at this time, managing isolation and social distancing, self-care, supporting children and young people and some accessible information. The course is free to access for everyone. You can find the link on our homepage:

<https://www.recoverycollegeonline.co.uk/> We also have a Coronavirus page on the website:

<https://www.recoverycollegeonline.co.uk/your-mental-health/coronavirus/>

Mental Wellbeing Resources:

Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/> (PHE)

National Survivor User Network

<https://www.nsun.org.uk/News/covid-19-mental-health-information> (NSUN)

Mental Health Foundation

<https://www.mentalhealth.org.uk/>

The following are charities or organisations who are there to support children who have had a bereavement:

Winston's Wish – Supports bereaved children, young people, their families, and the professionals who support them.

www.winstonswish.org

Helpline: 08088020021

Grief Encounter - Grief Encounter is a Child Bereavement Charity. We support children & their families to help alleviate the pain caused by the death of someone close.

www.griefencounter.org.uk

Helpline: 0808 802 0111

Childhood Bereavement Network – The hub for those supporting bereaved children
www.childhoodbereavementnetwork.org.uk

Child Bereavement UK - Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

www.childbereavementuk.org

Helpline: 0800 02 888 40