



Please find below, resources which can be shared with parents as appropriate.

We have included suggestions for parents when supporting children and young people who may be experiencing distressing thoughts and feelings linked to any of the present consequences of the COVID19 outbreak.

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak.

Regardless of their age, this may be a difficult time for children and young people. Some may react right away, while others may show signs of difficulty later on.

How a child or young person reacts can vary according to their age, how they understand information and communicate, their previous experiences, and how they typically cope with stress. Negative reactions may include worrying thoughts about their health or that of family and friends, fear, avoidance, problems sleeping, or physical symptoms such as stomach ache.

During this time, it's important that you take care of your family's mental health – there are lots of things you can do, and support is available if you need it.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Helping children cope with stress during the coronavirus (COVID-19) outbreak.

Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc. Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf>



Young people self-help ideas and resources and Parent Helpline.

Feeling concerned or overwhelmed by the news is understandable, especially if you are struggling with your mental health or you have a physical illness. It might be that you're anxious about your own health, the health of someone in your family, or what impact the virus will have on your life. Here are some steps you can take if you are feeling anxious...

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Crisis Support - Our new 24/7 mental health helpline is open to people of all ages who require urgent support and are residents of Cheshire West, Cheshire East and Wirral.

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- If your mental or emotional state quickly gets worse or deteriorates, this can be called a 'mental health crisis'. In this situation, it is important to get help quickly.
- Please call 0300 303 3972 and our dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.
- It is now the first port of call for mental health help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be re-directed to this local service – so call 0300 303 3972.
- You should still call 999 or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance.