**Information from CAMHS (Children and Adolescents Mental Health Services) during Covid-19**

**About:**

CAMHS (Child and Adolescent Mental Health Services) are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few. CAMHS have teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

**Getting help from CAMHS:**

Cornwall and the Isles of Scilly CAMHS are still operating during Covid-19, They are taking referrals in the usual way via the Early Help Hub (01872 322277, earlyhelphub@cornwall.gov.uk). Someone, usually your parents, youth offending service, GP, social care, a service at your school or yourself if old enough, can refer you to CAMHS to see what help you could get. It's important to **tell the person referring you as much as you can** so you can get the help you need.

New referrals who meet the criteria will initially be CAMHS assessed over the telephone or via the “Attend Anywhere” video conferencing platform.

**What you need to know if you are already receiving help from CAMHS:**

During this time Cornwall and the Isles of Scilly CAMHS has tried to contact every family to review their current care plan, risk summary, and discuss a clear COVID-19 crisis and contingency plan.

When receiving support from CAMHS it will be via telephone or where possible video calls. Exceptional circumstances at CAMHS bases will have face-to-face contact and government guidelines on social distancing and Personal Protective Equipment (PPE) will be followed.

Should a young person’s mental health deteriorate families are to contact CAMHS on their usual CAMHS office telephone number and they will respond as soon as possible.

**Useful Advice from CAMHS during the Covid-19 pandemic:**

**HEALTHY LIFESTYLE:**

CAMHS are emphasising to families about keeping to a daily routine, avoiding doing the same thing all day and trying to identify meaningful activities to do.

**SELF HELP RESOURCES:**

All young people are being encouraged to try and utilise self-help resources to reduce distress, for example distress tolerance and distraction activities, as well as seeking input from their family members. Young people/ families are encouraged to contact the below organisations for support if necessary:

* **Support Matters** - call free on 0800 001 4330 5pm-9am weekdays and 24h weekends & bank holidays. The service is open to all patients (aged 16+) under the care of the Trust’s mental health services.
* **Young Minds Crisis Messenger** - Text YM to 85258
* **Young Minds Parent Helpline** – Call 0808 802 5544
* **Papyrus Hopeline** - specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person. Tel: 0800 068 41 41 / Text: 07786 209697 / Email: pat@papyrus-uk.org