

1. Emotional Health and Wellbeing of children and young people is a growing concern nationally. We are keen to support anybody in Wandsworth to recognise the signs of distress in children and young people and to respond swiftly.

We recommend all parents/ carers and professionals download this excellent children's guide to coronavirus:

www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus

2. Research tells us that open and honest conversations help reduce distress and the risk of young people hurting themselves, including suicide. There is a growing rate of self-harm and emotional distress: many suffer alone, afraid to speak openly about how they are feeling.

3. Call our local 24/7 Mental Health Support Line: on **0800 028 8000** which offers emotional support & advice to people who are affected by urgent mental health issues. The line is open to children of all ages, adults and professionals.

The Support Line is run by South West London St George's Mental Health Trust.

7. Free Online Training for volunteers & professionals: Understanding Children's Mental Health: www.wellbeingresourceszoneuk.com
www.theskillsnetwork.com/employers/courses/childrens-mental-health-course?

On Self-Harm:

http://richmondlsqb.melearning.university/course_center

Suicide Prevention:

www.zerosuicidealliance.com/training



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6. Support & Advice to Parent & Carers: There is a range of advice to support families; our Wandsworth Mental Health in Schools Trailblazers, Family Consultancy, Catch22 Counselling and Place2Be are supporting Teachers and parents. Please speak to your child's teacher and school.

You can also look at the following:

www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents

<http://youngminds.org.uk/find-help/for-parents>

5. Support and Advice for Children & Young People: Wandsworth have made the KOOOTH online Counselling available to all young people over the age of 11: www.kooth.com

Also, you can call Childline for free 9.00am to midnight: **0800 1111** or www.childline.org.uk

<http://youngminds.org.uk>

4. Getting Help: In Wandsworth all of our CAMHS Services are running and continue to receive referrals during the Covid-19 Crisis.

If a young person under 18 is in distress and they are known and open to CAMHS they can contact their CAMHS Team 9.00am to 5.00pm.

Professionals can refer young people for treatment and if a young person is 16 or 17 years old they can self-refer to: ssg-tr.wandsworthCAMHSreferral@nhs.net

Parents/ carers and young people can also get help by calling our new 24/7 Mental Health Crisis Support Line: **0800 028 8000**.

If someone is deaf, they can call our Mental Health Support Line using sign live: <http://signlive.co.uk/login>
By phone or ipad download 'Sign Live' app.