



# Helpful Links to Support Good Mental Health and Wellbeing

To support you during this time, the **NHS** have now included further updated information of services provided both locally and nationally which we hope you may find useful at this time.

These services are provided online and have been commissioned by either Health, Education or Social Care providers at no cost to you. Many of the services can also be found on the **Lancashire & South Cumbria Healthy Young Minds Website**

<https://www.healthyyoungmindspsc.co.uk/home>

On the website you will find a topic page for COVID-19 that has been specifically aimed at children and young people:

<https://www.healthyyoungmindspsc.co.uk/information/childrenand-young-people/coronavirus>

Parents/carers/families' webpages are still in development but we've added some resources on there about COVID-19:

<https://www.healthyyoungmindspsc.co.uk/information/family-and-carers>

If you would prefer to talk, The **NHS** have set up a 24/7 Freephone local Wellbeing helpline to provide emotional support that can be accessed on **0800 915 4640**. Fully trained volunteers operate the helpline and will offer their time to listen and support you.

The **NHS** have also set up a 24/7 Local Crisis helpline if you need urgent help and this can be accessed on **0800 953 0110**. It is staffed by trained mental health professionals who are able to provide advice and guidance and provide assessment and referrals to other appropriate services.

Please do remember to seek advice from your GP if you feel you need further support.

Our local **CAMHS** teams have trained children's practitioners called Primary Mental Health Workers who are linked into all schools across Central Lancashire and they can provide you with advice and support, please email them on

[CAMHSCPS.Central@lancashirecare.nhs.uk](mailto:CAMHSCPS.Central@lancashirecare.nhs.uk)

**Kooth.com** is a free, online counselling and emotional wellbeing platform which is available to young people aged 10-16 years across Lancashire. The service allows young people to gain anonymous access to advice, support and guidance on any issue that is affecting their mental health and wellbeing

**Lancashire Emotional Health in Schools and Colleges** - Online information tailored for families and freely available to anyone. This focuses on maintaining and promoting good emotional health and self-care. You can access this information here:

<https://sway.office.com/8oQ8Wc5LL02BdEID?ref=Link>

### **National Support available:**

**Lenny and Lily in Lockdown** and **Lenny and Lily Return to School**

These provide some stories for primary school children.

'**Lenny and Lily in Lockdown**' and '**Lenny and Lily Return to School**' have been designed to enable children to reflect on and share their own experiences and feelings since the start of lockdown and to understand and prepare for the changes and challenges of going back to school. Developed by authors Prof. Barry Carpenter CBE and teaching staff Alison Erskine and Jenny Hawkes, together with more than 50 primary school children (SEN and mainstream), the stories offer a way for schools to open up conversations with pupils, and for parents to discuss children's back-to-school anxieties and provide reassurance. For anyone new to these books, guidance text at the back of both resources includes tips for how to use the stories with children.

You can download and print both stories for free from the website:

<https://booksbeyondwords.co.uk/lenny-and-lily-childrens-stories>

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

This is a good resource for parents and young people alike. There is a parent helpline **0808 802 5544** which is staffed from 9:30 – 16:00 with an online form for out-of-hours.

<https://www.nhs.uk/apps-library/category/mental-health>

Here is a list of mental health apps which have been checked by the NHS.

### **Anna Freud National Centre for Children and Families**

<https://www.annafreud.org/coronavirus-support/>

<https://www.mentallyhealthyschools.org.uk/getting-started/coronavirus-and-mental-health/>

<https://www.annafreud.org/on-my-mind/>