

September 2020

Dear Parent, Carer, Guardian

Following on from our previous letter sent during July 2020, we recognise there is still a lot of uncertainty and anxiety due to the pandemic and children returning to school that may have had an impact on your child's/children's emotional wellbeing.

To support you during this time we 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.healthyyoungmindslsc.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.healthyyoungmindslsc.co.uk/information/children-and-young-people/coronavirus>

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

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

If you would prefer to talk, we have set up a 24/7 Freephone local **Wellbeing** helpline to provide emotional support that can be accessed on [0800 915 4640](tel:08009154640). Fully trained volunteers operate the helpline and will offer their time to listen and support you.

We have also set up a 24/7 Local **Crisis** helpline if you need urgent help and this can be accessed on [0800 953 0110](tel:08009530110). 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

Local services available in Central Lancashire:

Primary School Aged Children aged 4-11



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.



Your child may discuss with you they have had a YOGI class. We have provided each primary school in Central Lancashire with YOGI cards and training for staff to work with children around yoga, building resilience and mindfulness.

Please see this video that explains the service <https://youtu.be/DOxyAMkfyRs>

Secondary School Aged Children aged 11-16



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The Butterfly & Phoenix service provide one to one counselling (6-8 sessions) to young people aged 11-18 who are suffering with emotional difficulties. Counselling helps young people explore triggers to their issues and helps them to identify and utilise alternative coping mechanisms. The service only operates during school term times

- A team of trained counsellors working across Preston & Chorley, South Ribble. We support young people aged 11-18 to resolve emotional difficulties through the delivery of 1-2-1 counselling and group workshops.
- To find out more about the service you can visit our website at www.butterflyandphoenix.org
- To refer a young person to our service you can either Call us on 0345 138 208 (*lines are open 8am to 6pm Monday to Friday*) or email us at admin@n-compass.org.uk

Colleges and post 16 year education



Togetherall (formerly Big White Wall) provide free access to their digital mental health and wellbeing service in order to support the mental health and wellbeing for the local area. It is a safe, anonymous, online 24/7 support service with a supportive community, information and self-help resources, plus trained professionals online at all times.

Access is easy: simply go to www.Togetherall.com and enter your postcode.



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The Haven is a service for residents of Chorley, South Ribble or Greater Preston aged 16+ who are experiencing emotional crisis. We have premises in Preston where you can drop in and a telephone support service in Chorley. The service is managed by Richmond Fellowship a leading charity and voluntary sector provider of mental health services in England and includes mental health support workers.

The service is supported by youth counsellors from n-compass who will engage with 16-18 year olds to help improve their wellbeing.

Please contact the Haven for support – opening times are 11am-10pm Monday – Friday

12noon to 10am weekends and bank holidays

Preston districts: 0330 0083672

Chorley & South Ribble: 0330 0083677

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>

Sam Tyrer Prevention and Engagement Lead, Lancashire & South Cumbria Foundation Trust - Mental Health Hour – 10 online sessions to watch covering a wide range of topics-

www.twitch.tv/mindsetbydave

National Support available:

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

We are delighted to share with you 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/> 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/>

With very best wishes from the CCG CYP Emotional Wellbeing and Mental Health Team

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