

1. Emotional Health and Wellbeing of children and young people is a growing concern nationally. We are keen to support anybody in Sutton 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 worry and anxious feelings for children and young people. We recognise that COVID -19 can cause worry and emotional distress: We would recommend that you speak openly about how you are feeling to your parent, carer or to a professional, who will be able to help.

3. Support and Advice for Children & Young People:

A) Off the Record (OTR) have extended capacity in their online counselling service including a weekly online drop in on Mondays from 4-6pm

YP can call **020 8175 6776** every Sat from 10-1 to talk directly to a counsellor

Details of all activities on OTR website:
<https://www.talkofftherecord.org/>

Or Email: sutton@talkofftherecord.org

B) Sutton have made KOOTH online counselling available to all young people over the age of 11: www.kooth.com. This is available Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm

C) School Nurse telephone number for young people: 020 8770 4409 - This will go directly through to one of the School Nurses - available 09:00 - 16:00 Monday to Friday

D) Children and young people can call ChildLine for free 9.00am to midnight: **0800 1111** or www.childline.org.uk and we recommend: <http://youngminds.org.uk>

4. Support & Advice to Parent & Carers:

There is a range of advice to support families; our Sutton Mental Health in Schools Trailblazer teams, School Nursing and voluntary sector organisations are there to support teachers and parents. Please speak to your child's teacher, school, GP or other professional if you require help to access to advice and support.

You can also look at the following:

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

5. Getting More Help: In Sutton all our CAMHS treatment services are running and continue to receive referrals during the COVID -19 Crisis. Appointment are being offered via telephone, online platforms or where needed, face to face.

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 in the normal way and encouraged to call the number below if they have any concerns.

Sutton CAMHS M-F 9am—5pm— 020 3513 3800

6. Crisis Support

Call 999 or attend local A&E for urgent or life threatening injuries. If considering the need to attend A&E for mental health reasons, please call the crisis numbers in the first instance.

- 1) Sutton CAMHS M-F 9am—5pm— 020 3513 3800 (option 1 or 2) to speak to the duty clinician
- 2) CAMHS crisis line M-F 5pm – 10pm + weekends and bank holidays 9am-9pm 0203 228 5980
- 3) South West London and St Georges Mental Health Support Line: 10pm—9am and weekends + Bank Holidays 9pm-9am 0800 028 8000