



CAMHS Covid-19 Parent or Carer Support Plan

Children and Young People's Mental Health Support offer for parent or carers from Manchester University NHS Foundation Trust CAMHS





CAMHS COVID-19 Mental Health Support Plan

Within this support plan we outline the steps we are taking to support the next phase of our COVID-19 response, in which mental health needs are anticipated to increase significantly. In addition COVID-19 has exposed some of the health and wider inequalities that persist in our society. We are therefore asking you to work collaboratively with us, your local communities and partners to support children and young people's (CYP) emotional wellbeing and mental health. Within this approach where possible we encourage everyone to support young people needs and protect the NHS CAMHS to focus on complex needs within our limited resources.

We recognise as our partners you find yourselves operating in an increasingly challenging environment. The partnerships we have created together for CYP, with local authorities, the third sector and other parts of the health system are central to successful delivery of this plan and need to be maintained and built on. We must make sure that over the next few months we work together to manage the expected surge in mental health needs.





Placing Mental Health Support within the language of Thrive

NB: The following support plan contains several links that are highlighted and underlined, like the one below. Play the slide and 'Click On' the links to get more information and support.

THRIVE Explained

- Thriving: *support to maintain mental wellbeing*
- Getting Advice: *those who need advice and signposting*
- Getting Help: *those who need focused input*
- Getting More Help: *those who need more extensive specialised help*
- Getting Risk Support: *those who struggle to engage with services and may need multiple approaches to manage risk and complexity*



For More information on the THRIVE Framework see [animation explaining THRIVE Framework](#)



Getting Advice and Signposting for Parents and Careers

- Did you know CAMHS provided a duty telephone function as Single Point of Access , not just for referrals but also for queries and signposting to other services and self-help materials.
- At Listen First you can find a range of [resources for parents and carers](#) – some have been translated into languages other than English.
- Also the Mental Health Foundation has developed [The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people](#)
- You can find top tips to support children and young people mental health from Public Health England's Every Mind Matters: [Every Mind Matters Top tips](#)
- Finally it' worth looking at Barnardos information, resources & tools. Here you will find practical advice on how to talk to your children about the pandemic, tips on managing anxiety and much more. [Barnardos: see hear respond support hub](#)



Getting Advice and Signposting for Parents and Careers

- The Anna Freud Centre is a leading mental health charity for children and families and provides [Advice for parents and carers talking mental health with young people at secondary school](#) AND [Advice for parents and carers talking mental health with young-people at primary school](#)
- Also you can find Podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, holds 20-minute episodes, that discuss an important issue in child and family mental health with an expert and a young person or parent [Anna Freud parents and carers child in mind series](#).
- Finally, MindEd for families gives you information if you feel concerned about your child's behaviour or emotional wellbeing [MindEd For Families](#)



Getting Advice Resources

- The Anna Freud Centre. [Self-care resource](#) written by young people to help other young people who are feeling low or anxious.
- Covid-19 [interactive resources](#) designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic.
- Headspace Kids: [Meditation for children](#) holds five themes for kids to explore: Calm; Focus; Kindness; Sleep; Wake up.
- The Mix provides a [wide range of mental health and wellbeing resources](#) on their website.
- The Charlie Waller Memorial Trust has developed [Managing stress in today's world](#) an explanation of what stress is, what can cause stress and the potential impact on mental wellbeing.
- Other support across Greater Manchester and digital online: [Mental Health Support in Greater Manchester for children and young people](#)
- Public Health England 'Every Mind Matters' provides and information and support [Every Mind Matters](#)
- UNICEF provides [supporting child mental health during covid-19](#)
- Barnardos Support hub provides a range of resources, tool, videos and more focusing on yours and your family's emotional wellbeing [Barnardos: emotional wellbeing support hub](#)





Getting Help

- Protect our NHS CAMHS by referring cases that clearly are within our remit, ensuring there is informed consent to referrals
- As far as possible we will provide timely assessments and interventions based on the clinical presenting need
- We offer comprehensive assessment and formulation in all cases via standardised duty assessments. Clear formulation and risk assessment in all cases will drive our intervention offer
- We will deliver services through a blend of telephone, remote clinical video sessions and face to face appointments as clinically indicated
- We may need to increase the use of group work to maintain efficient effective delivery



Getting Help for Parent and Carers

- YoungMinds Parents Helpline is available for parents, guardians and carers and you can call them on 0808 802 5544; 9.30am to 4pm on weekdays.
- Barnardos See, Hear, Respond service. Rapid support for children and young people who aren't currently seeing a social worker or other statutory agency, and who are struggling to cope with the emotional impacts of coronavirus (COVID-19). More information can be found here: [See hear respond](#). To make a referral [Professional referral form](#) or [Parent or Carer referral form](#)
- Advice on what you could do if you are concerned about a child's mental health. This blog by Dr Prathiba Chitsabesan (Associate National Clinical Director for Children and Young People's Mental Health for NHS England) provides [Advice for parents, guardians and carers on how to help and support a child or young person with mental ill health, suicidal thoughts or self-harming behaviours](#)
- Concerned your child's has an eating problem see [BEAT's advice](#) and get in touch with them for support via their helpline on [0808 801 0677](#).



Getting Help

- Find other local services here through NHS [Service Search for Mental Health support for Young People](#) or The Anna Freud Centre's [Youth Wellbeing Directory](#)
- MindEd [MindEd for Families support available for parents](#) Coronavirus Staff Resilience



Getting More Help....

- We hold a number of pathways - specialist clinical care - offering a stepped care model in line with the thrive needs-based groupings. Stepped care seeks to ensure that most the effective yet least resource intensive treatment is delivered first, only 'stepping up' to intensive/specialty (or targeted) as clinically required.
- This includes offering specialist evidence-based and evidence informed psychological and pharmacological intervention where required, monitored through goal based outcomes with regular monitoring of treatment response.
- Case are discussed in supervision and reviewed jointly with a supervisor where there is clinical uncertainty/drift or lack of progress.
- Clear treatment plans for all cases including formulation/risk/management.
- Exit from services are planned to ensure through-put to free capacity for the next child or young person.



Getting Risk Support....



- For some CYP and families evidence-based treatment does not bring about change in outcomes or recovery and they may require whole system support. These CYP may routinely go into crisis, self harm or seem unresponsive to support.
- Bridging the gap - Our role is to ensure links are maintained with multi-agency partners and to facilitate/attend regular risk support meetings, maintain discussions regarding formulation and offers of risk support
- We can reduce time by joining meetings virtually if appropriate.
- We make use of AMBIT (a whole-team approach designed for YP presenting with multiple and complex problems) and other methods of risk support within multi-agency teams.



Getting Risk Support....



- If you need to speak to someone right now, please contact one of the following 24 hour services:
SAMARITANS: 116 123 or www.samaritans.org
CHILDLINE: 0800 1111 or www.childline.org.uk
- If you need help urgently but are not at risk of death or serious illness, use the NHS 111 non-emergency advice online. [NHS 111 advice online](#)
- NHS urgent mental health helplines are for people of all ages [NHS service search: find an urgent mental health helpline](#)
- For life-threatening emergencies, call **999** for an ambulance.

Getting Risk Support....



- Shout 24/7 text service is free on all major mobile networks and is for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text GM to 85258. Visit website [crisis text shout](#)
- We want to support you if you are bereaved by suicide or concerned that someone you know may be thinking of suicide. We want to help you find what support is available in the boroughs of Greater Manchester and provide national resources that are available to help including [Shining a light on suicide](#)
- MindED what to do in a crisis [MindEd for families - concerned and what to do in a crisis](#)





THRIVING

Learn to reduce the risk of developing mental health difficulties and promote emotional wellbeing and overall good mental health. Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life: [NHS Five Ways to Wellbeing](#). The mental health charity Mind also offer information about these steps:

- [Connect pdf](#)
- [Be Active pdf](#)
- [Try Something New pdf](#)
- [Giving pdf](#)
- [Take Notice \(Mindfulness\) pdf](#)

The Anna Freud Centre has a list of self care strategies for young people to consider and use: [On my mind self care](#) and/or have look at the simple to learn, but highly effective techniques of meditation from HeadSpace [mindfulness](#)





Your Local Manchester University NHS Foundation Trust CAMHS Services across Manchester, Salford and Trafford.

North Manchester CAMHS

The Bridge
Central Park Unit C
Manchester
M40 5BP

Tel: 0161 203 3250/3255

e: cmm-tr.NorthCamhs@nhs.net

Salford CAMHS

Pendleton Gateway
Salford
M6 5FX

Tel: 0161 518 5400

E: MFT.SalfordCAMHS@nhs.net

Central Manchester CAMHS

The Winnicott Centre
195 – 197 Hathersage Road
Manchester
M13 0JE

Tel: 0161 701 6880

e: cmm-tr.CentralManchesterCamhs@nhs.net

Trafford CAMHS

1st Floor Sale Waterside
Sale
Manchester
M33 7ZF

Tel: 0161 716 4747

South Manchester CAMHS

The Carol Kendrick Centre
Stratus House, South Moor Road
Wythenshawe.
M23 9XD

Tel: 0161 902 3400

e: cmm-tr.SouthManchesterCamhs@nhs.net

