

Dear All,

21.4.20

We hope that you are keeping well through this challenging time. We are writing to let you know that the early intervention team at CAMHS (NHS Grampian) have been working hard to create resources to help children, young people and families. As you will probably have contact with the majority of families across Grampian we would be really grateful if you could disseminate the below information to those in your school.

We would like to direct families and young people to the new psychological resilience hub (<https://covid19.nhsgrampian.org/pages/for-the-public/mental-health-covid-19/how-do-you-self-refer-to-the-psychological-response-hub/>). This is a new service that anyone can self-refer to from 0-100 years for support and advice, and we have a specific self-referral pathway for children and young people. This can be done by the young person themselves if they are 14 years and over or by their parent. Attached is an infographic that explains this new service.

In addition, we have created resource packs for younger children (primary school), older children (secondary school) and their parents that provide information and strategies to help with worry and anxiety related to coronavirus (these are attached).

CAMHS has also created a podcast called "Keep CAMHS and Carry On" that has multiple episodes, each with a useful tip or strategy from a member of our CAMHS team. This can be accessed via our website <https://www.camhsgrampian.org/podcast> and we would encourage you all to subscribe as there are new episodes coming out all the time.

We hope the above is helpful and we will be in touch with any further resources or updates.

With Best wishes

NHSG CAMHS Early Intervention Team

