

# CAMHS COVID-19 ADVICE

## Coping, Attention, Movement, Help, & Social

**C is for COPING** (Feeling anxious and worried right now is completely normal for everyone).

Anxiety has a job to do – it is trying to make sure we keep ourselves safe (by doing things like staying home and washing our hands).

So this can be helpful, but we also need to give it some time off so that we can stay mentally well. Here are some important things to remember to help us COPE when our anxiety wants to work overtime...



**A is for ATTENTION** (It is much healthier for us to focus on things we can change, rather than on things outside of our control. So this means paying less attention to the media and more attention to you).

### ***LESS NEGATIVE NEWS & MORE SELF CARE:***

Paying more POSITIVE ATTENTION to yourself and your own environment at the moment is a good idea. You can think about treating yourself to something you enjoy, or practise focusing your attention more on the things around you.



**M is for MOVEMENT** (Keeping active is an important way to keep us well physically and mentally).

OK, so this one seems difficult at the moment but think about the things you are missing and get creative with how you can stay involved. Lots of clubs are offering online alternatives at the moment!

Trying out something new is good for our wellbeing too – so if you don't usually do any clubs this is a chance to give yourself a free taster, you might find something you love.



**H is for HELP** (Helping others is good for us as it creates positive feelings for ourselves).

It might feel like we can't do much to help others if we are stuck at home, but the little things really can be the big things. Just giving someone a smile, a text message, or a cup of tea can be enough to make a difference to both of you and create those good feelings.

Getting HELP for ourselves when we need it is always important, but especially now. If you are finding it hard to cope with your thoughts and feelings it's a good idea to tell an adult you trust. We have also included some numbers and websites below for you.



**S is for SOCIAL** (S is not for Social Distancing here – it's for staying SOCIALLY CONNECTED).

Yes things have changed a lot recently, we have clear advice to stay home and keep a safe distance from others (remember MOVEMENT – going for a walk is good!) but something else has changed a lot too – people want us to use our phones and tablets more!



So STAY SOCIALLY CONNECTED through facetime, video calls, texts, and social media. Some of those new activities you are going to try could be with friends or family online!



ROUTINE can help us to feel more secure when we have regular things to rely on. You could have regular times planned to SOCIALLY CONNECT with friends, or try to join in at family meal times and home activities together.



# Helpful Resources

## For parents, carers, and professionals

The Emerging Minds Network is committed to reducing the prevalence of mental health problems experienced by children and young people:

<https://emergingminds.org.uk/resources/>

Talking to children about covid-19 To read UNICEF's 8 quick tips for talking to children about Covid-19:

<https://www.unicef.org/coronavirus/howtalk-your-child-about-coronavirus-covid-19/>

NHS tips and advice how to talk to your child about their Covid-19 anxieties:

<https://www.flourishingfamiliesclinic.nhs.uk/parents/>

The National Association of School Psychologists:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/>

Wandering minds of a Psychologist:

<https://wanderingmindofapsychologist.com/2020/03/11/covid-19-psychological-survival/>

BBC Radio 4's Women's Hour covered a discussion about how to talk to children about COVID-19:

<https://www.bbc.co.uk/sounds/play/p085rjkm>

Talking to your child about the coronavirus – YoungMinds:

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

This Vimeo provides tips and advice about how to talk to your child about natural disasters and news events:

<https://vimeo.com/394049129>

Dr. Ehrenreich-May is a child psychologist who has produced a Vimeo outlining three tips for talking to your child about COVID-19:

<https://vimeo.com/398065042>

The Child's Mind Institute has published a video providing advice on talking to children about COVID-19:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

The British Psychological Society have published some tips talking to children about COVID-19 concerns. It refers to "your child" but the tips and strategies are the same for any adults working with children, not just parents:

<https://www.bps.org.uk/responding-coronavirus/>

Supporting schools and colleges booklet - the Anna Freud Centre:

<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

Supporting schools video - the Anna Freud Centre:

<https://www.youtube.com/watch?v=SjSh5SYWFqM>

Supporting parents and carers video - the Anna Freud Centre:

<https://www.youtube.com/watch?v=ZnANLAcPRZ4>

Dr. Ehrenreich-May has produced a Vimeo on dealing with strong emotions when self-isolating with children:

<https://vimeo.com/398401539>

BBC Bitesize advice on learning at home:

<https://www.bbc.co.uk/teach/five-waysto-keep-your-kids-learning-at-home/z4966v4/>

10 Ways To Handle Coronavirus Stress In Front of Kids:

<https://www.babygaga.com/coronavirus-stress-parenting-tips/>

FACE COVID – Russ Harris The Happiness Trap:

<https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf>

and the video:

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Let's Talk About CBT:

<http://letstalkaboutcbt.libsyn.com/coping-with-anxiety-about-coronavirus/>

Psychology Tools:

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Education Support – wellbeing support for education staff:

<https://www.educationsupport.org.uk/helping-you/>

## **For children and young people**

Self-care strategies - the Anna Freud Centre:

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

Helpful information to answer children questions about coronavirus - Place2Be:

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Coronavirus and your wellbeing – Mind:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Worries about the world - Childline advice page:

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

Childline Toolbox - Take your mind off things with games, advice from our videos or find new ways to handle your emotions. And all in your handy toolbox:

<https://www.childline.org.uk/toolbox/>

Calm zone – Childline:

<https://www.childline.org.uk/toolbox/calm-zone/>

Understanding anxiety illustration - Priory Group:

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

Coronavirus comic strip – NPR:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus/>

Tips for if you're worried about the coronavirus - Newsround video:

<https://www.bbc.co.uk/newsround/51887051/>

How to cope when you can't go to school because of the coronavirus - Newsround video:

<https://www.bbc.co.uk/newsround/51656718/>

Newsround facts and mythbusting:

<https://www.bbc.co.uk/newsround/51387017/>

Newsround advice on how to manage worries around covid-19:

<https://www.bbc.co.uk/newsround/51911025/>

## **For older young people**

The world health organisation video:

<https://www.youtube.com/watch?v=mOV1aBVYKGA&t=216s>

The centre for disease control covid-19 factsheet:

<https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts-h.pdf>

## **Resources for children and young people with specific needs**

Helpful tips on managing OCD symptoms and dealing with handwashing during outbreak from OCD-UK (aimed at adults but also suitable for teenagers):

<https://www.ocduk.org/ocd-andcoronavirus-survival-tips/>

The international OCD foundation has published advice for parents of youth with OCD:

<https://iocdf.org/covid19/talking-to-kidsabout-covid-19/>

Additude has published some advice for parents of children with ADHD:

<https://www.additudemag.com/explaincoronavirus-covid-19-anxiety-adhd-child/>

Anna Kennedy Online has provided some advice for parents of children with ASC:

<https://www.annakennedyonline.com/autism-and-coronavirus-advice-for-parentsby-rosie-weldon/>

Advice for reducing the impact of routine disruption for those with ASC:

<https://themighty.com/2020/03/covid-19-autism-routine-disruption/>

Social story about COVID-19:

<https://theautismeducator.ie/wpcontent/uploads/2020/03/The-Corona-Virus-Free-Printable-.pdf>

Mencap easy-read:

<https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20UPDATED%20130320%20SD%20editsAH.pdf>

AFIRM Autism Focused Intervention Resources & Modules:

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times/>

### **Statutory Mental Health Support**

If a family member/carer or a professional become concerned about this individual's ability to maintain their own or others safety, then those with such concerns are advised to promptly contact a GP or access an appropriate emergency service (**999, A&E or Social Services**).

Professionals, parents & carers concerned about the mental health of a child or young person who has a GP in the Vale Royal & South Cheshire areas can contact the CYP Wellbeing Hub team if they wish to talk though any of these issues: **call 01606 555120 between 13:00 and 17:00 Mon-Fri (Excluding Bank Holidays)**.

The "Children and Young People's Out of Hours Advice Line" on **01244 397644**, Mon-Fri 5pm-10pm & Sat-Sun 12pm-8pm. As a team they offer telephone advice and support to young people & parents/carers whom may have concerns about a young person's mental health.

**Disclaimer: These resources in relation to their content and related services, via their highlighted contact details, are provided for your convenience and are not operated by CWP (unless specifically stated). Accessing these resources is done so at your own risk and CWP accepts no liability for any linked websites, content or connected services.**