



Temporary arrangements for the Open Minds Partnership (CAMHS) – COVID-19

We understand that children, young people, families and staff across Calderdale will be feeling anxious and vulnerable during the coronavirus pandemic.

The Open Minds Partnership, which is the new name for Calderdale CAMHS (Child and Adolescent Mental Health Services), wants to reassure children, young people, families, partners and staff, that we are **continuing** to offer as much support and services as we can during this difficult time.

We are in a quickly changing situation so we will continue to review our approach and share updates regularly.

Help and information for children, young people and families

- Families and young people are encouraged to make use of on-line resources on the **Calderdale Open Minds website**: www.openmindscalderdale.org.uk/.
 - It has a wide range of helpful information, videos, apps and resources. It will help you with questions about emotional health, and it provides guidance about where you can find support.
 - It also has helpful coronavirus emotional wellbeing resources. These can be found at: www.openmindscalderdale.org.uk/category/help-and-support-coronavirus/
- www.kooth.com is a free, safe anonymous online counselling and support service for children and young people aged 10 to 25 years old. It's open until 10.00pm every evening, seven days a week, 365 days a year. It has lots of resources, forums and peer support, including *10 ways you can manage coronavirus panic* and *Yoga for physical and mental wellbeing*.
- **TimeOut Calderdale** www.timeoutcalderdale.co.uk/ - for daily activities during the pandemic, a blog and other advice for 10-19 year olds to feel good and stay well
- Information and advice related to **autism and social communication needs** can be found on the **Calderdale Local Offer website**. Please note that some of the information refers to support available before the coronavirus pandemic began: www.calderdale.gov.uk/v2/residents/education-and-learning/local-offer/send/social-communication-needs
- **Childline** is a free, private and confidential service where children and young people can talk about anything – you can contact them on 0800 1111 or visit their website: www.childline.org.uk
- There are **lots of other organisations in Calderdale** providing information and support for children, young people, families and professionals at this difficult time, including the voluntary and community sector. For more information, visit the Open Minds web site www.openmindscalderdale.org.uk/.

If you need to access the Open Minds Partnership (CAMHS) during the pandemic

We are open. However, we have made some changes to the way children, young people, families and professionals from across Calderdale access the Open Minds Partnership (CAMHS) during the coronavirus pandemic.

- Following instructions from NHS England we are prioritising help and support to children and young people in crisis, and those with eating disorders. If you feel your child is in crisis or has an eating disorder **please do not** contact 111 or go to your hospital A&E department.
 - **Instead**, please ring the First Point of Contact on 01422 300 001 where you will be able to speak with a clinician. If needed they will pass you to a Crisis/Eating Disorder worker for further advice or an assessment.
- The vast majority of our work is now taking place by phone or on-line.
- Because our offices are closed, please **don't** contact us **by post, particularly if you have an urgent referral or query**. If parent carers, young people or professionals have concerns about the emotional health of a young person, please contact the First Point of Contact on
 - telephone: 01422 300 001
 - email: firstpointofcontact@calderdalecamhs.org.uk
 - or make an online referral at <https://calderdalecamhs.org.uk/how-to-refer/>
- We are still accepting referrals and responding to queries linked to children and young people's emotional wellbeing, mental health, autism and attention hyperactivity disorder (ADHD).
- If your child or young person has been referred for an assessment linked to autism or attention hyperactivity disorder (ADHD), please be assured our staff are continuing to complete as much work as possible, ready for when face to face appointments can take place again.
- Support will be offered on a face to face basis **only where there is a clear clinical need to do so**. Your therapist will endeavour to contact you to arrange this. They will explain where and how this appointment will take place, to keep you and other people safe.

These are temporary measures taken to ensure we can continue to meet your needs. It also supports the national efforts to encourage people to stay at home and maintain social distancing measures, and ensure that people receive the best medical care while keeping front line staff safe.