



Sheffield Psychology Board

Respect

People first

Quality

Partnership

Sheffield Covid-19: Parents and Carers

Family life during the coronavirus (COVID-19) outbreak might feel like a stressful time and each family will have different things they have to manage.

Key priorities to consider are:

- Look after your own emotional wellbeing so you can support your child
- Be available to listen to your child and help them to talk about their concerns – don't rush in with solutions, we can't always fix things, but being heard really helps
- Try and establish a healthy routine at home
- If you are concerned about your own or your child's mental health then you should still consult your GP.

We've listed below a variety of different sources of help and support.



I would like online help and support...

The Sheffield Mental Health Guide - features a host of information about support that is available across the city.

Child and adolescent mental health services (CAMHS) - resources for young people, carers and professionals to help support mental health and well-being.

Sheffield Children's Hospital - resources created specifically to support emotional wellbeing and covid-19.

Let's Talk Directory - wellbeing and mental health services guide for children and young people in Sheffield.

Door 43 - This Instagram has a livestream on Tuesday evenings for young people.

Every Mind Matters - advice for adults to help you look after your mental health and wellbeing.



I need help with bereavement and coping with grief...

Losing someone is always going to be hard and everyone grieves in different ways and hopefully the people who know us best can help us through this time – if you do need extra support these resources might be helpful or speak to your GP.

Young Minds - loads of advice on how to support grief and loss

0800 048 5224 - the Listening Ear service is available to anyone who has been bereaved through this Freephone number, Monday-Friday between 10am and 5pm



I would like to talk to somebody...

116 123 or email jo@samaritans.org - the Samaritans provide a confidential 24 hours listening and support service for children and adults who are generally feeling stressed.

Kooth - free online chat service for young people, available Mon to Fri 12pm to 10 pm, Sat and Sun 6pm to 10pm. They can chat to a counsellor or with the online community.

0114 226 3636 - available for urgent mental health support for adults, 24 hours a day, 7 days a week

Sheffield Children's **NHS**
NHS Foundation Trust

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Sheffield Health and
Social Care
NHS Foundation Trust

NHS
Sheffield
Teaching Hospitals
NHS Foundation Trust

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