

Responding to self-harm and suicidal thoughts and behaviours during the Corona (COVID 19) outbreak.

One-page summary for parents and carers

Should your child express thoughts of self-harm or suicide there are resources available from YoungMinds to support you <https://youngminds.org.uk/> or you can call them on 0808 802 5544.

You can also get additional advice and guidance by contacting your local Child and Adolescent Mental Health services (CAMHS) on the numbers below.

If your child is known to CAMHS, contact the duty line to update the practitioner and receive advice and support.

CAMHS Crewe: 01270 253841

CAMHS Macclesfield: 01625 712 040 / 712 041 (0-16 years) or 01625 712 054 (16 - 19 years)

CAMHS Winsford: 01606 555240 (0-16 years) or 01244 397555 (16-19 years)

If your child is not known to CAMHS contact the Crisis Line for advice and guidance on what to do next:

Urgent help

If you need **urgent support** for your mental health, please call our mental health **helpline on 0300 303 3972** and our dedicated local staff will support you to access the help you need.

The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people.

The phone line is now the **first port of call** for mental health help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be re-directed to this local service – so call **0300 303 3972**.

Please note, A&E and 999 are not the best places to get help for the majority of mental health problems – call **0300 303 3972** to be directed to the best local service to support you.

You should still call 999 or go to A&E if you have an **immediate, life-threatening emergency** requiring mental or physical health assistance.

Emergency Support:

You should still call 999 or go to A&E if you have an **immediate, life-threatening emergency** requiring mental or physical health assistance, including any situation involving an overdose.