

Covid-19

Newham CAMHS advice to professionals

Current CAMHS Offer

Newham CAMHS will continue to provide a comprehensive Mental Health Service for young people in Newham but we will be delivering this wherever possible remotely via Telephone or Video instead of face to face in the building at York House. All specialist treatment pathways remain available at this time but staff will mostly be working remotely at home. A Critical Response or Duty Team will be based at York House 9-5pm Monday to Friday to respond to urgent enquiries.

New referrals

We are still open to new referrals (self and professional) and will review them by our Front Door Team as usual offering signposting for referrals who do not meet threshold. This will include more self help resources for families and young people that we have been compiling.

Referrals that meet threshold are given a RAG rating. Green (low risk and routine) Amber (significant risk) and Red (significant risk and urgency)

We will write to all new Green referrals to explain that we will be unable to offer an immediate Assessment or Intervention and invite families to self-refer once the clinic is open to routine cases again. Information about electronic resources and self-help is included as well as how to get in touch if risk increases.

New Red and Amber cases will be accepted to the service and allocated to a Clinician who will assess and provide an intervention remotely via telephone or video. We will also endeavour to offer a face to face appointment if the young person is in crisis and it is safe to do so from Covid 19 perspective.

Interventions

We will continue to provide therapy to all cases currently open to us but this will now be delivered remotely. We are doing individual, family therapy, group interventions, workshops, self-help and guided self-help, all through our zoom-based/telephone remote offer.

Consultation

We will continue to offer consultation to our partner agencies as usual. This will also be delivered remotely by telephone or video to individuals or groups.

General resources for helping with mental health difficulties

Local Sources of information:

The Local Offer

<https://families.newham.gov.uk/kb5/newham/directory/localoffer.page?localofferchannel=0>

The Local Offer website is a guide to the services available to parents and carers in the borough of Newham. It is being kept updated daily throughout this crisis.

HeadStart

[HeadStart Newham | Newham Connect](#)

A mental health and wellbeing service working for young people and families in Newham is creating online content which will be available to all young people/families in the borough on Facebook, Twitter and Instagram.

Useful websites

CAMHS Resources: <https://www.camhs-resources.co.uk/> All online resources in one place.

NHS UK: www.nhs.uk/oneyou/every-mind-matters

Royal College of Psychiatrists: www.rcpsych.ac.uk/expertadvice/youthinfo.aspx

Young Minds: www.youngminds.org.uk

Anxiety-UK: www.anxietyuk.org.uk/

MoodJuice: www.moodjuice.scot.nhs.uk

Stem 4 (teenage mental health charity): stem4.org.uk

Reading well (list of useful books): reading-well.org.uk/books/books-on-prescription/young-people-mental-health

Family Lives: <http://familylives.org.uk> Online parenting advice and support

KOOTH online counselling: www.kooth.com Kooth is a free, safe and anonymous online counselling service for young people aged 10-16 in Newham. It provides support from qualified counsellors via mobile, tablet and desktop computer. Young people can access support directly without needing a referral by joining KOOOTH via the website.

Some useful apps which you and your child might find useful, to deal with difficult feelings, you may need to try out a few, before you find one that suits you best.



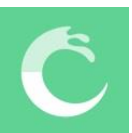
Mindshift™ App

Designed to help teenagers who are struggling with anxiety or low mood, Mindshift includes tracking tools, positive thinking activities, relaxation tips, and inspiring quotes/stories.



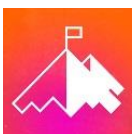
Chill Panda

The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



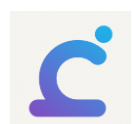
Pacifica App

This app is designed to help with anxiety and/or depression. It provides daily challenges and activities complete, and allows you to rate your mood and track your progress.



Moodmission App

This app provides you with personalised "missions" designed to reduce feelings of low mood or anxiety.



Calm Harm

Provides tasks to help you resist or manage the urge to self-harm. It's private and password prevented and was designed by a teenage mental health charity.



Self-Anxiety Management (SAM) App

SAM includes lots of information about anxiety, as well as calming activities and tips to help you feel relaxed.



Talk Life

A peer support network for young people who struggle with mental illness. Allows you to post anonymously and talk to other young people, to get and give help.



breathr

Breathr App This free app is specifically for young people and offers a range of mindfulness exercises which are designed to be fun and easy to try.



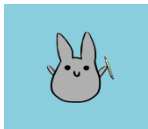
Stop, Breathe, & Think (and Stop Breathe & Think Kids)

This app asks you how you are feeling and offers personalised mindfulness and meditation activities to help with your mood. There are two versions – adult/ teen version, and a kids version



Daily Quote; Daily Motivational Quotes; Motivation Quotes

These free apps give you a positive quote each day at a time that you can choose. You can also add your own quotes and save your favourites.



Study Bunny

An app to help motivate and focus you with studies/ work - set up to do lists and get rewarded for working for periods of time you can set

Smiling Mind



This app was developed by psychologists and allows you to practice daily meditation and mindfulness exercises.



Hospichill

Originally developed to help with nerves about hospital appointments, this app has lots of relaxation exercises and activities to help deal with stress or anxiety.

Urgent Referrals and Emergencies:

We operate a daily Duty System that can offer Assessment for young people in Crisis. This is available 9-5pm Mon-Fri. Families and young people can still self-refer by talking to the Duty Clinician. They are also able to take queries from professionals who are concerned about any young person or family and advise on how best to manage and if a referral to the service should be made.

From 5pm-9pm, Mon-Fri, this will be offered by the East London Extended Crisis team based at the Coborn Centre and also from 10am -2.30pm over the weekend. Again they offer a telephone based service but can offer face to face appointments if necessary. After 9pm emergencies are dealt with by the out of hours on all Psychiatry team from Newham University Hospital.

Available Monday – Friday, 9-5pm

- **Newham CAMHS – call 0208 430 9000**
You can call us and ask to speak to your allocated clinician or the Duty Clinician if your allocated clinician is not available.



Available Monday - Friday, 10am-10pm; Sat/Sun & bank holidays 2pm-10pm

- **HOPELINEUK – call 0800 068 41 41 or text 0778 620 9697**
A specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person.



Available Anytime (24/7)

- **Newham Crisis Helpline: 020 7771 5888 (24hrs)** Call this number if you feel your mental health is deteriorating or if you are in distress and you need to contact a qualified mental health professional out of office hours. They can put you in touch with the CAMHS out of hours team.
- **Kooth Online Counselling**
An online counselling and emotional well-being platform for children and young people. Accessible through mobile, tablet and desktop and free at the point of use.
<https://www.kooth.com>
- **ChildLine – call 0800 1111**
Talk to a counsellor for free anytime by calling 0800 1111.
You can also log in for 1-2-1 chat or email (www.childline.org.uk/get-support)
- **YoungMinds Crisis Messenger – Text “YM” to 85258**
A free crisis messenger service support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.
- **Samaritans – call 116 123**
Talk to a trained volunteer anytime for free non-judgemental support by calling 166 123.
- **NHS Direct – call 111**
NHS Direct can help if you have an urgent medical problem and you're not sure what to do.
- **Accident & Emergency (A&E) at your local hospital.**
If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.

