

**1. The emotional health and wellbeing** of children and young people is a growing concern nationally. We are keen to support those who work or live in Kingston and Richmond to recognise the signs of distress in children and young people and to respond swiftly.

We recommend all parents, carers and professionals download this excellent [children's guide to Coronavirus](#).

**2. Research** tells us that open and honest conversations help reduce distress and the risk of young people hurting themselves, including suicide.

There is a growing rate of self-harm and emotional distress, with many suffering alone who are afraid to speak openly about how they are feeling.

### **3. Getting Advice and help:**

[KOOOTH](#) is an online Counselling Service now available to children and young people between the ages of 11-22, across south west London

[Childline](#) is a free service available by phone from 9am to midnight on 0800 1111 or online at [childline.org.uk](#). We also recommend using [youngminds.org.uk](#).

### **7. Free online training for volunteers & professionals:**

Understanding Children's Mental Health Wellbeing Resources Zone UK - [The Skills Network](#)

Self-harm - [Richmond Course Centre](#)

Suicide prevention - [Zero Suicide Alliance](#)



**4. Getting More Help:** All of our local specialist emotional and mental health services for children, young people and their families, continue to offer appointments for assessments and treatments, over the phone or via video calls. Referrals can be made using the 'Single Point of Access' either by calling **020 8547 5008** or by completing an online referral form on your local council website - [Kingston](#) and [Richmond](#).

### **6. Support & Advice for Parents & Carers:**

There is a range of advice available for families. 'Achieving for Children's' mental health support teams, are working with teachers and parents of selected schools in Kingston and Richmond. There are also tips and resources from the [Anna Freud Centre](#), in addition to support for families who have children with special educational needs and disabilities, [Click here for more resources](#).

### **5. Getting Crisis Help:**

Parents, carers and young people can also call our new 24/7 **Mental Health Crisis Support line** on **0800 028 8000**.

The support line is run by expert clinicians from St George's Mental Health Trust and is open to children, young people, adults and professionals.

If a young person under 18 is currently under the care of **Children and Adolescents Mental Health Services (CAMHS)** or the **Emotional Health Service (EHS)**, they can directly contact their team, 9am - 5pm Monday to Friday. If someone is deaf, our 'mental health crisis support line' can also be accessed using '[Sign Live](#)' online or via the Sign Live app.