



CORONAVIRUS
STAY HOME. PROTECT THE NHS. SAVE LIVES.



APRIL 2020

I hope that you, your families, friends and colleagues are well at this unusual and unprecedented time.

I know that you will be acutely aware of the potential implications of this ongoing period of change on the emotional wellbeing and mental health of children and young people across Lancashire and South Cumbria.

You'll also be aware that the transformation of services, especially access to information (through our Healthy Young Minds website) and support have never been more important.

So our transformation plan objectives that support and enable our response to coronavirus (COVID-19) will continue but at an increased pace whilst other objectives will be paused for the time being.

Our COVID-19 response is being planned and mobilised through a group which is led by Liz Crabtree, Jo Weller, Sally Nightingale and Elaine Walker whom I'm sure would welcome your support and can be contacted via healthyyoung.minds@nhs.net

Best wishes,

Peter Tinson

Chair of the CYPEWMH Partnership Board

COVID-19 updates

How Healthy Young Minds are supporting children, parents, carers and professionals during this pandemic

In these unprecedented times there is much uncertainty and worry, not only amongst young people but also in their families. Since the outbreak, Healthy Young Minds have created three dedicated webpages about coronavirus (COVID-19), which are added to daily.

These pages, aimed specifically at children and young people, parents and carers and professionals are a hub of resources that are easily accessible. They contain all the latest guidance, self-help resources and service updates. If you or someone you know requires information or support during the coronavirus (COVID-19) pandemic, they can be sure to find it on the Healthy Young Minds website.

To access the information and guidance, follow the links below.

- [Children and young people](#)
- [Parents/carers/families](#)
- [Professionals](#)

Please feel free to share these webpages with your networks and upload the links to your organisation's website. If you know of further resources that would be useful to any of the three groups, please email healthyyoung.minds@nhs.net

Transformation Plan refresh update

Due to coronavirus (COVID-19), the final sign off for the Transformation Plan refresh has been delayed.

The Children and Young People's Emotional Wellbeing and Mental Health Programme's plan was refreshed before the current pandemic and was on course to be signed off.

However, as a consequence of the delay and in the short-term, partner organisations in Lancashire and South Cumbria are prioritising resources towards the activities which will help to keep young people and their families resilient and safe and to ensure that services are able to continue to offer advice, support, care and treatment when it is most needed.

This means that that there may be a delay in delivering some of the longer term objectives set out in the plan, but the programme will not lose sight of these ambitions and continues to strive to ensure that children and young people in Lancashire and South Cumbria will grow up with healthy minds, feeling confident and resilient, and able to fulfil their potential.

Whilst COVID-19 has delayed some priorities, it has also meant that others have been implemented sooner than planned. We have expedited our digital offer with Kooth, providing support for children and young people 10 - 16 years old (age 18 and under in South Cumbria and age 25 and under with SEND in Blackburn with Darwen).

Big White Wall has also been commissioned across Lancashire and South Cumbria for young people aged over 16 years.

Additionally, we have established out of hours 24/7 support for those who need any help or advice.

You can access all of these by clicking on the buttons below.

The logo for Kooth, featuring the word "Kooth" in white text on a blue rectangular background.

[Kooth](#)

[Big White Wall](#)

[Mental Health Helpline](#)

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