

Useful Organisations during COVID-19

Signposting for Parents and Young People in Bucks

WE ARE BETTER

TOGETHER

The Oxfordshire Mental Health Partnership

Oxford Health Mental Health Helpline

A 24/7 mental health helpline has been launched during the coronavirus pandemic. You can call when you need to find out when and where to get help and to access support from mental health professionals.

Adults: 01865 904 997

Children and young people: 01865 904 998

<https://www.oxfordhealth.nhs.uk/news/24-7-mental-health-helpline-replaces-111-in-oxfordshire-and-buckinghamshire/>



Bucks Mental Health Support Team

The Bucks Mental Health Support Team (MHST) is a service that delivers low intensity therapeutic support for children and young people in education, comprising family workers, youth workers and mental health workers. During these unprecedented times, we are extending our service to all schools within Bucks. If you are supporting a pupil who has mild to moderate levels of anxiety or low mood who does not require urgent help, please refer to us through the Single Point of Access team in CAMHS.

We have created a consultation line manned between Monday – Friday from 9-5pm for member of school staff to discuss any concerns they have for their pupils, including; emotional support for a pupil in their care, signposting advice, safeguarding questions or would like any resources relating to emotional wellbeing.

MHST consultation line: 01865 901 555.

Should you be unable to get in touch with the MHST please call CAMHS on 01865 901 325.

Useful Organisations for Parents:

FACT Bucks

Families and Carers Together in Bucks; children and young people with additional needs and disabilities in Buckinghamshire.

We are very aware of the pressures on families. The loss of respite and support is a huge blow for many, as is the collapse of routine and freedom to move. We are seeking additional support for vulnerable families in whatever form is available and a plan to restart respite etc as soon as it is safe to do so.

T: 07548 095363

E: admin@factbucks.org.uk

W: www.factbucks.org.uk

Carers Bucks

Carers Bucks exists entirely to support and promote the wellbeing of family carers.

All our staff can work from home which enables us to continue to deliver our Information, Advice and Guidance services via the telephone. We will be continuing to take calls during our normal working hours, Monday to Thursday 9am – 5pm, and Friday 9am – 4.30pm.

T: 0300 777 2722

E: mail@carersbucks.org

W: www.carersbucks.org/



Useful Organisations During COVID-19

Gingerbread

We provide expert advice, practical support and campaign for single parents.

We know many single parent families are worried about the impact of the coronavirus on their families. For practical advice, you can contact our expert advisers on our Single Parent Helpline.

T: 0800 802 0925

E: info@gingerbread.org.uk

W: www.gingerbread.org.uk/

The Compassionate Friends

The Compassionate Friends is an organisation of bereaved parents offering support, understanding and friendship to others after the loss of a child, of any age, from any cause.

Grieving the loss of your child during the COVID-19 pandemic: you can keep in touch with and be supported by us through our Helpline and our online support. We are here for you particularly during this challenging time. You are not alone.

T: 0345 123 2304

E: helpline@tcf.org.uk

Bucks Family Information Service

Find out what's happening in Buckinghamshire for you and your family.

COVID-19 Support for Families: during these challenging times, the Family Support Service and your local Family Information Service are here to assist and support families. We are pulling together resources, information, and guidance which we will keep updated on a regular basis.

W: www.bucksfamilyinfo.org

Useful Organisations for Children & Young People:

CAMHS

NHS mental health services & training that focus on the needs of children and young people.

We are anticipating that there may be temporary disruption to our Child and Adolescent Mental Health Services across all regions as a result of the impact of Coronavirus. Our priority is to minimise disruption as much as possible and to keep you updated and informed of any changes to service delivery.

If you are currently open to CAMHS or making a referral, there could be some temporary changes in how we deliver our services. For example, some of our patients may be seen by video call or over the phone instead of face-to-face. A clinician will contact you to update you on the situation and to plan for your circumstances. If you have any questions, please contact your care coordinator by phone. Please contact us by phone and avoid sending us paper referrals as these may not be being checked regularly.

T: 01865 901951

E: oxfordhealth.bucksCAMHSSPA@nhs.net

W: www.oxfordhealth.nhs.uk/camhs/

Kooth

Free, safe and anonymous online support for young people.

The Kooth online counselling and emotional wellbeing platform is available to any young person who may be struggling with their mental health during the COVID-19 outbreak.

W: www.kooth.com

The Mix

Useful Organisations During COVID-19

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline. Support available during covid-19 pandemic.

T: 0808 808 4994

W: <https://www.themix.org.uk/>

Switch

Switch Bucks is an alcohol and drug service for young people in Buckinghamshire.

We're working hard to make sure we continue to provide help and support to anyone who is experiencing issues with drugs, alcohol or mental health throughout the coronavirus (COVID-19) outbreak.

T: 01494 527000

E: switchbucks@cranstoun.org.uk

W: www.cranstoun.org/service/switch-bucks/

Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

Coronavirus is having an impact on everyone, including individuals and families facing bereavement, professionals who work with families, and our supporters. Our page brings together guidance and information to help support you at this difficult time. Our Helpline is operating as normal, Monday – Friday, 9am – 5pm (except Bank Holidays).

Helpline: 0800 02 888 40, Live Chat via our website, and email

T: 01494 568 900

E: support@childbereavementuk.org

W: www.childbereavementuk.org/young-people/

Youth Concern

Informal, flexible and responsive support for young people, Youth Concern are there to listen to young people and try to understand how they feel.

Coronavirus update: WE ARE STILL OPEN! (In fact, we're open on more days and for more hours than normal!) Although we won't be opening our drop-in centre on Whitehill Lane until further notice, we've launched a new triage service. Any 13-25 year old is welcome to call us on **01295 431183** to speak to a friendly member of the Youth Concern team. You'll be able to chat with a youth worker or counsellor 1:1 using a safe platform of your choice.

E: admin@youthconcern.org.uk

W: www.youthconcern.org.uk

Winston's Wish

We provide professional therapeutic help in individual, group and residential settings for people in our catchment areas. We are the only specialist provider of support for children bereaved through homicide and suicide, as well as military families who have been bereaved.

All our face-to-face services have now moved to remote or digital delivery and our Freephone National Helpline, ASK email, Crisis Messenger and online chat remain open to continue supporting bereaved families and professionals. We also have lots of advice and guidance on supporting grieving children and young people during the coronavirus (COVID-19) pandemic online.

Useful Organisations during COVID-19

T: 08088 020 02

W: www.winstonswish.org.uk/

Useful Organisations for Adults:

Buckinghamshire Mind

We deliver high quality community-based services across the county of Buckinghamshire to reach out and ensure everyone with a mental health problem gets access to the help they need. We do this through services such as counselling, befriending, employment support, group activities and more.

Many of our services have moved to remote communication, such as online counselling, telephone befriending and activity packs via post. Our phonenumber and email inbox remain open.

T: 01494 453354

E: info@bucksmind.org.uk

W: www.bucksmind.org.uk

Samaritans

Offering a safe place for you to talk any time you like in your own way – about whatever's getting to you.

Due to the recent situation of COVID-19, we are not able to continue our face to face service. All other services will continue as normal. If you need to talk, call 116 123

T: 116 123

E: jo@samaritans.org

W: www.samaritans.org

Healthy Minds

Healthy Minds is a NHS service offering quick and easy access to talking therapies, practical support and employment advice.

We have updated our website to include a range of short videos and links that will help you look after yourself and your loved ones during this very challenging time. These videos are designed to give you practical ideas on how to manage worries around COVID-19, look after your own wellbeing and how to connect with others if you are feeling alone as a result of having to isolate yourself.

T: 01865 901600

W: www.oxfordhealth.nhs.uk/healthyminds

Relate

Relationship and family counselling.

Relate has increased the availability of our highly trained counsellors to support everyone's relationships during this unprecedented time, offering telephone counselling, webcam counselling and Live Chat services. We have also put together some advice and tips for keeping relationships healthy during self-isolation and social distancing.

T: 01628 625320

W: www.relatemtb.co.uk

Useful Organisations during COVID-19

For more information and other services please see the [Bucks Mind Guide to Mental Health Services](#). In association with Oxford Health NHS Foundation Trust, this is a new directory of services, apps and other help available to anyone who is worried about their own mental health and well-being or that of a friend or relative.

W: www.bucksmind.org.uk/buckinghamshire-mind-guide