

Supporting our children's and Families Mental Health and Wellbeing

I have recently been sent this information from CAMHS:

We also want to reassure you that CAMHS services are still operating – albeit it in a slightly different way. You can find the most up-to-date information here:

<https://www.liverpoolcamhs.com/support-category/covid-19-support/>

Finally, there are multitudes of resources to support emotional wellbeing during this crisis that are being shared. Liverpool Learning Partnership have pulled some of these together into a wakelet collection for easy access.

<https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f>

I hope you find this information useful and supportive during this time.

Best wishes,

Mrs. Tinkler