

21.4.2020

Dear School staff, parents, carers, children and young people,

In response to the COVID-19 (coronavirus) pandemic Buckinghamshire Healthcare NHS Trust has made a number of temporary changes to our community services for Children and Young People. This is to ensure that staff can be redeployed to areas where they are most needed and patient safety is not compromised.

### **NHS School Nursing service**

The NHS school nursing service is operating an essential service.

- Monday – Friday, 9am – 5.00pm except bank holidays
- Contact us by phone: **01296 567833** or by email: [bht.schoolhealth-enquiries@nhs.net](mailto:bht.schoolhealth-enquiries@nhs.net)
- Information, advice and support is also available on our website:  
[www.buckshealthcare.nhs.uk/school-nursing](http://www.buckshealthcare.nhs.uk/school-nursing)

### **Other sources for support and advice;**

- **Bucks Family Information Service** [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org) offers information on a range of topics relating to family life.
- **CAMHS (Child and Adolescent Mental Health service)** have a *temporary 24/7 helpline to support the NHS 111 line during the current Covid-19 crisis*. Calls will be diverted to this helpline where there are mental health concerns. Alternatively families can call this number directly 01865 904998.
- **Kooth** – Online free counselling service for children and young people [www.kooth.com](http://www.kooth.com)
- **Childline** (children's telephone counselling or online) – Ring 0800 1111 or visit their website [www.childline.org.uk](http://www.childline.org.uk)
- **Young Minds** - If you are a young person experiencing a mental health crisis, you can text the Young Minds Crisis Messenger for free, 24/7 support. Text YM to [85258](text:85258).
- **Samaritans** - 24 hour confidential listening and support for anyone who needs it (parents/carers included).

Email - [jo@samaritans.org](mailto:jo@samaritans.org) Phone 116 123 (24 hours)

## Helpful websites about coronavirus for parents and young people

- **Young Minds:** <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- **Mind - coronavirus and wellbeing advice:** [https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm\\_medium=organic&utm\\_source=twitter&utm\\_campaign=info&utm\\_content=coronaviruswellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing) -

Please continue to follow the government advice regarding managing symptoms, self-isolation and social distancing.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Jenny', followed by a vertical line.

Jenny Chapman  
Head of 0 – 19 CYP Services