

Update from the Emotional Health and Wellbeing Service: March 2020

Parent and Young Person Support:

We appreciate and understand that at this time there are many children, young people, parents and families as a whole that are struggling to process and understand the current situation. The offers of support from agencies are changing so below is a brief outline of the support offered by Cambridgeshire Community Services:

Cambridge Community Services (CCS) Duty Telephone Line: 0300 329 50 50.

Please note that this line is a contact point for all CCS services (except for Specialist Community Nurses) and is staffed by our wonderful Administration Team. When you call, please make them aware of why you are contacting us and they will pass your request of support on to the relevant team who will then get in touch with you.

<https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire>

There are also a number of useful service and resources on the Keep-Your-Head website for Adult, Child & Young People and Professional's Mental Wellbeing: <https://www.keep-your-head.com/>