

# Extra Support



Expanding opportunities  
Enhancing futures

**Here we have put together several links to promote mental health and wellbeing:**

## **Alliance SLA extension of support:**

Public Health England's advice on supporting children and young people's mental health and wellbeing during the COVID-19 outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

This was published on 29.03.2020 and contains information on how children of different ages may respond to this situation, as well as on children who have learning difficulties and/or autism and whom may already be accessing CAMHS or similar.

Your named therapist (Helen Eves) will continue to provide you with regular updates in relation to the students currently working with Alliance. Helen and Nikki will continue to offer assessments to those waiting and will be offering both telephone and Skype/Zoom support for ongoing psychological support.

## **Recovery College**

[www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)

Recovery College provides a range of online educational courses and resources to people with experience of mental illness, from service users to their family, friends and staff.

## **Support from Doorways Project**

[Here to listen](#)

Considering the current situation with Covid-19 (Coronavirus), we are committed to continuing to provide services for young people 13-25 years.

However, our team are now home working and offering support via: Mobile phone, Video and or email appointments through many formats – Mobile chat, WhatsApp, Skype, Zoom or Messenger.

Initial contact should be via Mobile (Text or Chat) let us know your connection preference and arrange an appointment.