

TEALE, Stacey (NHS WIRRAL CCG)

Subject: FW: CWP CAMHS: Supporting our children & young people as they return to school
Importance: High

From: (NHS WIRRAL CCG)
Sent: 01 September 2020 09:39
To: (NHS WIRRAL CCG)
Subject: FW: CWP CAMHS: Supporting our children & young people as they return to school
Importance: High

Morning, welcome back!

Hope you had an amazing time off ☺

Could you do me a favour please and schedule in these 3 posts on twitter and facebook today, Wednesday and Thursday, please?

Rachael has attached some images we can use.

Many thanks

Louise

Louise McNee **Communications and Engagement Manager**

Marriss House, Hamilton Street, Birkenhead, Wirral, CH41 5AL

t: 0151 651 0011 (Ext 401216)

e: xxxxxx

w: <http://www.wirralccg.nhs.uk>

f (safe haven): 0151 643 5445



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YOURSELF
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From: xxxxxxxx (CHESHIRE AND WIRRAL PARTNERSHIP NHS FOUNDATION TRUST)

Sent: 27 August 2020 12:22

Subject: CWP CAMHS: Supporting our children & young people as they return to school

Good afternoon,

Next week many children and young people will be returning to school for the first time since the COVID-19 pandemic began. We know that this may cause a lot of anxiety for young people, their families and carers and education professionals. To support this transition, we have created a [dedicated Back to School resources page](#) on our co-produced child and adolescent mental health website, mymind.org.uk.

To support local children & young people as they return to school, we would be grateful if you would spread awareness of this page on your social media channels. I have attached some graphics which you are welcome to use. Please see the below suggested copy for you to share:

- It's normal to feel anxious about returning to school, especially during these challenging times. If you're struggling to cope, you can access a number of resources @cwpnhs's dedicated child and adolescent mental health website, MyMind: <https://bit.ly/3lkYgQJ> (use MyMind logo)
- If you're worried about a child or young person who may be anxious about going #backtoschool, staff from @cwpnhs's new Mental Health Support Teams (MHSTs) have created a helpful guide to support the transition. Download it here: <https://bit.ly/3jbFadX> (use back to school graphic)
- If you or someone you know is anxious about returning to school, @cwpnhs's Mental Health Support Teams (MHSTs) have created a handful of self-help videos which may help you cope. Visit: <https://bit.ly/3b1ULdQ> (use back to school graphic)

Find out more about your local MHSTs here: <https://bit.ly/2YwkDsy>

Many thanks,

Rachael Edwards

Communications, Marketing and Public Engagement Coordinator
Cheshire and Wirral Partnership NHS Foundation Trust (CWP)
Tel: 01244 397385
Mob: xxxxxxx
Website: www.cwp.nhs.uk
Follow us on twitter @cwphs

