

The National Child Mortality Database (England) NCMD, has published a new briefing on child suicide pre and post-lockdown. It signals a possible higher figure of teenage suicides during lockdown, but the NCMD are not able to draw definitive conclusions due to low numbers.

The report finds restriction to education and other activities, disruption to care and support services, tensions at home and isolation to be likely contributing factors. The report found that a quarter of individuals both pre and post lockdown had ASD or ADHD. Although the finding of increased risk is unconfirmed statistically, we should all be aware of the possible increase and the need for vigilance and support.

As such, we all need to be aware of the need for continued vigilance and support during periods of physical distancing, particularly among child and young people previously known to mental health services. To read the report in full, use the link: <https://www.ncmd.info/2020/07/09/suicide-covid/>

Information for parents/carers who are worried about their child's mental health

What can I do if I am worried about my child right now? ...Services are still there to support you and your family during COVID-19:

- NHS England has recently published [advice](https://www.england.nhs.uk/blog/advice-for-parents-guardians-and-carers-on-how-to-help-and-support-a-child-or-young-person-with-mental-ill-health/) on how to support children and young people with mental ill health: <https://www.england.nhs.uk/blog/advice-for-parents-guardians-and-carers-on-how-to-help-and-support-a-child-or-young-person-with-mental-ill-health/>
- If you are currently being supported by a Children and Young People's Mental Health Services / CAMHS, Paediatric Services or Children's Social Care, then talk to them if you are worried.
- If your child needs urgent mental health support or advice, check [nhs.uk](https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/) for services in your area, including 24/7 crisis support: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>
- Anyone in a crisis can also text 85258 for [SHOUT](https://www.shout24.org/), the UK's first 24/7 crisis text service (free on all major mobile networks, for anyone in crisis anytime).
- If you notice any physical injuries on your child, such as deep cuts or burns then you need to contact NHS 111 online or your GP for advice.
- The University of Oxford have also produced a [guide for parents and carers](https://www.psych.ox.ac.uk/news/new-guide-for-parents-who-are-coping-with-their-child2019s-self-harm-2018you-are-not-alone2019) to support their child or young person in dealing with self-harm. <https://www.psych.ox.ac.uk/news/new-guide-for-parents-who-are-coping-with-their-child2019s-self-harm-2018you-are-not-alone2019>
- If they have taken an overdose/need urgent medical help, call 999 or take them to A&E.
- If you are not sure what to do, contact your GP for advice, check [NHS 111 online](https://www.nhs.uk/111/), YoungMinds Parents' Helpline (Tel: 0808 802 5544; 9.30am to 4pm on weekdays) or the Samaritans (Tel: 0116 123 or email them at jo@samaritans.org).
- For parents and carers worried about their child's eating problems or disorder, you can also refer to [BEAT's advice](https://www.beat.org.uk/), support and helpline (Tel: 0808 801 0677).

Please turn over....

Information for children and young people struggling with their mental health



Sometimes things can seem overwhelming, and you may feel you can't cope. You may have an ongoing mental health problem that needs support or problems that are new. Don't be afraid to ask for help:

You can find useful [NHS advice on a new blog post](#) for young people struggling with their mental health.

<https://www.england.nhs.uk/blog/what-to-do-if-youre-a-young-person-and-its-all-getting-too-much/>

You can also find [resources](#) on the NHS website to help if you or someone you know is facing a mental health crisis, including local NHS 24/7 helplines where you can get direct support and advice.

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

Papyrus (Prevention of Young Suicide), www.papyrus-uk.org provide confidential advice and support for young people who feel suicidal: HOPELineUK 0800 068 41 41; Text 07786 209 697; Email: pat@papyrus-uk.org.

If you're in distress and need support, you can ring Samaritans for free at any time of the day or night on Freephone Tel: 0116 123 (UK and Republic); www.samaritans.org.