

Letter to Families and Young People from The Consulting Rooms

We hope you are keeping safe and well during this extremely challenging time for everyone.

COVID 19 is the cause of much anxiety and concern for young people and families. Here are some resources designed to help cope with such stress and uncertainty at this time. The Practice Website also contains more information and will be updated on a regular basis.

Remember that the Practice remains open. We are here to deal with any medical issues that are not related to COVID 19. If you feel that you need some advice or require an appointment please phone the surgery, do not come to the Practice unless you have been specifically told to do so by one of our team.

To ensure your safety and the safety of staff we are providing telephone consultations and video consultations. If a video consultation is required our staff will talk you through how to do this. This service is safe and secure and is being used widely across Scotland. If we feel you need a face to face appointment we will also organise this for you.

Please also remember that NHSinform website provides lots of helpful information regarding common medical problems and can help you self manage them.

Please continue to keep safe and well and follow up to date Governmental advice.

Best wishes

From all the staff at The Consulting Rooms.

Website

- <https://www.theconsultingroomspaisley.com/>

Young People and Families

Websites

- **Parent Club Scotland**

<https://www.parentclub.scot/topics/health/coronavirus?age=0>

Extensive advice for parents, carers and children for expectant parents up to teenage years

- Food and eating
- Health and development
- Behaviour
- Community and Support
- Feeding
- Play and Learn
- Sleeping

- **Young Scot**

<https://young.scot/campaigns/national/coronavirus>

Advice and support aimed for children and young adults aged from 11-26

On-line booklet

- **When Should I Worry? Your guide to Coughs, Colds, Earache and Sore Throats.**

<http://www.whenshouldiworry.com/view-booklet.php>

Information to help manage common, minor childhood infections. Please note that this does not contain any information regarding Coronavirus and if you ever have any concerns you should still seek advice from NHS 24 or your GP surgery.

Talking to children about Coronavirus

<https://www.drmdc.co.uk/post/let-s-talk-about-coronavirus-a-practical-toolkit-for-you-and-your-family>

Mental Health

Crisis Phone numbers

- Samaritans - 116 123
- Breathing Space Scotland - 0800 83 85 87
- First Crisis (Renfrewshire Residents) - 0800 221 8929

- NHSGGC support line (for NHS staff) - 0141 303 8968

Websites

- Mental Health Foundation Scotland
<https://www.mentalhealth.org.uk/scotland>

- Recovery Across Mental Health (RAMH-Renfrewshire)
<https://ramh.org>

- Scottish Association for Mental Health (SAMH)
<https://www.samh.org.uk/>

- Samaritans
<https://www.samaritans.org/?nation=scotland>

Apps

- Mindshift CBT (Cognitive Behavioural Therapy) - free evidence based tool to help **tackle anxiety, panic and worry.**

Online NHS Cognitive Behavioural Course

- If you feel you would benefit from an on-line CBT course involving 8 sessions done in own time. We can make referral.

General Advice and Support services

Renfrewshire Health and Social Care Partnership

- <http://www.renfrewshire.hscp.scot/>

Links to local services including:

- **Addiction services**
- **Adults and Older People Services**
- **Carers**
- **Children and Young People Health Services**
- **Learning Disability Services**
- **Mental Health Services**
- **Podiatry Services**

NHS Inform

- <https://www.nhsinform.scot/>

Citizens Advice Scotland

- <https://www.cas.org.uk/>

Debt Advice

- <https://www.stepchange.org/debt-info/debt-and-coronavirus.aspx>
- <https://www.nationaldebtline.org/EW/factsheets/Pages/coronavirus-advice-and-support/help-and-advice.aspx>

Keeping active during Coronavirus

- <https://www.nhs.uk/live-well/exercise/get-active-your-way/>

RENFREWSHIRE CORONA RESPONSE

Call 10am - 10pm Mon-Sun

Email: help@renfrewshirecoronaresponse.co.uk

PICK UP AND DELIVERY

Keeping you safe at home - if you are unable to find or pick up any essential items our team will help arrange for this to be delivered to your door. All volunteers are PVG checked.

SIGNPOSTING

Pointing you in the direction of support for:
Emotional health, finding shops offering delivery, benefits and finances and much more. If you have any worries due to the Corona virus we will do all we can to point you to the most appropriate support.

0141 488 2471

If you reach voicemail please leave a name and number and we will respond within 24 hours.

SOMEONE TO TALK TO

Email or leave a message and we will arrange for a volunteer to call you, up to once a day, to help provide companionship and support

PLEASE DON'T
STRUGGLE IF YOU
NEED HELP DURING
THIS TIME. WE ARE
HERE TO PROVIDE
A FREE SERVICE
TO HELP, AND WILL
ALWAYS DO THE
BEST THAT WE CAN.