

NHS Grampian Psychological Resilience Hub



The **COVID-19** pandemic has meant lots of things about our day might have **changed**

For many people, this is making them have **lots of different feelings**, such as worried or sad, and this is **normal**. For **some children and young people**, they might need **extra help** to manage their worries



If you need **longer-term** support, or you're worried you or someone else might be **harmed**, please speak to your **GP, Childline or a trusted adult**.



The online **Grampian Psychological Resilience Hub** can provide **short-term** mental health **advice** and **support** to children, young people and their **parents/carers**



You or a trusted adult can **fill in a form** on the website which will help us match you with a mental health professional that can **best support your needs**



They will give you or your parent/carer a **phone call** within **1-3 weeks** and may suggest some tools and strategies to help you manage your worries



Or scan:



To find out more visit the **NHS Grampian COVID-19** webpage at: rb.gy/hkrwwi

