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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



CCH
Community
ChildHealth

RIDING THE WAVE

TELEPHONE ADVICE AND GUIDANCE IN TIMES OF UNCERTAINTY

FOR PROFESSIONALS & FAMILIES SUPPORTING YOUNG PEOPLE WITH AN INTELLECTUAL DISABILITY AND/OR ASD

FROM CLINICAL PSYCHOLOGISTS IN THE COMMUNITY FAMILY PSYCHOLOGY TEAM

The next few weeks (and possibly months) will be a particularly difficult time for children and families, whilst schools are closed and we are advised to self-isolate or socially distance ourselves from our friends and family. Our normal structure and routine will be out of the window.

During times of uncertainty and threat such as this it is very normal to feel emotions like worry, fear confusion and sadness.

However, at times these emotions can feel overwhelming for everyone. To support you and your family ride this wave of uncertainty and threat we have developed a telephone helpline to offer support, advice and guidance.

The aim of this helpline is to promote wellbeing despite the challenges we may be facing.

To arrange for a Clinical Psychologist to get in contact please text:

07970245876

Specify:

- 1) Full name & Date of Birth
- 2) The best number to contact you on
- 3) The Community Paediatrician supporting your child

We will reply acknowledging your text and state the time and date we will call you.

In the meantime access our resource pack:

'Supporting children with LD & ASD with COVID Isolation'

<https://councilfordisabledchildren.org.uk/help-resources/resources/supporting-children-learning-disability-asd-coping-covid-19-isolation>

We are not a crisis service, therefore if your need is urgent please contact your GP or the appropriate crisis service