

CHILD PSYCHOLOGY COVID ADVICE LINE FOR PARENTS & CARERS

The “stay at home” guidance can be difficult for parents, children, and families.

The NHS Fife Psychology service is piloting a service to offer one-off advice & support sessions for parents and carers of 5-17 year olds by telephone.

Call us for advice and resources on:

- Tips for talking to your children about coronavirus
- Managing your children’s coronavirus worries
- How to beat the blues when bored at home
- Ways to manage your child’s emotional distress
- Managing your own stress
- Supporting children and young people with additional needs

Call us Monday to Friday from 10am-4pm on 01383 565400. You will be asked for your name and telephone number and a clinician will call you back as soon as possible.