

NHS Grampian Resilience Hub



You might have heard lots of people talking about “**Coronavirus**” or “**COVID-19**”

For lots of people, this is making them feel a bit **worried** and this is **normal**. For **some children and young people**, they might need **extra help** to manage their worries.



The online **Grampian Resilience Hub** can provide mental health advice and support to children, young people and their parents/guardians

You 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/guardian a **phone call** within 7 days 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: covid19.nhsgrampian.org/?page_id=544