



**YALE CHILD
STUDY CENTER**

Where discovery inspires care



**Pediatric Clinician Mental Health ACCESS Forum:
Supporting each other in the COVID crisis**

- Who:** Pediatric PCPs
What: Yale Child Study Center ACCESS-Mental Health psychiatric team supportive virtual gathering
When: Thursdays 12:30 – 1:30 PM beginning 4/2
Why: For connecting, supporting, problem-solving and assessing the mental health needs of children, adolescents and their families in these challenging times—*We're in this together!*
How: Zoom – just put in the link below

<https://zoom.us/j/391131213>

Meeting ID: 391 131 213

Phone call-in: +12034329666

Meeting ID: 391 131 213#

Dear Pediatric PCPs:

We are living through a distressing and confusing time. In addition to concern about physical health, there are the fears from the uncertainty of what is ahead, financial stresses, “cabin fever” of families being home all day together, social distancing precluding usual outlets, lack of structure, parents trying to home school, and (on a more practical note) the ubiquitous problem of not enough toilet paper.

Primary care physicians are on the front line of support for children and their families. We have been hearing from you that children with anxiety are suffering from panic; hyperactive children are out of control at home; and depressed youth are feeling more isolated. Parents’ patience may be fraying.

We are also hearing from PCPs that their entire office had to be reconfigured. Some have needed to lay off office staff. Telehealth only goes so far in terms of physical exams and diagnosis, and PPE and full disinfecting cleaning services are in short supply and expensive. We worry about our own families. This crisis has highlighted how much we need one another to keep going. *We're in this together!*

Join us for a conversation on emotional wellbeing for ourselves and our patients with a Yale ACCESS-Mental Health team of child and adolescent psychiatric mental health providers for an open discussion about coping during this difficult time.

And, as always, the ACCESS-Mental Health Team is available Monday through Friday 9:00-5:00 for immediate mental health telephone consultations and service referrals:

Yale Child Study Hub 844-751-8955