



Press Statement
20 April 2020

College of Psychiatrists release second in ongoing series of short videos aimed at providing practical advice to families of young people with mental illness during Covid-19

Continued support, guidance and flexibility is needed for those with mental illness while protective and restrictive measures are in place for the Coronavirus. With this in mind and to alleviate the additional pressure or stress that families of young people with mental illness now face the College has embarked on developing a series of short videos outlining a number of key practical measures they can take.

The video series '*Supporting Families of Young People with Mental Illness*', aims to provide some manageable coping strategies for parents and families of young people with mental illness and with neurodevelopmental conditions and co-morbid mental illness.

Published today, the **second** short video of the series focuses on [Eating Disorders](#).

Consultant Child and Adolescent Psychiatrist, **Professor Fiona McNicholas**, addresses achievable steps families can take to support their young person to be as medically well as possible at a time when physical visits to the services are restricted and usual routines have changed significantly. It aims to help both families who are already linked with a mental health service, and those waiting for an appointment whom belief the young person has an eating disorder.

Professor McNicholas provides advice on strategies to manage mealtimes, on tracking progress at home in preparing for an appointment with a mental health service and on caring for their own wellbeing during this time of isolation and restriction.

The full series is available on the College of Psychiatrists of Ireland [website](#) or [YouTube](#).

The first previously published video concerns young people with **ADHD** - Attention Deficit Hyperactivity Disorder - and features Consultant Child & Adolescent Psychiatrist, **Dr Kieran Moore**. A video supporting families of young people with Autism and co-morbid mental illness with Professor Louise Gallagher will be released next.

The College welcomes further suggestions of similar videos that families of those with mental illness may find useful. Suggestions can be sent to info@irishpsychiatry.ie

Covid-19 is stressful for all but the College is acutely aware of the additional impact these times are having, and will continue to have, on those who live with mental illness and neurodevelopment conditions as well as on their families, loved ones and carers.

It is vital that people with mental illnesses continue to engage with their mental health practitioners and services during this period. Treatment and support are still imperative for many but may be delivered in a different way when necessary to comply with the Covid-19 practices that minimise the spread and damage of the virus.