CALL-UP
CONSULTATION ACCESS LINK LINE TO UTAH PSYCHIATRY

PRIMARY CARE PHYSICIANS

Call for a free consultation with a child psychiatrist
12:00-4:30 pm M-F
801-587-3636

- Submit an online consult form
- CALL-UP Website

TELEHEALTH VISITS

- Consider converting scheduled in-person visits to telehealth visits for patients with higher risk of worsening symptoms due to current stressors.
- Continue to refer patients for mental health services as you usually would. Many providers are offering tele-psych services during this time so kids and their families can be seen in the convenience of their homes.

PRESCRIPTIONS

- Encourage all patients to continue psychotropic medications as prescribed until their next follow-up visit is scheduled.
- Consider sending refills for 60-90 days for stable patients.
- Communicate with families the rationale for extended refills as a measure to reduce exposure to children as well as providers and maintain social distancing.

TIPS FOR PARENTS

- Create an open and supportive environment where children know they can ask questions.
- Acknowledge and validate the child’s thoughts, feelings, and reactions.
- Limit news consumption
- Monitor your child’s caffeine intake. Excess caffeine can increase feelings of anxiety and agitation.

HELPFUL LINKS

- National Child Traumatic Stress Network fact sheet
- Child Mind Institute
- Talking to Children About Coronavirus (COVID-19) - AACAP

ROUTINES

Encourage families to:
- Establish a daily routine
- Practice basic self-care
- Get Outside/Exercise
- Eat regularly
- Get adequate sleep
- Limit screen time (as able)

**If you are a healthcare professional in need of peer-to-peer support, we are extending our services to you during this difficult time as well. Call 801-587-3636 to speak to a psychiatrist between 12:00-4:30 pm.**