

## City of Edinburgh Council Psychological Services

We understand that the situation with COVID-19 is a concerning time for everyone and that with the current school closures, children and young people may feel particularly unsettled. Psychological Services are happy to offer advice and support at this time.

**Who for:** Parents/carers, school staff and other professionals who would like support/advice in supporting the learning and wellbeing of our children and young people. Older children and young people who would like some advice on how they manage their home learning and wellbeing.

**How to contact us:** Monday to Friday 9am – 5pm

Call 0131 469 2800 and leave a message including your name, number and child's school. One of our Educational Psychologists will call you back as soon as they can.

Alternatively email us at [psychologicalservices@ea.edin.sch.uk](mailto:psychologicalservices@ea.edin.sch.uk)

You can also follow us on Twitter @CEC\_EPS where we are sharing links to resources and advice that you may find helpful

