

Long Covid and Chronic Fatigue Service

Support service for under 18s.

If your child or teenager is experiencing long term symptoms or problems from COVID-19 or have ongoing persistent fatigue, speak to your GP. They will be able to refer them for specialist help and support. A blood test will be needed to rule out other causes of fatigue. This service is funded until March 2025.

If referred to the service, a specialist team that includes a paediatrician, occupational therapist, physiotherapist, and psychologist will discuss your child symptoms, and meet with them face to face if necessary. The team will provide an assessment and help to work with you and your child to develop and implement a plan to support them moving forwards. The team will also help to direct you to other useful groups and resources that can help you in your community.

Don't delay looking for help if you need it - visit your GP.

Here are some useful resources to enable early support and management

Healthier Together website

<https://www.what0-18.nhs.uk/professionals/hospital-staff/safety-netting-documents-parents/resource-pack/chronic-fatigue>.

World Health Organisation patient information.

<https://iris.who.int/bitstream/handle/10665/344472/WHO-EURO-2021-855-40590-59892-eng.pdf?sequence=1>



You can contact the service if you need more advice 0300 300 2019

