

## Emotional wellbeing and mental health services

### Parenting Support

Worcestershire parents, carers and grandparents can access free online guides about children aged from 0-18 years. To access these guides visit [www.worcestershire.gov.uk/parentguides](http://www.worcestershire.gov.uk/parentguides)

For additional parenting support, contact your local Parenting and Community Provider to find out about local groups available. You do not need to make a referral; professionals and families can call providers directly to discuss the group most suited to the families' needs. For more information and contact details visit [www.worcestershire.gov.uk/groupsforparents](http://www.worcestershire.gov.uk/groupsforparents)

### Early Help Family Support

To access family support schools should complete a 'Request for Early Help, Family Support' form. This is a service request form for children and young people who are identified as needing additional support from within the Levels of Need 2 or 3 and are seeking a service from Early Intervention Family Support (EIFS) or Targeted Family Support (TFS). The form can be completed from a link within the schools portal under the Secure Communications Tab [https://capublic.worcestershire.gov.uk/Chs\\_Portal/Home.aspx](https://capublic.worcestershire.gov.uk/Chs_Portal/Home.aspx) or directly from the WCC website [www.worcestershire.gov.uk/childreneyoungpeopleandfamilies](http://www.worcestershire.gov.uk/childreneyoungpeopleandfamilies)

### Safeguarding concerns

If you have an immediate concern about the safety and welfare of a child in school phone the Family Front Door directly on 01905 822666 (out of office hours call the EDT on 01905 768020). You will be required to submit the information on a referral form following this call, via the WCC website or the Childrens Services Schools Portal. For further information go to <http://www.worcestershire.gov.uk/childrenreferral>

### Kooth

Kooth.com website is open to children and young people in Worcestershire aged 11-19. The site is staffed by fully trained and qualified counsellors and is available until 10pm each night, 365 days per year. It is free, safe, confidential and provides a non-stigmatising way for young people to receive counselling, advice and support on-line.

Contact details: <https://kooth.com>

### Reach4Wellbeing (R4W)

This service sits within Worcestershire CAMHS (Child and Adolescent Mental Health Services). It is commissioned to provide therapeutic CBT-based group work for children and young people with mild to moderate emotional and mental health difficulties that have not responded to school or setting based prevention and emotional wellbeing support. Typically their difficulties will be starting to impact on their functioning in the home or school setting, but their difficulties are not yet severe enough to require referral to specialist CAMHS. R4W is not a counselling or a behaviour management service. As groups are the first choice of intervention one to one support for a child or young person is only available when group work is not appropriate. Groups are held in both educational and community settings during school hours. R4W accepts referrals for children and young people aged 5-19 years, where there is a reasonable description that suggests that the child/young person may have an emotional wellbeing issue

and they are registered with a Worcestershire GP and/or live in Worcestershire or attend a Worcestershire school.

Settings such as schools or colleges who are able to commission services directly need to show evidence that they have tried setting-based interventions, for example by following guidance in the Schools'/Colleges' Emotional Wellbeing Toolkit. Professionals can refer children/young to the R4W team using the Professionals and Agencies Referral Form which is downloadable from the R4W weblink below. Completed referral forms can then be sent to the R4W team by secure email via the WCC Children's Services Portal [https://capublic.worcestershire.gov.uk/Chs\\_Portal/Home.aspx](https://capublic.worcestershire.gov.uk/Chs_Portal/Home.aspx). All referrals need to have consent from the child/young person, and/or family before submitting the referral form.

**Contact details:** <http://www.hacw.nhs.uk/reach4wellbeing>

## **ChatHealth**

Young people aged 11-19 years can text their school health nurse with any questions around health and wellbeing and for confidential advice and support. Text 07507 331750

## **CAMHS CAST (Consultation, Advice, Support and Training)**

The CAMHS CAST team sits within Worcestershire CAMHS (Child and Adolescent Mental Health Services). They work directly with professionals who are working with children and young people experiencing or at risk of experiencing mental health difficulties, this can include: School Nurses, Teachers, GPs, Health Visitors, Social workers, Family support workers... but this list is not exhaustive. Any professional who is working with a young person about whom they have mental health specific concerns is welcome to contact the team. The service offers consultation, advice, support and training which can be specifically tailored to suit the professional seeking the service.

To request a consultation, or to make a training request, professionals should use the downloadable forms on the CAMHS CAST weblink below. Settings such as schools or colleges are expected to evidence interventions tried and any current work, for example following guidance in the Schools'/Colleges' Emotional Wellbeing Toolkit. Completed forms can be sent to the CAMHS CAST team by secure email via the Children's Services Portal [https://capublic.worcestershire.gov.uk/Chs\\_Portal/Home.aspx](https://capublic.worcestershire.gov.uk/Chs_Portal/Home.aspx)

**Contact details:** <http://www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast>

## **CAMHS**

Worcestershire CAMHS is a specialist mental health service for children and young people under the age of 18, where the young person is presenting with moderate to severe mental health problems that are impacting on activities of daily life and preventing them functioning within the norms for their age. Their problems may be persistent and causing significant difficulties with their achievement and relationships.

Where symptoms are displayed mainly through behaviour, the referral should include information on what strategies and interventions have been put in place by other services and agencies prior to referral, in order to explain why the need is felt to be one related to the mental health of the child, rather than other factors in their life and environment.

Examples of mental health problems seen include moderate to severe depression, anxiety, symptoms suggesting psychosis, eating disorders, suicidal ideation and significant self-harming behaviour that is affecting daily living activities. Referrals may be accepted where there is co-morbidity of a high level mental health need with another issue such as a learning disability, neurodevelopmental disorder or substance misuse. Where a young person is referred following trauma, it is important to ensure that the young person is safe from further trauma and living in a containing environment.

Some referrals may be accepted for a consultation approach rather than face to face intervention. These may include emotional responses to environmental issues (e.g. bullying at school, violence within the family).

It is not expected that referrers will have made any formal diagnosis prior to referral and the referral form helps to highlight areas of functioning and need which will guide decision making about a referral. Referrers can also speak to their CAMHS CAST contact: <http://www.hacw.nhs.uk/our-services/childrens-community-health-services/camhs/cast>, who will help their decision making. Referrers wishing to discuss a specific referral in greater depth will be able to contact the single point of access, CAMHS-SPA, where they can speak with a CAMHS clinician for advice. CAMHS-SPA triages all referrals and clinic appointments are made according to level of urgency and mental health need.

If an emergency Mental Health Act assessment is required for acute psychotic illness or imminent suicide risk, the young person's GP would need to request this from the duty AMHP coordinator (Approved Mental Health Professional coordinator). Alternatively speak to the duty clinician at CAMHS-SPA for advice.

**Contact details** [www.hacw.nhs.uk/CAMHS](http://www.hacw.nhs.uk/CAMHS) CAMHS-SPA: 01905 768300

**Worcestershire Healthy Minds: Mental health services for over 16s and adults:** Healthy Minds supports people aged 16 or over who are experiencing problems such as stress, low mood, anxiety or depression. The service offers short courses, talking therapies and self-help information.

**Contact details** <http://www.hacw.nhs.uk/our-services/healthy-minds>