

Further information links

- Find out more about our service: www.camhs.hacw.nhs.uk/west
- EMHP video from Anna Freud: www.annafreud.org/transforming-the-workforce/cyp-mh-workforce-development/emhp/
- Kooth: www.kooth.com
- Bestie: www.camhsbestie.co.uk
- Healthy Minds: www.nowweretalking.nhs.uk
- Starting Well: www.startingwellworcs.nhs.uk/parenting-courses

Do you have a concern, complaint or comment?

Contact: Patient Relations Team, Herefordshire and Worcestershire Health and Care NHS Trust 2 Kings Court, Charles Hastings Way, Worcester. WR5 1JR Tel: **01905 681517** Email: **Whcnhs.pals@nhs.net**

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

Do you need to know about accessibility?

Read our detailed guides at www.AccessAble.co.uk



Do you get stressed, anxious or have low mood?

Visit www.nowweretalking.nhs.uk to find out more or call **0300 013 57 27**.



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Wellbeing & Emotional Support Teams (WEST)



Wellbeing & Emotional Support Teams (WEST)

Information leaflet

Who we are

Wellbeing & Emotional Support Teams (WEST) is a new NHS service for children and young people aged 5-18 in Herefordshire and Worcestershire.

It is an all year round service that is delivered in schools and/or virtually. The service was designed to keep children and young people at the heart of mental health care within specific education settings that are familiar to them.

Education Mental Health Practitioners (EMHP) are qualified in delivering low intensity cognitive behavioural therapy (LICBT) informed interventions. The interventions are delivered in either 1:1 or in a group work format over 6 – 8 sessions. It can include individual work with parents/carers too. Low intensity cognitive behavioural therapy (LICBT) is suitable for mild to moderate mental health needs and is different to counselling. It requires a degree of motivation and involves children/young people practising skills outside of the sessions.

There is an expectation that parents/carers will support their child with some home based tasks between sessions.

Senior practitioners are all qualified professionals and will also deliver tailored support to children and young people with mild to moderate needs.

We are based within schools and work in partnership with education, specifically the mental health leads within school who are the link between the child and young person and the EMHP.

We are an integrated service working alongside local authorities, GPs, school nurses, education psychologists, social services, public health providers, mental health and the voluntary sector.

What we want to achieve

- Better mental health and wellbeing with improved quality of life for children, young people and their families and carers, including better functioning in all aspects of life and greater continuity in education.
- Reduce mental health issues for children/young people extending into adulthood.
- An improved and positive experience for children, young people and parents/carers that includes greater knowledge and confidence in dealing with mental health issues and services.

What we offer

We deliver a range of evidence-based interventions for children and young people experiencing mild to moderate mental health needs. The interventions we provide can be delivered face to face or virtually. We work holistically with a child-centred approach to include parents/carers and the school support system around the child. This also takes into account the child's age and consent.

We work with children and young people who may require support for things such as low mood, anxiety, worry management, sleep hygiene and problem solving. This list is not exclusive and further details can be sought from the school EMHP.

How to access the service

Referrals into our service are made through the mental health lead within the specific education setting. The child or young person can access the service via the school staff, who will then discuss it with the mental health lead. Parents/carers can also refer to the service via the mental health lead within the school.

What will happen next?

The referral will be discussed within the service referral meeting.

If the referral is accepted, the EMHP will then arrange a time and date to meet with the child/young person to complete an initial assessment. From that, they will form a plan of the way forward. This could be either starting an intervention with the child and/or parent/carer. If not suitable for our service the child or young person will be signposted to the most appropriate support.

Confidentiality

The EMHP will discuss this in detail with the child/young person and parent/carer. Please feel free to ask the mental health lead or the EMHP within the education setting for further information.

Please feel free to book a time to speak to one of our education mental health practitioners in school to find out more.

