

# PMHW OFFER

Blackpool Primary Mental Health Worker Offer 2021/22



## **What is a primary mental health worker?**

Primary mental health workers are professionals from a variety of backgrounds who are trained and experienced working within the community to promote positive mental health and wellbeing. These professionals link with community settings like schools and children's centres and can give advice and support at an early stage when difficulties first arise. Primary mental health workers are professionals with a background in health and social care who specialise in working with young people's emotional and mental health.

## **How can we help?**

Primary mental health workers can be asked to become involved with young people up to the age of 18 years by

any professional, for example the public health school nurse, a teacher, a doctor, a social worker, who will make a written referral to the CAMHS service.

### **Under 16**

If the child is under 16 years of age, the referrer would contact us after first discussing this with you and gaining your permission to make a CAMHS referral.

### **16 – 18 years**

Where a young person is over 16 years they can access the service without parental consent. However, we would

always seek parental involvement where possible

## **Confidentiality**

You and your child have a right to confidentiality; anything you talk about will not be shared without your permission unless we become concerned that you, your child or someone else is being harmed or at risk of being harmed in some way and in need of protection.

## What does the primary mental health worker do?

We are involved with children and young people where concerns have been raised about their mental health.

Some of these problems can include worries and stresses about going to school, making friends, or where there has been a change in the family circumstances.

### Consultations

Appointments are usually arranged at within a school base base. However, we may suggest meeting you and the young person with a professional you already see in a mutually convenient place, such as your home or your child's school / Collage .

We may ask for your consent to contact other professionals or services who already know the young perosn , for example their school, for information

### Training

As PMHW we are Mental Health England Instructors in Youth Mental Health First Aid (YMHA) 8-18 years.

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Course Content:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Ability to support a young person with a long term mental health issue or disability
- Tools to look after your own mental wellbeing.

The two day course qualifies you as a Youth Mental Health First Aider.

**One Day Youth Mental Health First Aid Champion Course is now available via your School PMHW.**



## How to contact us for more information :

Blackpool CAMHS : 5-18 Years (Schools)

Helen Moss : **Helen.moss21@nhs.net**

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