We are not a crisis service. For <u>immediate</u> safeguarding concerns contact an appropriate emergency service or Children's Social Care.

### **Getting advice**

Professionals or family member(s) / carer(s) concerned about the mental health of a CYP please call:

## 01606 555120

(Between 13:00 & 17:00 Mon-Fri, exc. BHs) Referrals made by email ONLY (by professionals)

### Making a referral

Professionals working with a CYP and their family / carer(s) can initially discuss a potential referral by calling the advice line, and (if required) then make a referral via:

cwp.wellbeinghubadmin@nhs.net (professionals only email address)

Available for children and young people (CYP) registered with a GP in the South Cheshire and Vale Royal areas.



If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff or e-mail cwp.info@nhs.net

## www.mycamhschoices.org

"FAQs about Child & Adolescent Mental Health Services (CAMHS) answered by young people and CAMHS professionals"

# www.youngminds.org.uk

"Young Minds offers information for children and young people, parents/ carers and professionals about CAMHS, how to look after yourself and what to do if you're worried about a young person. It also includes a CAMHS glossary and a who's who in CAMHS"

# www.time-to-change.org.uk

"Time to Change offers information and advice for young people and parents/ carers about mental health and how to support someone who is struggling"

#### Feedback

We welcome any suggestions you have, please send your comments, concerns and compliments to:

PALS, Patient and Carer Experience Team, Trust Headquarters, Redesmere, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

The information in the leaflet was valid at the date of production 26/09/2019 and is due for review in 26/09/2021.



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# Introducing

The Children & Young People's Wellbeing Hub



# Helping people to be **the best they can be**

# Getting Advice

# Calling the advice line

Professionals or family member(s) / carer(s) concerned about the mental health of a CYP please call: 01606 555120

(Between 13:00 & 17:00 Mon-Fri, exc. BHs)

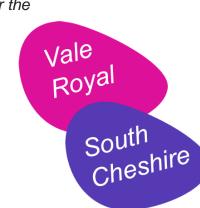
Referrals made by email ONLY (by professionals) Things to consider

*"Potentially, would a specialist mental health service be helpful?"* 

"What could current professionals and also family members / carers do alongside a CYP to support them?"

"How could difficulties be best understood for the CYP?"

"What resources may be helpful?"



"Encouraging people to thrive by ensuring appropriate access and signposting to mental wellbeing help & support"



Line Open

13:00 - 17:00

Monday to Friday Excl. Bank Hols. Call us on

01606 555120

# Requesting Support

# Making a referral

Professionals working with a CYP and their family / carer(s) can initially discuss a potential referral by calling the advice line, and (if required) then make a referral via:

## cwp.wellbeinghubadmin@nhs.net

(professionals only email address)

# Professionals may include:

- Health Care Professionals
- Social Care Professionals
  - Education Professionals

Professionals can email us on: cwp.wellbeinghubadmin@nhs.net