



CAMHS CHILDREN AND YOUNG PEOPLE'S LOW INTENSITY CBT SERVICE



WHAT CAN I EXPECT FROM THE SERVICE?

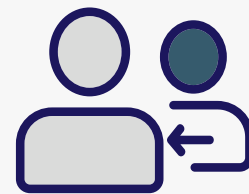
Once we have received your referral, you will be offered an assessment. This can be done face-to-face or via a virtual platform. The assessment can take between 60 minutes to 90 minutes depending on your individual needs. Following assessment, you may be offered intervention. This can range from:



6-8 sessions, which can be weekly or biweekly depending your needs.



Signposting/referral to useful online/self-help resources.



Referral or signpost to the most appropriate service.

HOW TO ACCESS THE LOW INTENSITY CBT SERVICE (PMHT CAMHS)?

You can contact your GP to discuss your concerns. Your GP will assess your needs and decide whether CWP support would be useful for you and make the referral.

Alternatively, you can self-refer into mental health services within Leicester where your needs will be assessed and then you will be directed to the most appropriate support.

Please scan the barcode for more information



"The person who I spoke to was very helpful and made me feel comfortable and understood."

- CAMHS service user

"The sessions were really helpful."

" - CAMHS service user

WHO ARE WE?

Children Well-being Practitioner's (CWPs) work within the Primary Mental Health Team (PMHT) which is part of the Child and Adolescent Mental Health Service (CAMHS). We offer early intervention using the principles of Cognitive Behavioural Therapy (CBT) which is in line with evidence base research. Evidence suggests that early intervention can prevent CYP's difficulties from deteriorating.

WHO CAN WE HELP?

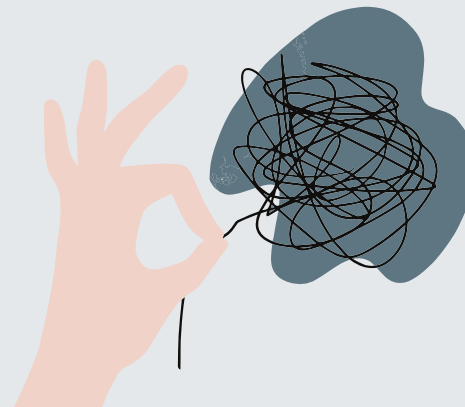
CWP's support CYP and their families, between the ages of 6 to 18, across Leicester, Leicestershire and Rutland. We work closely with other statutory and voluntary services, to support families to access the most appropriate care. We offer intervention to CYP with common mental health difficulties, which are impacting on their daily life and stopping them from doing things they enjoy or things they need to do.

WHAT DOES THE SERVICE OFFER?

We offer assessment for CYP to ascertain whether they would benefit from our service, or whether another service would be more appropriate to meet their needs.

We can provide support for the following mild to moderate presentations:

- Symptoms of low mood (e.g. isolation/lack of interest/appetite changes/withdrawal/ irritability)
- Worry and anxiety
- Panic symptoms
- Sleep difficulties as a symptom of anxiety or low mood
- Some phobias (e.g. fear of spiders/dogs)
- Mild or early onset of obsessive-compulsive behaviours



"My CWP was very supportive and accommodating." - CAMHS service user

"I have learnt techniques to make me better." - CAMHS service user

"My CWP was lovely, informative and supportive." - CAMHS service user

"Our CWP was very good at listening to my sons worries and he looked forward to all his sessions." - CAMHS service user



If you would like more non-urgent advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the barcode to the left