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Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwrch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

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www.mymind.org.uk

NHS

**Cheshire and Wirral
Partnership**
NHS Foundation Trust

Children and young people's mental wellbeing consultations

A leaflet for families



What can I expect?

We aim to support children and young people (as well as the adults in their lives) to learn strategies and new ways of taking care of their mental wellbeing.

Two practitioners from Cheshire and Wirral Partnership (CWP), along with the person who made the referral, will attend the consultation.

As part of our consultation, we will explore any concerns and offer advice, resources and signposting to meet the needs of the child or young person.

If you feel your child would benefit from a consultation, you will need to give consent to the referral. You will be asked to complete a referral form, along with a questionnaire. This is to ensure we are capturing your voice and your concerns.

If you provide consent for the consultation with CWP, we will open up a referral for your child via our electronic record system. We aim to maintain high standards, adopt best practice for our record keeping and regularly check and report on how we are doing.

Following the consultation, we will share the outcome in a letter written by one of our practitioners, which will outline the resources, advice and signposting we have recommended for the child or young person.

Example consultation

Sarah* has been quieter than usual at school for the past two weeks. Sarah's teacher has noticed that she is spending less time with friends during break and lunchtime and often sits alone. Sarah can become tearful in class and can't explain how she feels. She has started to pick at her fingers when visibly upset and makes negative comments about herself.

Sarah's school has spoken to her parent / carer and suggested they discuss Sarah during a consultation with CWP. The school and parent / carer both complete the referral form and questionnaires.

A consultation then takes place between CWP practitioners and school professional to discuss useful interventions and strategies, as well as local organisations that may be able to help.

The notes from the consultation are entered on the NHS Electronic Patient Record and a letter is also forwarded to the person who made the referral, which outlines the above.

The school shares the information with Sarah's parent / carer and both the school and parent / carer utilise the strategies recommended.

After a few months, Sarah, her parents and school are asked to complete a questionnaire to assess if things have improved.

*Sarah is not based on a real person and has been created to illustrate how a typical consultation might work.

