

Press Release

New team helps young people to reach for mental health wellbeing

A new team has been created in Worcestershire to help children and young people experiencing anxiety, low mood and self-harm.

The Reach4Wellbeing team, part of Worcestershire Health and Care Trust's Starting Well service aims to reduce the stigma of mental health by promoting positive wellbeing in communities and offering short-term group programmes that will initially focus on anxiety and eventually progress to offer sessions on low mood and self-harm.

The programmes are open to children and young people aged 5-19 years and those over the age of 13 can refer themselves onto a course. For those aged under 13 the referral can come from parents, carers, teachers or any other professional agency however consent needs to be given by the child/young person.

The team are also working closely with a counselling service called Kooth - an online emotional well-being platform staffed by qualified counsellors for children and young people over the age of 10 which can be accessed on mobiles, tablets and desktops and is free to use.

Q&A with the Reach4Wellbeing team:

What is the service and who is it for?

Reach4Wellbeing is part of the Starting Well service which supports emotional wellbeing in children and young people aged between 5-19 years old. Initially the service will focus on giving additional support to those who are already experiencing anxiety.

How can you access the service?

To find out more information about Reach4Wellbeing and to access our service you can look on our website, Facebook and Twitter accounts. If it looks like a suitable service for a particular child or young person, you can make a referral.

How do I make a referral?

If a child is under 13, parents and carers can refer them to our service by sending an email to our generic address: whcnhs.reach4wellbeing@nhs.net. Those aged between 13-19 can self-refer to our service by emailing the same address.

The email must include the child's name, phone number, school they attend and the best time to call between 8.30-4.30pm (Mon-Fri). A member of the team will then get in touch within 5 working days.

Teachers and any other professional agency can refer using their own referral system – more details are available on our website.

What does the support look like?

We offer 6 weekly group sessions which are based on evidence based skills and are tailored to the needs of different age groups.

Where and when will the sessions take place?

The sessions will take place during school terms in all high schools across Worcestershire.

To find out more about the Reach4Wellbeing service, visit:

www.hacw.nhs.uk/starting-well/reach4wellbeing

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Caption: The Reach4Wellbeing Team

Notes to Editors: For more information, contact grace.rudd@nhs.net