

## CHILDREN'S WELLBEING PRACTITIONERS

Who  
are  
you?



What do  
you do?

We offer short-term evidence based cognitive behavioural support for children and young people struggling with mild-moderate mental health difficulties. We work towards goals in our sessions and can offer work at your child's school or online.

What can  
you help  
with?

Because of the structured nature of our interventions they may not be appropriate for everyone. They work especially well for low mood and anxiety (including separation anxiety, phobias, school avoidance and excessive worry.) They are less well suited to those who think they do not have a difficulty, have a formal diagnosis of autism or a moderate/severe learning difficulty, those who have a high level of risk, or those receiving an intervention from another professional

Parents, young people, or teachers can refer  
by emailing the secure email address  
[rxx.sabpcwpsw@nhs.net](mailto:rxx.sabpcwpsw@nhs.net)

How do I  
refer?