



Together We Can Achieve Excellence



To further support you and your child we are able to offer access to Leicestershire County Councils 'Wellbeing Practitioners'. Please read the following and if you would like a referral please speak to your child's teacher, the business manager or the headteacher.

### What are Wellbeing Practitioners?

Wellbeing practitioners (WP's) have been trained to offer support to children and young people (CYP) with low level common mental health difficulties who are not receiving another service. They aim to provide them with skills, techniques and knowledge to enhance their wellbeing. The service will be able to support children aged 7 to 18.

### Who will WP's work with?

WP's will work with CYP experiencing:

- Low mood/mild to moderate depression
- Worry/Generalised anxiety & mild social anxiety/separation anxiety
- Panic
- Sleep problems
- Simple phobias (excluding blood, needles and vomit)
- Stress management
- Some compulsive disorders

### Is there anyone WP's would not be able to offer treatment to?

The service does not work with:

- CYP with complex difficulties such as bipolar , psychosis , anorexia or bulimia
- CYP who present with active risk of significant self harm or suicide. We may see people who have suicidal thoughts but do not have any active intent.
- CYP with current or historical abuse
- Bereavement
- Pure behavioural difficulties where parenting style has not been explored

### How to access an initial referral?

Referrals will be taken after completion of the Early Help referral form - please speak to your child's teacher, the business manager or headteacher

If a referral is suitable for the WellbeingService you will be offered an initial assessment for your child which will last around 45 minutes.

**Please note: the initial referral does not necessarily mean further treatment. As part of the assessment, alternative treatment options will be discussed and you may be offered a choice of effective therapies, in order to get the support that is needed**

**1 in 10**  
**children**  
has a mental  
health disorder

