

### Child Wellbeing Practitioners



Jess Butler (CWP)

#### Who are we?

We are a team delivering short-term evidence-based strategies to children and young people with mild to moderate mental health needs, such as anxiety or low mood.

#### What is mental health?

- ⇒ Mental health is just as important as our physical health - we all have it.
- ⇒ It is important to look after our mental health to make the most of our potential and cope with life.
- ⇒ We all have times when we feel stressed, frightened or down. Sometimes these feelings pass but they can also develop into something more serious.
- ⇒ Mental health changes depending on varying circumstances and through different stages of life.

#### Mild to moderate health difficulties

Mild mental health problems are when a person has a small number of symptoms that have a limited effect on their daily life.

A moderate mental health problem is when a person has a greater number of symptoms that make their daily life more difficult.

#### *National Institute for Health and Care Excellence (NICE)*

##### Behaviour to look out for:

- Changes to sleep pattern
- Physical health complaints e.g. headaches, stomach aches
- Shaky, sweaty, restless
- Appearing low, sad or more tearful
- Worrying much more than usual
- Being more withdrawn/not talking much
- Not wanting to see friends or play
- Being angry, argumentative, getting into fights
- Changes to appetite—eat more or less, or switch between these two
- Wanting to run away or talking about not wanting to be alive or hating their lives
- Not achieving so well at school
- Losing confidence—avoiding doing things they used to do e.g. clubs, activities
- Recreating “stories, worries” in their play

#### What evidence-based strategies do we use?

- ⇒ We deliver guided self-help strategies to young people and their parents/carers.
- ⇒ These help develop skills, knowledge and experience so a person can help themselves.
- ⇒ Our strategies help children and parents gain confidence in their own skills and ability to cope.

#### What does an intervention involve?

- ⇒ Each intervention usually lasts between 5-8 sessions.
- ⇒ Sessions can be face-to-face or online.
- ⇒ Based on cognitive behavioural therapy (CBT).
- ⇒ For more information, please visit [www.nice.org.uk](http://www.nice.org.uk).

#### How do I refer my child?

If you have concerns about your child, please speak to your designated Mental Health Lead at school or to your class teacher.