

# Children's Wellbeing Practitioners

Getting support with your mental health



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# About Children and Young People's Wellbeing Practitioners (CWPs)

## Who we are:

CWPs are mental health workers trained in helping children, young people and their families manage their mental health.

## What can we help with:

### Low Mood

- Feeling sad/unhappy
- Withdrawing/isolated
- Unmotivated/fatigued

### Anxiety

- Frequent worry or anxiety (generalized anxiety)
- Specific Phobia
- Panic
- Social Anxiety
- Separation Anxiety
- OCD

## What do the sessions look like

Young person anxiety and low mood consists of eight sessions. Some are an hour long, and some are shorter and may be on the phone, by video or face to face.

Child anxiety guided self- help consists of six sessions with the parents or carers

Sessions may take place at CAMHS or via video call

The CWP will explore with you how to understand your difficulties.

They will help you to set goals which you will then work towards together.

There is also between-session practice to do when learning new strategies

## What do we do :

CWPs offer guided self-help strategies to try to help young people or your child to manage

worries and low mood to help stop them from developing into more severe difficulties.

Throughout sessions we will support parent, carers and young people to learn strategies which will then be able to take away and continue using after sessions are finished.

You could say that guided self-help is like learning to ride a bike – we'll be your stabilisers during our sessions together, helping you work towards riding the bike on your own.

## How to make a referral

Referrals can be made by young people themselves or other professionals.

### From young people:



- Call 01709 304808

- E-Clinic



### From professionals:

- Complete request for advice and/or support form

Information on how to do this can be found at:

<https://camhs.rdash.nhs.uk/rotherham/getting-advice/>

Rotherham CAMHS,  
Kimberworth Place, Kimberworth Road, Rotherham, S61 1HE

Telephone: 01709 304808

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

**Amharic**

የሕገ ጽዕና፡ በግልጽ እንዲታይ ወይም በትልቅ፣ በብራይል ተጽፎ ወይም በቲፕ ተተኪቶ ወይም በሌላ ቋንቋ ተጽፎ ለሞቲቮ የሚፈለጉ ከዋነኞቹ የሞቲቮ ምክርና ግንኙነት ለገልግሎት በዚህ ቁጥር 0800 015 4334 ይወሰዱ ይኖሯቸዋል።

**Arabic**

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الاتصال بخدمة التنسيق ونصحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

**Bengali**

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌ভাইস এন্ড লিয়েজন্‌ সার্ভিসের সাথে যোগাযোগ করবেন।

**Cantonese (traditional Chinese)**

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

**Czech**

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

**Farsi**

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

**French**

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

**Kurdish Sorani**

ئەگەر تۆم زانیاریتە بە چۆنی گۆرۆ، برائیل یان ئەسەر شێتی دەنگی دەخوازیت بۆخۆد تۆم بەلگەنامەیە بە زمانێکی دیکە دەخوازیت، تکلیف پەڕۆندی بکە بە خۆمانگۆزاری پرلنمایی و هاوناھەنگی ئەفۆشۆوە بە ژمارە 0800 015 4334.

**Polish**

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

**Punjabi**

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ, ਬ੍ਰੇਲ ਨਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੱਟੇ ਵੇ ਜਾਂ ਇਸ ਸਲਾਹਕਾਰ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੱਟੇ ਵੇ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਕਾਰੋ ਤਾਲਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Somali**

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

**Turkish**

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

**Urdu**

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ سے حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہتے ہیں تو براۓ کرم پیشکش ایڈوائس اینڈ لیاژن سروس سے 0800 015 4334 پر رابطہ کریں۔

**Vietnamese**

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing  
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