

Children's Wellbeing Practitioners (CWP'S)



What we do

Children's Wellbeing Practitioners are trained to assess and support young people with early onset common mental health difficulties where the child or young person is experiencing mild to moderate symptoms.



Our Service

Service Aim

The aim of the service is to ensure that children and young people can easily access evidence-based interventions to support and improve their mental health.

Service Access

Children's Wellbeing Practitioners will accept referrals for children and young people aged between 5 and 19 living in Northumberland. Children's Wellbeing Practitioners are located within Family Hubs.

Presentations

Children's Wellbeing Practitioners can offer support for common mental health difficulties, particularly mild to moderate symptoms of:

- Panic disorder
- Specific phobias
- Social anxiety
- Separation anxiety
- Generalized anxiety
- Worries and stress
- Low Mood
- Mild OCD

Interventions

Children's Wellbeing Practitioners offer a range of low intensity interventions that are based on cognitive behavioural therapy and guided self-help. They aim to help children and their parents/carers in the self-management of their recovery.

Referrals

Referrals can be made by a professional such as school or G.P. A self-referral can also be made by calling One Call on: 01670 536400 or by completing a multi-agency referral form (MARF) which can be accessed at: northumberland.gov.uk

CWP's can signpost children, young people and their families to local support or refer to the most appropriate service where necessary in accordance with the Northumberland Graduated Response.



The role of the CWP sits within the getting help section of the THRIVE model

