

IF YOU'RE 11-19 YEARS OLD
TEXT YOUR SCHOOL NURSE
07501 331750

WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE ...

CONTRACEPTION
MENTAL BULLYING SELF
HEALTH ALCOHOL HARM
HEALTHY EATING
DRUGS SEX SMOKING

**Text us for
confidential
advice & support**

kooth



Need to talk?

We're online until 10pm

- Friendly counsellors
- Self-help
- Community Support

Free safe and anonymous online support for young people.
kooth.com

Do you have a concern, complaint or comment?

If you wish to make a compliment, comment or complaint please contact: Patient Relations Team, Worcestershire Health and Care Trust, Isaac Maddox House, Shrub Hill Road, Worcester, WR4 9RW
Tel: 01905 681517 Email: Whcnhs.pals@nhs.net

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

Reach4Wellbeing



Promote positive wellbeing

Reach children and young people in their communities

Reduce the stigma of mental health

Emotional Wellbeing Service for
Children and Young People age 5–19
in Worcestershire

What do we do?

The Reach4Wellbeing team promotes and supports the wellbeing of children and young people who are experiencing mild to moderate emotional difficulties.

Do you:

- Lack the confidence to try new things?
- Struggle to face simple tasks?
- Worry that bad things are going to happen?
- Have negative thoughts going around in your head?
- Avoid spending time with others, e.g. seeing friends, going to school or going to public places?
- Avoid everyday activities?
- Often feel down or unhappy?

If this sounds like you, a Reach4Wellbeing programme can support you to improve your emotional wellbeing.

The support we offer

We currently offer groups to children and young people experiencing mild to moderate anxiety. Our future plan is to offer similar groups for young people experiencing low mood and/or self-harm. Please visit our webpage for updates about when these programmes will be available.

What are the groups like?

We run six-week programmes in school during term time. The programmes consist of weekly two-hour sessions with 6-10 young people in each group. We start by taking an interactive approach to setting achievable goals. The remaining sessions focus on building skills to challenge negative thinking and encourage the use of relaxation techniques to empower you to take steps towards achieving your goal/s. Group programmes for younger children are smaller in size, shorter in session time and will have some parental involvement.

Do I have to do anything outside of the group sessions?

Our programmes are designed to give you the opportunity to try out the skills you learn in each session and you will be encouraged to complete a practice task each week.

What do I have to tell others about myself in the group?

Our groups focus on developing your skills rather than talking in-depth about your current and/or past difficulties. However, we do encourage you to briefly share your experiences within the group, such as your goals and feedback on your practice task.

How can I refer?

Before referring to Reach4Wellbeing, we ask that you have received previous support for your anxiety from your school health nurse, a member of staff at school, Kooth or another support service. Please visit our webpage to help you decide if our service is right for you (or your child/young person) and to view our referral criteria:

www.hacw.nhs.uk/starting-well/reach4wellbeing

What happens once you receive my referral?

We discuss referrals at our weekly meeting and we will let you know the outcome.

At times, we may need to contact you or your referrer for more information.

All information we gather is stored securely and confidentially. Please see our webpage for details of circumstances where we may need to share information: **www.hacw.nhs.uk/starting-well/reach4wellbeing**