

## Mental Health Support Services

### The Emotional Health and Wellbeing Service

Tel: 0300 555 50 60 or email: [ccs.ehw@nhs.net](mailto:ccs.ehw@nhs.net)

A team of Emotional Health and Wellbeing Practitioners (EHWP) and Children's Wellbeing Practitioners (CWP), overseen by a clinical psychologist.

#### What do the CWP's do?

The CWP's offer Cognitive Behaviour Therapy (CBT) informed guided self-help for **mild to moderate anxiety, low mood and behaviour difficulties**.

CWPs support children, young people and parents who:

- Live in Cambridgeshire, Huntingdonshire, Fenland and Peterborough
- Who may have mild-moderate anxiety or low mood
- Who may have mild-moderate behavioural difficulties
- Are motivated to make changes

#### What do the EHWP's do?

- Telephone support to professionals from education settings.
- Part of the EHWP's role is to signpost, advise and support referrals to the wider emotional health and wellbeing services. The team work closely with the Early Help Hubs and the CAMH Single Point of Access (SPA)
- They can offer consultations (with parent/carers consent)
- Training to support professionals
- They also now provide staff support sessions to education es-



### CHUMS Mental Health and Emotional Wellbeing Service

Tel:0330 0581 659 or referral via webpage

CHUMS offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood, as well as those with significant emotional wellbeing difficulties arising from life events, such as bereavement and bullying.

The service can offer:

- Advice and guided self help
- Drop In facility
- Mental Health & Resiliency group programmes
- Full mental health assessment
- Therapeutic group programmes for a variety of presenting issues including anxiety and low mood
- Recreational Therapeutic support using football and music as tools of engagement



### Early Intervention Family Worker Service

A team of family workers who specialise in signposting families and providing advice on:

- Parenting
- Behaviour and Routines
- Special Educational Needs Support
- Housing Advice
- Emotional and Wellbeing Advice
- Healthy Eating
- Toileting Sleep

### Child and Adolescent Mental Health Service (CAMHS)

T 01480 428115/ E [accesscamhs@nhs.net](mailto:accesscamhs@nhs.net)

The Cambridgeshire Community Child and Adolescent Mental Health Service (CAMHS) provides assessment and treatment for children and young people up to the age of 17 living in Cambridgeshire who are experiencing emotional and behavioural problems and eating and neurodevelopmental disorders and support for their families.

Who is this service for?

- Feeling low or more than normally worried
- Feeling more than normally anxious
- Thinking about deliberate self harm
- Obsessive habits that can't be stopped, such as obsessive compulsive disorder
- Thinking about deliberate self harm
- Major eating problems, such as anorexia nervosa
- Having lots of worrying thoughts about themselves or others
- Psychosis
- Mental health problems with associated behavioural difficulties, such as worrying levels of conflict or fights

