

Wiltshire Early Mental Health and Counselling Support Service

This new service will be delivered by Barnardo's from 1st April 2020. This service has been commissioned by Wiltshire Council to improve outcomes for children and young people (aged 5 – 18) with emotional wellbeing and/or emerging low level mental health problems.

The service will provide a range of evidence based interventions, information, advice and support and positive activities. The service is working closely with other specialist providers in Wiltshire, including CAMHS services who will be working with more complex cases. Our referrals will be coming to us via the Single Point of Access so children, young people and their parents / carers only have to tell their story once.

Children and young people who access our service may be experiencing low mood, panic, worry and low level anxiety, have problems sleeping, need help with stress, have anger difficulties, have low self-esteem, experiencing relationship difficulties with family or friends or other relationship problems at school or in the community (including bullying), feeling pressure e.g. in relation to school work.

The service is underpinned by our commitment to being child-centred working in partnership with children and young people and adopting a systems approach that recognises that children and young people do not live in isolation from their families and communities.

Services include

- www.onyourmind.org.uk as the central hub for mental health information, advice and access to services within Wiltshire, including increased functionality for interactive contact informed by the views of children and young people.
- Therapy/counselling for higher need children and young people and offering alternatives to face-to-face sessions where this is likely to increase engagement

- Groupwork for CYP using the Decider Skills programme which is based on cognitive-behavioural therapy to build skills and strategies for children and young people and their families
- Positive activities which we will co-design with children and young people and will deliver with other organisations in Wiltshire to improve wellbeing (informed by the 5 steps to wellbeing)
- Building the skills and knowledge of professionals, parents and carers so that children and young people are supported with their wellbeing long beyond any support episode

The service will consist of 4 full time equivalent workers – 2 full time early mental health practitioners, 4 half time counsellor therapists, 30 hour administrator and full time team manager.

The service is in its development phase as we recruit new staff and adapt our offer in the light of Covid-19. For more information please email the service at

Info.wiltsemh@barnardos.org.uk

