

Healthy Young Minds in Herts

Summer 2017

Next steps

Four dedicated children and young people's wellbeing practitioners (CWPs) will be supporting children and their families towards better mental health and emotional wellbeing from this summer, with a supervisor also in post.

The county council teamed up with the two CCGs to bid for national funding to trial the posts for a year, as part of the county's CAMHS Transformation.

The CWPs are being trained to deliver evidence-based interventions for children and families as part of a community mental health model in the Families First teams.



Online information

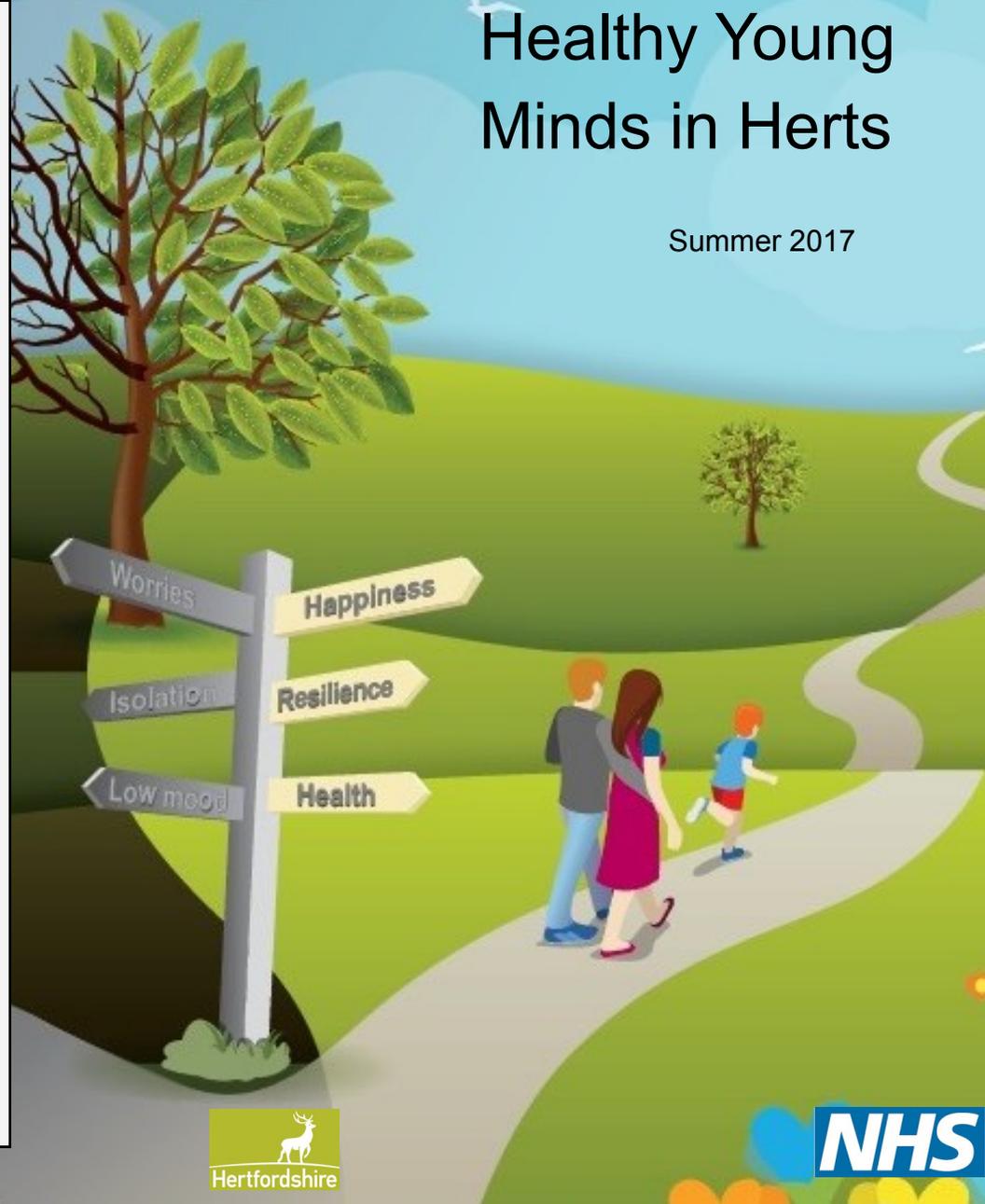
Find out more at:
www.healthyyoungmindsinherts.org.uk

where there's a special password-protected area for school staff, plus information for families, children and young people and other professionals.

Young people have co-produced website content and their Sound Thoughts logo.



Follow our progress on social media using **#HertsCAMHS**



An update on improvements to mental health services for children and young people in Hertfordshire

What's happened?

Work to transform mental health services for children and young people in Hertfordshire is under way, and improvements have already been seen.

New early support services have started, with thousands of children and young people being given emotional wellbeing support.

Improvements launched as part of the child and adolescent mental health services (CAMHS) Transformation Plan include:

- www.Kooth.com, which offers online counselling support for 10 to 25 year olds living in Hertfordshire;
- closer working with schools and extra training in spotting signs of mental health difficulties for all kinds of professionals across the county;
- Ongoing engagement with young people to coproduce services for the future.

Some 120 early years' professionals, including



health visitors, midwives, Children's Centres staff, GPs and social workers, have been trained in infant mental health, with more training to come.

A community perinatal team has been launched, supporting mums to be, new mums and families who are likely to, or are experiencing problems during the perinatal

period. This is the time during pregnancy and up to baby's first birthday. The county's specialist eating disorders team has been expanded to help more young people, also delivered by Hertfordshire Partnership University NHS Foundation Trust (HPFT).



If you're worried about a child experiencing mental health problems, visit your GP, or you can:
Phone: **0300 777 0707** between 8am and 7pm
or **01438 843322** between 5pm and 8am (Hertfordshire mental health helpline) Minicom: 0300 777 0909
If it is an emergency, dial 999 and ask for an Ambulance