

Quick Facts

- ☀️ The Primary Mental Health Service is made up of 2 local teams with the shared goal of preventing poor mental health and supporting those experiencing the early signs of emotional distress.
- ☀️ We work with parents, carers and statutory professionals working with children aged 17 and under.
- ☀️ If appropriate we offer short-term direct support to young people (Warwickshire only) and/or their parent/carers
- ☀️ We offer workshops and school-based programmes to improve the recognition of the early signs of deteriorating mental health and increasing knowledge of how to support young people sooner.

Further Support:

24/7 support is available through cwrise.com. This includes:

- ☀️ Covid-19 related resources
- ☀️ Links to other resources and trusted organisations offering a variety of support
- ☀️ Rise-created videos and leaflets about supporting children and young people on low mood, anxiety and self-harm

24/7 support through Dimensions: <https://dimensions.cowwarkpt.nhs.uk>

The Dimensions Tool is a free online tool providing personalised information to support a person's well-being and mental health. On completion of a questionnaire, you'll receive information about self-care, local services and support.

Primary Mental Health Service

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

Rise aims to build resilience and empower children and young people (as well as the adults in their lives) to know where to go for help and advice.

It's made up of a number of different services, each lead by a mental health specialist.



Primary Mental Health: What do we do and how do we do it

Primary Mental Health provides support to a child or young person's emotional wellbeing as early as possible. This means offering the best evidence-based support for those experiencing mild to moderate mental health difficulties.

We do this by working with the adults supporting the young person in their daily life.

This could include a parent, carer, social care, school-based or health-related professionals. Our purpose is to stabilise children's emotional wellbeing by understanding the situation before working together to limit harmful thoughts and behaviours with the aim of preventing them from taking root.

Our teams are made up of highly experienced professionals.

These include nurses, clinical psychologists, occupational therapists and wellbeing practitioners. Outside of the expertise within the Primary Mental Health team, to get the best outcome for the children we see, we access the breadth of



expertise in other Rise teams, and regularly consult with Specialist Mental Health and the Neurodevelopmental Service.

There are two Rise Primary Mental Teams: one based in Coventry and the other serving Warwickshire. Both support children via supporting the adults in the child's everyday life (i.e. parents, carers or professionals). However, how we do this differs slightly.



Parents and Carers:

A consultation offers an opportunity to speak confidentially about the current challenges your child is experiencing. These usually happen in community settings such as schools, family hubs, health centres and community centres. Parents and carers not only tend to be in daily contact with their child but know the young person better than anyone else. So, during the consultation we'll use a solution-focussed approach to explore strategies that can help the young person in their daily life.

To get the best out of these meetings you'll be asked to:



- ☀ complete the Dimensions Tool (this provides detailed, tailored support information) prior to the appointment
- ☀ not bring the service user, or other children to the session

Parents and Carers:

How to access this support:

Young Person Live in Coventry?

Parent and carer consultations:


-  Join a consultation with the professionals in your child's life.
-  For more information call: [0247961476](tel:0247961476)

Coventry Specific support

Each term Coventry Primary Mental Health Team works with up to 7 different schools. As part of this work, we offer a **Parent workshop** (on topics such as managing your child's behaviour, managing your emotions, a mental health overview, mood and self-harm). These are co-ordinated by your child's school, so keep an eye out on the next workshop in your area.

Young person lives in Warwickshire?

Parent and carer consultations:

-  Speak 1-to-1 to a mental health professional about your concerns.
- For an appointment contact us on: Tel: [07915704682](tel:07915704682)
email: risecommunityoffer@cowwarkpt.nhs.uk

Warwickshire Specific Support



In addition to parent consultations, Warwickshire parents/carers can book into a **Parent Information Session**.

Here, you can meet other parents as well as learn about that week's theme (topics are for specific age ranges, and encompass areas such as understanding school refusal, anxiety, self harm, managing challenging behaviours, meeting sensory needs and supporting healthy emotional development to name a few). After this structured session, there's an opportunity to informally connect to professionals and parents.

Call us on [07915704682](tel:07915704682) or email: risecommunityoffer@cowwarkpt.nhs.uk to book into a session. Please note the running of these sessions may be impacted by the evolving Government Covid-19 advice.

In addition to parent consultations, Warwickshire parents can access the following course:

'The Incredible Years' Parenting Programme (pre-school primary school age):

-  Format: one 2-hr group-teaching session a week for 14-weeks plus 1-2-1 phone support
-  Aim: To reduce challenging behaviours in children by increasing the parent/carer's social and emotional awareness.

'Working Directly with the Child and Young Person: (Warwickshire only)

Through a process of joint-decision, which blends clinical expertise with the insights of the professional or parent/carer, together we may decide that the best option is to work directly with the young person and/or their parent/carer.

What does this look like? Direct work would mean using Cognitive Behaviour Therapeutic (CBT) approach to support the young person on a 1-to-1 basis over 6-8 sessions.

Sometimes a family focused intervention may be recommended, such as 'The Incredible Years', or the 'Helping the Non-compliant Child' programme.

Professionals

In the cases of supporting individual children, we coach, advise and train the most appropriate professional working with the service user. A key part of this process is using clinically sound, evidence-based resources for the specific difficulty faced by the young person. These difficulties may include:

- ☀️ General anxiety
- ☀️ Separation anxiety
- ☀️ Low mood
- ☀️ Challenging behaviour related to mental health
- ☀️ Attachment based difficulties
- ☀️ School refusal (recent onset)
- ☀️ Low self esteem

In recognition that children and young people's safety and wellbeing is owned by the whole community. We aim to increase the knowledge and confidence of colleagues supporting children across Coventry and Warwickshire. We do this via workshops (on self-harm, anxiety and low mood and eating disorders) targeted at the specific needs of statutory and charity sector professionals working in the region.

Because the aim of Primary Mental is prevention or else supporting children at the earliest sign of disturbed emotional wellbeing, we provide **Boomerang** across Coventry and Warwickshire schools. This is a 5-week resilience programme school-based programme for Year 3 onwards. As part of this we train school-based professionals to enable them to build resilience in their students and gain the skills to support children and young people manage feelings and emotions.

Warwickshire-based professional?

Individual Consultations:

- ☀️ To request an anonymous consultation, call: [02476 961585](tel:02476961585) or email Warwickshire.PMHT@covwarkpt.nhs.uk
- ☀️ For a named consultation, (where the child and you are identified) complete the Rise referral form found at <https://cwise.com/how-to-refer-to-services> marking it for the attention of Coventry PMHT.
- ☀️ To find out about current Boomerang workshops, or to book your place on one, or to discuss creating a bespoke workshop email: Warwickshire.PMHT@covwarkpt.nhs.uk

Coventry-based professional?

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Coventry Specific Support

Each term Coventry Primary Mental Health Team works with up to 7 different schools. As part of this work, we build resilience through the school by offering parent workshops, assembly, classroom sessions and consultation about individual students where appropriate. We provide training workshops for school staff on specific mental health themes, such as mood, attachment, self-harm, eating disorders.

In addition to this professionals in Coventry can book into a once-a-month session held at one of the 8 local Family Hubs across the city.