



NHS Support



SOURCE	SUPPORT	DESCRIPTION
Starting Well Partnership	 <p>Starting Well Partnership EVERY CONTACT SHAPES A LIFE</p> <p>Starting Well Partnership Worcestershire Starting Well (startingwellworcs.nhs.uk)</p>	Support for families, parents, children and young people across Worcestershire to lead happy, healthy and fulfilled lives from the NHS. Includes advice, support, contact details and useful courses on a range of health and parenting topics.
Reach 4 Wellbeing – anxiety and/or low mood	 <p>Reach4Wellbeing</p> <p>Please see Advice sheet for parents “REACH4WELLBEING LEAFLET” which can be found in the Website Support Sheet section in the Universal Support option.</p> <p>Reach 4 Wellbeing Herefordshire and Worcestershire Health and Care NHS Trust (hacw.nhs.uk)</p>	<p>The Reach4Wellbeing team aims to promote positive wellbeing, reach children and young people in their communities and reduce the stigma of mental health.</p> <p>We currently provide short-term group programmes for children and young people age 5-18 experiencing mild to moderate anxiety and low mood.</p> <p>Parents can self-refer or referrals can be made by GP, School Nurse or PHS.</p>
CAMHS WEST (Child & Adolescent Mental Health Service)	<p>NHS Children and Adolescent Mental Health Services Herefordshire and Worcestershire</p> <p>Mental health help to children, young people and their families School Mental Health (hacw.nhs.uk)</p>	<p>CAMHS WEST – wellbeing and emotional support team, work in school with students experiencing difficulties like anxiety and low mood. Referrals can be completed through consultation with the school.</p> <p>The website provides a range of support for parents, children and professionals.</p>
CAMHS CAST (Child & Adolescent Mental Health Service)	<p>CAMHS CAST Service Herefordshire and Worcestershire Health and Care NHS Trust (hacw.nhs.uk)</p> <p>CAMHS CAST - Information for Parents School Mental Health (hacw.nhs.uk)</p>	<p>CAMHS CAST is a service that is part of Worcestershire CAMHS. The CAST Team work with the school to consult and advise where parents and/or school are concerned about a student’s mental health.</p> <p>Parents’ consent is required.</p>
CAMHS (Child & Adolescent Mental Health Service)	<p>NHS Children and Adolescent Mental Health Services Herefordshire and Worcestershire</p> <p>Helpful information for parents and carers School Mental Health (hacw.nhs.uk)</p> <p>Support for parents: Home Healthy Minds (whct.nhs.uk)</p>	CAMHS Worcestershire have specialist mental health workers trained to work with mental health difficulties that are impacting on activities of daily living for children and young people who have a Worcestershire GP.

	<p>Links for supporting parents to support their children: Parents Mental Health Support Advice for Your Child YoungMinds Parents' Toolkit: Tips and advice - BBC Bitesize Positive parenting (nspcc.org.uk)</p>	<p>Referrals for this service can be through the GP, School Nurse or through school.</p>
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