

When we meet the Primary Mental Health Worker what sort of questions will they ask?

We will ask you more about what the concerns, worries or difficulties are, but also about what you think may be going well.

We may ask you more about the whole family and about how things have been in the past. This is as a way of trying to help make sense of what is happening and also as a way of finding out what might help.

We are aware that parents/carers, children and young people have a lot of different feelings about asking for help. This can sometimes be a hard thing to do, it can be a relief but people can be concerned that they will be blamed or feel they are failing in some way.

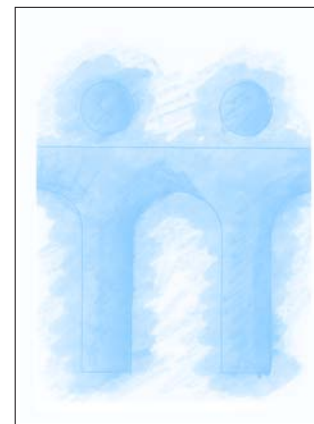
We hope that by having a discussion ways can be found for everyone involved to work out what to do and to build on what may be going well.

North Yorkshire and York 
Primary Care Trust



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An Information leaflet about the **Children and Young People's Primary Mental Health Workers** for **Families and Carers**



PMHW

This is a leaflet to answer some of the questions you may have about the Children and Young People's Primary Mental Health Workers.

Who are the Primary Mental Health Workers and how do you contact us?

The Primary Mental Health Workers are part of the Child and Adolescent Mental Health Service often called Lime Trees for short.

We can be asked to become involved by any professional person you see, such as your Family Doctor, Health Visitor, Social Worker or Teacher. These people would only contact us after first discussing this with you and gaining your permission.

At the moment you are not able to get in touch with us directly but you can do this by talking to a professional person.

Does a child or young person need to have a 'mental illness' for the Primary mental Health Worker to be contacted?

We are involved with children and young people with a wide range of difficulties, such as worries and stresses about going to school, making friends, or where there has been a change in the family with which people are struggling.

We see mental health as something we all have and as something we all need to help each other look after. Sometimes if we are struggling with a situation then we need other people to help us see our strengths, give us ideas or advice about whom to talk to.

What happens when the Primary Mental Health Worker is contacted?

There is a range of things that might happen depending on the particular difficulty. These include:

- We may give the professional person you see some extra ideas about ways to help or about other people who may be able to offer support. In this situation you wouldn't meet us yourself.
- We may suggest meeting with you, perhaps with the professional person you already see. This is often at your home at a mutually convenient time or is sometimes at school.
- At this meeting you would be able to discuss the difficulties in more detail and work out what's going to be helpful. We may agree to meet again. This is generally for up to six sessions but very often less.
- Sometimes we may suggest a referral to the Child and Adolescent Health Team at Lime Trees. This may be because your child or families' difficulties need a more specialist approach, for example when a child has an eating disorder or where family therapy could be helpful. We would discuss this with you in more detail.