

Advice and support sessions with the Wellbeing in Mind Team

What is the purpose of an advice session with the Wellbeing in Mind Team?

An advice and support session gives us the opportunity to meet with either families or professionals to gather information and inform a shared understanding of a child's mental health and wellbeing need. This enables us to collaboratively consider what support may be available for a child and their family. If the advice is with a professional, no identifiable information is taken to ensure confidentiality. Following the advice and support session, professionals will receive a summary of the session which will include all recommendations.

If the advice slot is with a parent or carer, following the advice and support session, parents/carers will receive a summary of the session which will include all recommendations. A copy of this will be sent to the young person's GP as we are a health provider.

Possible outcomes following the advice slot

- Advice and support sessions may lead to us arranging a further meeting with you and your wider support network in order to formulate a more in-depth understanding of your young person's needs. This may involve speaking with your young person separate to the meeting where possible. We refer to these meetings as formal consultations.
- An assessment for direct intervention with the Wellbeing in Mind Team.
- Support to access services we agree would be helpful to your young person.
- Collation of resources that may be helpful to you and/or your young person.

Consent

As an NHS service, we are legally required to document any advice that we share with young people and their families on our NHS system. This ensures that there is transparency in what information we give families and enables us to provide you and your young people with a written letter summarising our contact. In order to do this, we require written consent to open a health care record before we can discuss your young person. You will be asked to fill out a consent form before our meeting.

If you have any questions about this we are happy to discuss further.