

# Welcome to WEST



Wellbeing & Emotional Support Teams (WEST) is an NHS service, delivered in schools, designed for children and young people aged 5-18 to access mental health and wellbeing support across 96 primary and secondary schools in Herefordshire and Worcestershire.

WEST form part of the Government's Mental Health Support Teams initiative (2018) working within schools to support mental health and emotional wellbeing. Our mission is to provide:

*"an early intervention service, integrated into education settings to promote children and young people's emotional wellbeing, keeping the child's voice at heart."*

We are an integrated service working alongside local authorities, GPs, school nurses, education psychologists, social services, public health providers, mental health and the voluntary sector.

The team includes Education Mental Health Practitioners and Senior Practitioners who provide evidence based interventions for mild to moderate mental health difficulties. We deliver a range of low intensity cognitive behavioral therapy (LICBT) informed interventions. Low intensity cognitive behavioral therapy is different to counselling and requires motivation and involves practicing skills and strategies taught in session to be practiced in between sessions. These interventions are delivered either 1-1 or in a group over 6-8 sessions and can include individual work with parents/carers too. We can deliver sessions face to face or virtually. We work holistically with a child-centered approach to include parents/carers and the school support system around the child.

We work with children and young people who may require support for things such as low mood, anxiety, worry management, sleep hygiene and problem solving.

Referrals into our service are made through the mental health lead within the specific education setting. The child or young person can access the service via the school staff, who will then discuss it with the mental health lead. Parents/carers can also refer to the service via the Mental Health Lead in the school.