



Psychology and Well-being Service The Primary Mental Health Team

Information for Parents/Carers



Who are we?

We offer free support for mild to moderate mental health challenge which means we address the range of needs that would **not** be covered by CAMHS. We have to possess a degree in Mental Health Nursing, Occupational Therapy, or similar. We also have to show further training in relevant areas e.g. Cognitive Behaviour Therapy (CBT), Mindfulness, and show evidence of continuing professional development relating to mental health.

How do we work with others? We offer consultation/advice, and engage in direct work with young people, group work, training in mental health for adults and young people, and project work. We also link closely with CAMHS and other professionals who work with young people to offer support and to share our knowledge of mental health.

How do we get involved? *Any School or professional agent is able to contact us and ask for consultation using our weekly telephone consultation line, or termly meeting, held at some schools. If you have any concerns about your child, the first thing to do is to speak with their class teacher, school SENCo or a professional agency you trust.

* We also offer face to face discussion with any parent/carer at Parentscope meetings (Visit Jersey Online Directory for more details).

Meet the PMH Team at The Jersey Online Directory or search Gov.je website for more information.

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