



Kaleidoscope<sup>+</sup>  
Wellbeing

# Primary Mental Health Workers

PMHW



Funded by  
**Sandwell**  
Metropolitan Borough Council



## Who are we?

Primary Mental Health Workers (PMHWs) work with children and young people, families and carers and professionals providing support where there are emotional or mental health concerns.

Primary Mental Health Workers come from a range of professional backgrounds having specialist training and experience in helping children, young people and their families and carers when there are emotional or mental health concerns.

Skills include but are not exclusive of:

- **Counselling**
- **Cognitive Behaviour Therapy (CBT)**
- **Play Therapy**
- **Art Therapy**
- **Transactional Analysis**
- **Solution Focussed**
- **Humanistic Approaches**
- **Trauma and Attachment**
- **Family Functioning**

**Primary Mental Health Workers -  
Helping Children, Young People,  
Families and Carers**

## Who is this service for?

We work with children and young people, families and carers and a range of professional partners.

Primary Mental Health Workers are based within each of the Six Towns Community Operating Groups (COGs),

- **West Bromwich**
- **Oldbury**
- **Tipton**
- **Smethwick**
- **Rowley**
- **Wednesbury**

## Also within the:

- **Youth Offending Service (YOS)**
- **Looked After Children's Team (LAC)**
- **Child Sexual Exploitation Team (CSE)**





## What do Primary Mental Health Workers Do?

We work with professionals working with children and young people, families and carers to support their work where there are concerns about emotional wellbeing or mental health

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We also support and train others to understand mental health and respond sensitively and positively, so that Mental Health is 'Everyone's Business'

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We provide multi-agency training to encourage skills development and further knowledge

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Assessment and joint working on complex cases

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Direct interventions to children, young people, families and parents/carers with cases open to the:

- **Community Operating Groups (COG)**
  - **Youth Offending Service (YOS)**
  - **Children Social Care**
  - **Child Sexual Exploitation (CSE)**
- .....

A pathway to direct mental health interventions for children, young people and adults which may also include stepping up or stepping down to other services.

**Mental Wellbeing is  
Everyone's Business**

## Consent and Confidentiality

Consent needs to be sought before we can become directly involved with children, young people, families and parents/carers.

Although general concerns can be discussed without consent.

## Feedback and Comments

Your views are important to us.

If you have a suggestion about how we can improve our service, please contact:

### **The Kaleidoscope Plus Group**

1st Floor Hawthorns House

Halfords Lane

West Bromwich

B66 1BB

**T: 0121 565 5605**

**E: [info@kaleidoscopeplus.org.uk](mailto:info@kaleidoscopeplus.org.uk)**

# Where to find us

## **Tipton**

T: 0121 569 7291

E: [tipton\\_cog@sandwell.gov.uk](mailto:tipton_cog@sandwell.gov.uk)

## **Wednesbury**

T: 0121 569 7294

E: [wednesbury\\_cog@sandwell.gov.uk](mailto:wednesbury_cog@sandwell.gov.uk)

## **West Bromwich**

T: 0121 569 7293

E: [westbrom\\_cog@sandwell.gov.uk](mailto:westbrom_cog@sandwell.gov.uk)

## **Oldbury**

T: 0121 569 7295

E: [oldbury\\_cog@sandwell.gov.uk](mailto:oldbury_cog@sandwell.gov.uk)

## **Rowley**

T: 0121 569 7296

E: [rowley\\_cog@sandwell.gov.uk](mailto:rowley_cog@sandwell.gov.uk)

## **Smethwick**

T: 0121 569 7297

E: [smethwick\\_cog@sandwell.gov.uk](mailto:smethwick_cog@sandwell.gov.uk)

## **Youth Offending Service**

T: 0121 552 3125

## **Children Sexual Exploitation & Children's Social Care**

(Sandwell Council House)

T: 0121 569 2200

## **The Kaleidoscope Plus Group**

T: 0121 565 5605

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