



# Primary Mental Health Workers

If you're going through a difficult time or are struggling with how you're feeling, it can be scary and upsetting and you might not know who to turn to for help.

At Kaleidoscope, our Primary Mental Health Workers (PMHW's) specialise in children and young people's emotional and mental health and wellbeing and can offer support to both you and your family when things get tough.

We will listen to you without judgement in a safe environment and work with you to improve your social skills, as well as your wellbeing and take away any immediate pressures.

## What type of support will I receive?

Our PMHW's will carry out an assessment to find out more about what kind of support might be suitable for you. The type of support you will be offered is dependent on this assessment but may include:



**One-to-one support in a relaxed setting where you will be able to talk to a healthcare professional about your thoughts, feelings and concerns**



**Support groups for families and carers**



**Art therapy**



**Drama therapy**



**Cognitive Behavioural Therapy (CBT)**



**Counselling**

## Who can access this service?

**Our PMHW service is for children and young people aged 16 and under, however the support we offer is suitable for the whole family.**

If you are a parent or carer and are finding life a little difficult, need additional support to help manage your child's wellbeing or are worried about violence or substance abuse, we can help.

We can also offer support to help you understand what a care giving role looks like and how it should be received.



# How can I get a referral?

To be referred to our PMHW service please email our partners CAMHS (Child and Adolescent Mental Health Service) using the details below.

CAMHS will act on your behalf to get a referral to our service.

**T:** 0121 612 6620

**E:** [bchft.sandwellspa@nhs.net](mailto:bchft.sandwellspa@nhs.net)



[kaleidoscopeplus.org.uk](http://kaleidoscopeplus.org.uk)

Hope Place, 321 High Street, West Bromwich, B70 8LU

Registered Charity Number: 1096473