



Surrey and Borders  
Partnership  
NHS Foundation Trust

# CHILDREN'S WELLBEING PRACTITIONERS

MINDSIGHT SURREY CAMHS

INFORMATION, SUPPORT AND  
COUNSELLING FOR YOUNG PEOPLE AND  
THEIR FAMILIES



## WHO ARE WE?

We are a team of Children's Wellbeing Practitioners (CWPs) based in the Epsom area.

We are part of the Mindsight Surrey Child and Adolescent Mental Health Service (CAMHS) and work in partnership with selected primary and secondary schools.

The CWP role came about as part of the improving access to psychological therapies (CYP-IAPT) programme delivered by Health Education England and partners.



## WHO DO WE WORK WITH?

The aim of CYP-IAPT is to intervene early and offer preventative support.

Our work is designed to support children and young people who are experiencing mild to moderate anxiety, depression and/or challenging behaviours.

**Specific difficulties may include:**

- Low mood
- Specific phobias
- Separation anxiety
- Generalised anxiety
- Panic
- Challenging behaviours

Appropriate referrals for the CWP service include young people with mild to moderate problems, who are at risk of deterioration or escalation in the future.



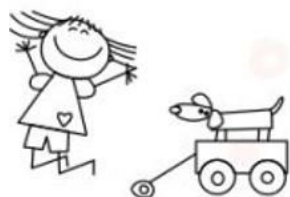
# WHAT DO WE OFFER?

We can offer confidential support in the form of brief, outcome-focused, evidence-based interventions.

In most cases, we offer 6-8 sessions that are 30-60 minutes long. Usually, these will take place within your school and during school hours. However, some sessions may be offered outside of school and some sessions may be offered over the phone.

Evidence-based interventions may include:

- **Guided Self-Help** an intervention that is based on Cognitive Behavioural Therapy (CBT) principles.
- **Psycho-education** which aims to help people understand how to best manage behaviours and difficulties.
- **Brief graded exposure** which helps to minimise a young person's phobias, fears and anxiety.
- **Brief behavioural activation** which helps to improve low mood and mild depressive symptoms.
- **Worry work** for children and young people with anxiety.
- **Parent guided intervention** for children under 12 with anxiety. This aims to give parents the tools to help their children.
- **Parent support** for younger children with behavioural problems. This aims to support parents to manage the difficult behaviours.



# FAQs

## Are you confidential?

We work in accordance with the Surrey and Borders Partnership policy. Our sessions will be shared with our supervisors and may be shared with our team but will otherwise stay confidential. The only exception is where we feel there may be a risk of harm to yourself or others. If you would like to know more about our confidentiality, please contact us with any questions.

## How are you different from other CAMHS services?

CWPs offer support for children and young people with low level mental health difficulties, which may not meet the specific criteria for other mental health services. We aim to empower children, young people and their families to help themselves.

## What is your safeguarding policy?

We work in accordance with both the Surrey and Borders Partnership NHS safeguarding policy and the safeguarding policies of the schools in which we work.

## How can I be referred?

If you feel that you would benefit from support from our service, please speak to a member of staff in school, or you or your family can contact us directly.



# CONTACT US

## Supervisor and Service Lead:

Dr. Rebecca Scarth

## Qualified CWPs:

Stephanie Pointing

Anna Perry

Katie Croft

Hannah Osman

**Tel: 0300 222 5850**

Children's Wellbeing Team,  
Epsom CAMHS  
Willow House  
Hook Road  
Epsom  
KT19 8QJ



[WWW.SABP.NHS.UK/MINDSIGHTSURREYCAMHS](http://WWW.SABP.NHS.UK/MINDSIGHTSURREYCAMHS)

