

"I wasn't knocking my head against a wall trying to get help - you understood me and wanted to find out how I can help you and try and access any help."

Very, very helpful. Excellent. I'd recommend you and your services to anybody." – Parent

1-hour weekly sessions directly with Child/ young person or Parent / Carer. Over 8-10 weeks

Either face-to-face (in schools, community centres, home visits) or online.

Consultations allow you to:

- Talk about what your child is struggling with
- Think about appropriate next steps
- Consider whether we are the right service
- Signpost to alternative, more appropriate services where needed

To book a consultation contact the Clinical Administrator, using west@brent.gov.uk or by calling 0208 937 2141. You will need to complete a consultation screening form

Children and young people aged 4 - 18 years (or up to 25 years with a Special Educational Need or Disability)

The child/Young person must:

- Live at a Brent address
- Attend a Brent school/college
- Be registered with a Brent GP

(with the exception of Looked After Children).

We offer wellbeing support to children and young people who are feeling low in mood, feeling anxious, or finding it difficult to manage anger.

Other ways we support children and young people:

- School staff training
- attending professional meetings about children
- Group interventions: Foster Carers (Reflective Fostering)
- Consultation service (see below)

Who the service is for?

What do we do?

Interventions

Referrals

Consultations

"I felt confident, opened up talking about my own experience. We learnt from each other and the practitioners. The materials they provided were really helpful. I would love to have the opportunity to do more work with the service." – Foster carer

Anyone can refer a CYP. In some circumstances, older adolescents (16+) may refer themselves, but parental / carer consent is sought.

To refer directly to the service please complete our referral form and send it to west@brent.gov.uk.

"I am feeling confident and positive that your service will be able to help us"

"The way forward was fully explained and who we will be seeing and when this was going to happen was explained to me. Very efficient. I look forward to you helping my daughter and I." – Parent

Parent / Carer