

Step 1: Referrals to YMM

Referral completed in collaboration with the young person supported by the schools agreed point of contact (MH lead, SENDCo, pastoral team)

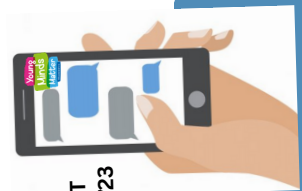
Or

Secondary schools only: Young people can speak to one of our practitioners through 'YMM Chat' where we may suggest a self-referral to our service.

Alternatively, they can complete a self-referral via

www.onyourmindglos.nhs.uk

Please note, YMM Chat is for young people to access. Parents who wish to discuss referral, and/or for support and advice should speak directly to the schools' main contact for Mental Health and Wellbeing



YMM CHAT
07480 635723



Step 2: Assessment

If we think the child/young person is appropriate for our service we can offer an assessment with an Education Mental Health Practitioner (EMHP) or Senior Mental Health Practitioner (SMHP).

This can be done either face to face or via video call and last for 60 minutes. During the assessment a practitioner will...

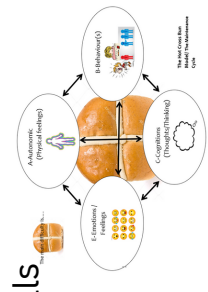
1. Listen to their worries and understand what they would like help with
2. Talk about potential goals
3. Make a decision together around next steps.

Step 3: Low Intensity Cognitive Behavioural Therapy (CBT) Sessions

- 1:1 sessions or sometimes we will work with parents/carers
- 6-8 sessions of CBT (with an EMHP) or goal based intervention with an SMHP
- Sessions last around 45 minutes

In the sessions...

- The practitioner can provide coping skills
- Homework tasks will be given to allow the young person to practice the skills



Step 4: Discharge

In the final session the practitioner and young person will...

- Summarise the coping skills learnt
- Discuss any further support if required
- Complete a discharge pack to take away

