



MENTAL HEALTH PROVISION

Parent Support

Small peer support groups for the parents of young people in Craven. Sessions focus on supporting the wellbeing needs of both children and parents.

One-to-one support also available.
Delivered in community settings across Craven.

Referral

Can be made by a parent, professional or young person.
Criteria: school age up to 25 and live/go to school in North Yorkshire or registered with a GP in Craven.

Screening & Triage

Completed by a SELFA Children & Young People's Worker and discussed with parent.

1:1 support

Group support

Mentoring

Early intervention for mild mental health problems. A series of planned, 1-1 sessions where the young person sets an achievable target and are supported by a SELFA Worker to create strategies to help achieve this.

Delivered in schools and community settings across Craven for ages 4-25.

Counselling

Time-limited, confidential, 1:1 therapeutic intervention that helps children and young people explore emotions and experiences, develop coping skills, and improve emotional wellbeing.

Delivered in schools and community settings across Craven for ages 4-25.

Wellbeing Cafes

Small groups for children & young people seeking support for their mild to moderate mental health needs. A safe space to talk to a trained professional, explore emotions, devise coping strategies and engage in peer-support.

Delivered in community settings across Craven for ages 7-19.

Wellbeing Warriors

A ten-week programme in schools aimed to develop children's emotional intelligence and support them to create positive coping strategies to help children & young people manage their emotions.

Delivered to small groups in primary schools across Craven.

Exit strategy in place

Exit strategy to be agreed with young person including transition into an ongoing SELFA term-time group.

NO

Longer term MH support required?

To be agreed by SELFA staff, young person and parent.

YES

Additional support within SELFA?

SELFA to support referral to outside agency



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