



Parent / Carer Advice Session

What is a Parent / Carer Advice Session?

The Future in Mind mental health support team is part of Wakefield Child & Adolescent Mental Health (CAMHS) and offers early support for mental health and emotional wellbeing for children and young people. Each school or college has a Senior Practitioner from the team linked to it.

The parent / carer advice session is a 40-minute appointment for you to talk to your schools link Senior Practitioner about your child / young person who may be presenting with some struggles with their emotional wellbeing. This can include struggles with worries, stress, fears, low mood, low self-esteem, managing emotions, sleep, self-harm.

Things to Think About Before Your Advice Session

Things to think about as the parent/carer

- What feelings and emotions are your child / young person experiencing and how often?
- Have there been any significant life events (current or historical)
- What impact is this having on your child and family
- What would you like to be different and what do you think would be helpful to achieve this?
- What do you think has helped already or is helping now?
- What is your child / young person's strengths?

Things to ask your child/young person before the session

- What emotions do you need help with?
- How are these struggles affecting you? (in school, at home, socially)
- If things could be different, how would you like that to be?
- What or who helps you with these struggles already?
- What is important for us to know when we are thinking about what is going to be helpful for you?

Following the Parent / Carer Advice Session

A plan will be made alongside you and the Senior Practitioner with recommendations to best support your child / young person. These recommendations may include.

- Key adults making changes that could help in school, at home and in the community
- Signposting to other support services where needed
- Direct support being offered in the form of one to one, group or parent/carer led intervention.

Consent and Data

You will be asked to consent to the following

- Any discussion about your child / young person will be included on their health record and will reflect any support / recommendations discussed.
- If further support from the Future in Mind Mental Health Support Team is deemed appropriate a referral will be open on my child / young person's health record.
- We know that other services such as hospitals, clinics, GPs and social care may also provide your child / young person with care. To help us all work together we want to share the information we have so they can continue to support you with the best care and treatment. We call this a 'shared care record'.

You can find out more about the Future in Mind Mental Health Support Team either by his link [\(293\) Wakefield Future in Mind mental health support team - parent/carer overview - YouTube](#)

Or you can scan the QR code

