

IF YOU'RE 11-19 YEARS OLD  
 TEXT YOUR SCHOOL NURSE  
 WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...  
 CONTRACEPTION  
 MENTAL HEALTH BULLYING SELF HEALTHY EATING  
 ALCOHOL DRUGS SEX SMOKING

**Text us for  
 confidential  
 advice & support**

kooth



**Need to talk?**

We're online until 10pm

- Friendly counsellors
- Self-help
- Community Support

Free safe and anonymous online support for young people.  
**kooth.com**

## Information for 16's and over

If you are aged 16 years and over, alternative support is available in the form of the MoodMasters courses. (The programme aims to provide a range of simple tools and techniques to help attendees manage life's emotional ups and downs, more effectively, cope better with everyday stresses and worries and improve their overall quality of life). For further information Tel: 01905 766124, email: whcnhs.wellbeinghub@nhs.net

## Do you have a concern, complaint or comment?

If you wish to make a compliment, comment or complaint please contact: Patient Relations Team, Worcestershire Health and Care Trust, Isaac Maddox House, Shrub Hill Road, Worcester, WR4 9RW. Tel: 01905 681517 Email: Whcnhs.pals@nhs.net

## Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

# Reach4Wellbeing



Promote positive wellbeing

Reach children and young people in their communities

Reduce the stigma of mental health

Emotional Wellbeing Service for  
 Children and Young People age 5–19  
 in Worcestershire

## What do we do?

The Reach4Wellbeing team promotes and supports the wellbeing of children and young people who are experiencing mild to moderate emotional difficulties.

### Do you:

- Lack the confidence to try new things?
- Struggle to face simple tasks?
- Worry that bad things are going to happen?
- Have negative thoughts going around in your head?
- Avoid spending time with others, e.g. seeing friends, going to school or going to public places?
- Avoid everyday activities?
- Often feel down or unhappy?

If any of these sound like you, a Reach4Wellbeing programme may be able to support you improve your emotional wellbeing.

## The support we offer

We currently offer a six-week group programme to children experiencing mild to moderate anxiety. For young people (age 13+) we offer a seven-week group programme that combines both anxiety and low mood. Our future plan is to offer similar groups for young people experiencing self-harm. Please visit our webpage for updates about when these programmes will be available.

## What are the groups like?

The programmes are run in schools and other community settings during term time. The programmes consist of weekly two-hour sessions with 6-12 children or young people in each group. We start by taking an interactive approach to setting achievable goals. The remaining sessions focus on building skills to challenge negative thinking and encourage the use of relaxation techniques and other strategies to empower you to take steps towards achieving your goal/s.

Group programmes for younger children (5-8yrs) are smaller in size, shorter in session time and require parental involvement.

## Do I have to do anything outside of the group sessions?

Our programmes rely on you practising skills outside the weekly group sessions. Research has shown that the more children and young people practice skills learnt in the groups, the more they saw improvements in their anxiety/depression and experienced greater positive well-being by the end of, and following the group. Like any change, this entails hard work, persistence and time, if you currently cannot put in this additional commitment, our programmes will not be effective. To benefit from this treatment please only attend a R4W group when you feel ready to participate in the programme and complete the practice tasks between sessions.

## What do I have to tell others about myself in the group?

Our groups focus on developing your skills rather than talking in-depth about your current and/or past difficulties. However, we do encourage you to briefly share your experiences within the group, such as your goals and feedback on your practice task.

## How can I refer?

Before referring to Reach4Wellbeing, we ask that you have received previous support for your emotional wellbeing from your school health nurse, a member of staff at school, Kooth or another support service. Please visit our webpage to help you decide if our service is right for you (or your child/young person) and to view our referral criteria: [www.hacw.nhs.uk/reach4wellbeing](http://www.hacw.nhs.uk/reach4wellbeing)

If you wish to make a referral please do so using the appropriate referral form and after reading the referral criteria.

We discuss referrals at our weekly meeting and we will let you know the outcome. At times, we may need to contact you or your referrer for more information. All information we gather is stored securely and confidentially.

## How to contact us?

To contact Reach4Wellbeing please email: [whcnhs.reach4wellbeing@nhs.net](mailto:whcnhs.reach4wellbeing@nhs.net)