

# Lancaster and Morecambe CAMHS Primary Mental Health Workers & our local Mental Health Champions Network

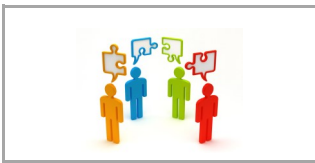
## What do Primary Mental Health Workers do?

Primary Mental Health Workers (PMHW) work for the Child and Adolescent Mental Health service (CAMHS) and are there to support you to support children, young people and their families. We offer consultation and advice to professionals about services in the area who can support children and young people's mental health and emotional wellbeing.

*Please be aware that we do not need children's details or parent/carer consent to offer consultation to professionals*

## What we do

### Support the local Mental Health Champions Network



Any local professionals who work with children and young people are welcome to join the local network of Mental Health Champions.

Over the last five years we have built a supportive network of over 400 local professionals who want to know how best to support young people's wellbeing.

### Hold training and events



We offer free Youth Mental Health First Aid training (1&2 day) as well as bespoke team sessions responding to local need and current issues facing our community. Wendy delivers Seasons for Growth companion training and facilitates a companions network locally as well as offering bereavement and loss workshops alongside CancerCare.

We also support the use of the Champions network pathways document and guide schools in how best to use them. Mental Health champions also offer training to wider network through formal training and regular meetings and events as a network.

Annual events also take place to raise awareness of mental health and wellbeing

### Offer consultation and advice to professionals



We offer consultation and advice to professionals about services in the area who can support children and young people's mental health and emotional wellbeing.

This includes referrals to CAMHS and Child Psychology as well as other NHS services for children and young people.

Children's details are not required to access consultation and advice.

### Facilitate Pastoral Partnership Networks for the local school staff



Two networks meet regularly throughout the year. One for Primary schools and one for Secondary schools with networks merging when relevant.

These meetings bring together staff from pastoral roles in different schools across our locality to share ideas, resources and provide peer support. Anyone in a pastoral or support role within a school can join these networks.

# Mental Health Champions Network

The role of the Mental Health Champion is as a point of contact in a team to access a network of support, advice, guidance and local resources. Our vision is that this role will support the use of the pathways guidance document and keep the information up to date and relevant for use.

## Our mission statement

Our aim 5 years ago was to build a peer supported network of informed, empowered and knowledgeable local professionals who support the mental health and wellbeing of the children and young people in our area and we have achieved just that.

***'The network confirms it takes a 'whole community' to bring up a child and it is all our responsibility – communication is key and the network is a massive positive J'***

*MH Champion comment from the One Year On event March 2018*

***'The network has been brilliant at helping us as a school to signpost and find information really quickly.***

***Such a vital part of our practice'***

*MH comment from 2021 MH champions survey*

***'Mental Health Champions is a really important network to me and has supported my professional development. I've been helped in making contacts in the local area with professionals involved with Mental Health intervention which have enabled my practice to grow and helped me deliver effective support to young people'***

*MH comment from 2021 MH champions survey*

The MH champion role should complement your role within your team and promote positive mental health and mental health awareness.

## Pathways guidance document

If you have not got an up to date copy of the document please get in touch.

***Please check you are using an up to date copy of the guidance*** Version 3 released July 2019 is the current version— with version 4 currently being updated for release later this school year (2021/22 school year)

## Please email us to book a space on one of our events or training dates

contact details below

## How to contact us

We are based at *Ross Children's Centre, Euston Road, Morecambe, LA4 5LE*

We can be contacted via phone on 01524 550 650 - or individually via our mobiles or email addresses.

We endeavour to return calls and emails as quickly as possible.

[Please note that all acute/urgent presentations must be directed to the CAMHS team on 01524 550 650.](#)

[No urgent messages should be left on these mobile answerphones or email accounts.](#)

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