

# PMHW Consultations: Supporting You to Support Young People

Specialist guidance from Primary Mental Health Workers (PMHW) to enhance mental health support.

## What is a Consultation?

- A consultation is a collaborative discussion between you and a Primary Mental Health Worker.
- It aims to provide tailored advice, strategies, and support to help you address mental health concerns in young people.
- Think of it as a problem-solving session to enhance your confidence and skills.



## What to Expect from a consultation:

- A safe, professional space to discuss concerns.
- Tailored advice and strategies specific to your role.
- Guidance on navigating complex mental health challenges.
- Help in considering possible onwards referrals to other services

## How Consultations Can Help You

- Benefits for Professionals:
  - Build your confidence in addressing mental health challenges.
  - Gain new insights and practical strategies.
  - Clarify referral pathways and options.
  - Reduce stress and uncertainty in complex cases.



## How to Access a Consultation

- Who Can Book?
  - Any professionals working with children and young people, including (but not exclusively) :
    - Teachers/school staff
    - Social Workers
    - Youth Workers

## How to Book a Consultation:

- To contact please email your local team at:
  - PMHWLancasterandMorecambe@lscft.nhs.uk
  - PMHWFyldeAndWyre@lscft.nhs.uk
  - PMHWPreston@lscft.nhs.uk
  - PMHWChorleySouthRibble@lscft.nhs.uk
  - PMHWWestLancs@lscft.nhs.uk



- How long does a consultation last?

Typically 30 minutes to 1 hour but this can be provided on a case-by-case basis. Follow up consultations can also be offered if required.

- Do I need consent from the young person/parent/carer?

Consultations are either confidential and anonymous (so no consent is required and no health record will be kept) or named (so consent is needed either from the young person/parent/carer. A record on our health system will be kept.

- Can I refer directly to the specialist CAMHS following a consultation?

During the consultation, we may discuss a number of different possible treatment pathways. Any onwards referrals to other services will be discussed during your consultation.

- Do I need to prepare anything for the consultation?

No, just bring any relevant information about the young person or situation you'd like to discuss.

- Can consultations be held virtually?

Yes, we offer consultations online, over the phone, via email or face to face which ever suits your schedule better.

- Can I discuss urgent/high risk cases?

No, PMHW's are not a urgent help service. We are an early intervention service sitting within *Thrive Quadrant One/Getting Help*. If you have any urgent concerns, please contact your local specialist CAMHS team