



One minute guide

Leeds CAMHS

Children's Wellbeing Practitioners
(CWP)

Who are we?

The CWP team offer low intensity CBT based interventions and usually carry out 6-8 sessions citywide across Leeds for 5 to up to 18-year-olds. Their intervention is most effective when working with difficulties of early onset. The service is being provided by Leeds Community Healthcare (LCH) and is being delivered citywide including education settings and health centres. The aim of the service is to strengthen and improve early intervention emotional mental health support arrangements for children and young people (CYP) in Leeds. Support will be offered in addition to and working with existing mental health support available in education settings, and the wider community.

Accessing CWPs

Referrals for input come via MindMate SPA and CAMHS teams for children/families and young people in Leeds. Contacting the Children & Young people Therapy team can be helpful to discuss cases before considering a referral to the CWP team. You can email lcht.therapyteam.cypmhs@nhs.net with details of the case you would like to discuss.

What is provided by the service?

The CWPs will initially carry out an assessment with the child/young people. This includes low intensity CBT based individual intervention for a range of emotional and mental health difficulties. Interventions will be tailored on need and are evidenced based. Routine outcome measures will be used as a way of monitoring progress. CWPs can work with Low Mood/depression, generalized anxiety, panic, obsessive compulsive disorder, separation anxiety and social anxiety.