

Listening to your views and working together

- We will listen to your views and be responsive
- We will also encourage you to be involved in making decisions and the possible solutions

Consent and confidentiality

We need to have your consent before we can become involved. We will also seek permission to share appropriate information about you with the other people or agencies that support you.

How to contact us

We are based within the Child and Adolescent Mental Health Service (CAMHS) and Children in Need teams across the county.

To find out who your local PMHW is:

Telephone: 01872 322277

Email: cpn-tr.earlyhelphub@nhs.net

Your local PMHW is:

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Primary Mental Health Workers

Information for children, young people and families



Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday between 9.30am and 4.30pm.

Telephone: 01208 834620

Email: cpn-tr.palscft@nhs.net



To get this information in another format email: cpn-tr.communications@nhs.net

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Find us online at cornwall.nhs.uk



Who are we?

Primary Mental Health Workers (PMHWs) come from a range of backgrounds. We work with children and young people up to 18 years old.

We have special training and experience in helping children, young people and their families when there are mental health concerns.

What do PMHWs do?

Primary Mental Health Workers:

- work with people who support you at school, health services and local child and families services
- provide training for other professionals
- help people to get advice, support and treatment

How can we get help?

Some of the things we may be able to help with include:

- stress, anxiety or fears
- concerns about behaviour
- friendships
- unhappiness
- self-esteem and confidence

Getting support early

We like to be involved as early as possible, so that we can think of possible solutions to your problems. Early help will often stop the problem from getting worse.

We will work with you and other services to identify your needs and work out what will be helpful.



Initially, we will have a meeting with them and then with you, if necessary.

What we agree to do may include:

- advice and support for the people who work with you to help them meet your needs
- a joint meeting with you and the person seeking advice to find out more about your problems
- short-term direct work with you

How to get help

Speak to someone you know to see what help they can offer, such as a:

- youth worker
- school nurse
- family doctor
- health visitor
- teacher / teaching assistant
- learning mentor

If you think we can help, one of them can contact us for you.

Working together

Confidentiality

Listening

Support

Contact us