

# Child Mental Health Support



Our **child mental health service** aims to help children thrive emotionally and socially and to provide families with practical strategies to understand and manage behaviours and emotions. Our team of practical, evidence-based mental health professionals will tailor care to the unique needs of each child and family.

## Who can access this service?

Our services are available for children aged from 6 to 16

## How does it work?

1

### Initial consultation:

A half-hour video session with the parent/ carer and either a psychologist or a psychotherapist to understand your child's background and concerns.

2

### Comprehensive assessment:

The psychologist or psychotherapist will then have a 60-minute session with your child to identify their needs.

3

### Assessment report:

You will receive a detailed report within 10 working days. The report will provide tailored advice on treatment options, signpost to useful resources and self help strategies.

## Alternative formats

If you would like this translated or have a copy in an alternative format such as large print, braille or audio please [email us](#) or call us on **0345 026 0094**. Lines are open from 9am to 5pm, Monday to Friday. We may record and monitor calls. Call charges will vary. BH4300 06/25

## Booking an Appointment

Booking an appointment is simple through Spark:

1

Select the  
Child Mental  
Health tile.

2

Provide your  
and your child's  
details.

3

Book an  
appointment with  
a named clinician.

The first 30-minute appointment will normally be available within one working day. After this initial appointment, if the psychologist or psychotherapist deems it appropriate, they will then book a 60-minute follow-up appointment. There will be slots available within five working days of the initial consultation.

## Availability

Appointments are available from 9 am to 5 pm, Monday to Friday. One parental session and one assessment is allowed per child each year.

This service is provided by Spectrum.life.