

Having your say

We want to make sure that you have found this service to be helpful and to learn from you how we might improve it. You have a right to be involved in the decisions we make about your service and we appreciate your comments.

We can offer you support so you can tell us what you think, listen to you, record your suggestions, involve you in decisions and tell you what is happening.

If you are not happy with your service please tell us by getting in touch with your local Children's Services Manager on our contact number:

01384 411722

Contact details

Mental Health and Well-being

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Barnardo's Registered Charity
Nos 216250 and SC037605



Mental Health and Well-being Service



Who we are

The service is made up of Project Workers and supported by a Team Manager.

The workers have a wide range of skills and experience. This ranges from specialisms within youth offending, resilience, mediation, exploitation, holistic family support and mental health and well-being.

What we do

To provide a worker to deliver therapeutic and practical based support.

To help young people with the following challenges related to their emotional health, well being and education:

- ◆ Stress of exam years
- ◆ Self harm
- ◆ Mental Health Challenges
- ◆ Support to re-engage with education

Our team will aim

To provide one to one support to young people through the direct intervention.

Venues of meeting are planned with the suitability for young people in mind.

Session numbers can vary and will be based on the needs of the young people.

The programme includes a variety of evidence based activities and resources including resilience approaches, solution focused approaches, motivational approaches and art and creative activities.

All work follows a trauma informed practice approach.

Planned Outcomes for young people

- ◆ Ability to express feelings
- ◆ Increased resilience
- ◆ Improved capacity to learn in school
- ◆ Improved mental health and well being
- ◆ Remain/return in mainstream education

How to access the service

The service is for Children in Care in key stage four (year 10 and 11).

In order for the young person to access the service, they must consent to the service and a referral form must be completed by the Social Worker.

Referrals for Birmingham Children in Care that are placed out of authority can be accepted.

For further information or to request a referral form please contact on 01384 411722.

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