

CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

WE OFFER A FREE AND CONFIDENTIAL SERVICE SUPPORTING CHILDREN AND YOUNG PEOPLE, AGED 5-18, WITH MILD TO MODERATE EMOTIONAL HEALTH AND WELLBEING NEEDS.

WE WORK IN SCHOOLS AND COLLEGES THROUGHOUT CHORLEY, SOUTH RIBBLE, PRESTON AND WEST LANC.

WE PROVIDE MENTAL HEALTH SUPPORT FOR:



MILD TO MODERATE ANXIETY



LOW MOOD: SADNESS, LOW MOTIVATION



DIFFICULTY MANAGING EMOTIONS



DIFFICULTY ADJUSTING TO CHANGE AND TRANSITION

HOW WE DO IT:

WE DELIVER EVIDENCE BASED INTERVENTIONS THROUGH 1:1 MEETINGS AND GROUP WORK

WE SUPPORT SCHOOLS TO DEVELOP A WHOLE SCHOOL APPROACH TO MENTAL HEALTH AND WELLBEING

WE PROVIDE ADVICE AND GUIDANCE TO SCHOOL AND COLLEGE STAFF

WE PROVIDE STRATEGIES TO PARENTS/CARERS TO SUPPORT WITH THEIR CHILD'S ANXIETY



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



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REQUESTING OUR SUPPORT

Child/Young Person, Parent/Carer or School coordinator identifies student that may benefit from Compass Bloom support

School completes consultation with Compass Bloom via a monthly Link Meeting

Based on the consultation, school emails the request for support form to Compass Bloom

Based on the consultation, Compass Bloom signposts school to services best placed to meet identified needs, or arranges a telephone consultation directly with the parent/carer

Compass Bloom arranges initial assessment and notifies school

Compass Bloom offers brief intervention

If additional needs are identified, Compass Bloom signposts or supports referral to an appropriate alternative service.

Compass Bloom feeds back outcome of assessment and interventions to school and parent/carer



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REQUESTING OUR SUPPORT THROUGH COLLEGE

Ask the college wellbeing hub to book you into a Compass Bloom drop in which is held monthly.

In the Drop In Session we we will discuss your concerns and if suitable we will complete a referral for an Assessment.

In the Drop In Session we we will discuss your concerns and if we are not the right servcie for you, we will signpost you to the right service.

Compass Bloom arranges initial assessment.

Compass Bloom offers brief intervention.

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