

The Primary Mental Health Team Telephone Consultation Line

(for school staff and professionals)



We form part of the **Psychology and Well-being Service**, located within Inclusion and Early Intervention at the Education Department. We maintain strong links with our colleagues in CAMHS. One of our key aims is to enhance support and understanding regarding mental health within an education context.

There are a variety of ways in which we establish contact with professional colleagues, including attendance at school and cluster based meetings, and a weekly telephone consultation line.....

What is the purpose?

As a Professional you are welcome to contact us to discuss any concerns relating to the mental health of a young person with whom you are working. It may be to obtain advice/signposting, to consider the appropriateness of requesting a referral to CAMHS, to discuss ideas for your ongoing work with the young person and their family or to discuss possible training needs.



When to consult?

Consultation is typically the first point of contact with The Primary Mental Health Team so please get in touch if you have any queries or want to chat. We offer support around mild to moderate mental health challenges.

*If the young person's presentation is severe, or they are deemed at imminent risk, then please contact CAMHS directly.

How to access the consultation line:

You are welcome to seek a general consultation, where you do not share the name of the young person, but you will require explicit, informed consent from someone with PR if you need to specify a name.



07797 913548

Operated on Wednesday, between 12:30pm and 3:30pm (term time only)

Who are we? We come from a range of professional backgrounds and we all have an understanding of what enriches well-being and how to promote and support good mental health.



What do PMHWs do? We work in partnership with children and young people, families, schools, CAMHS and other agencies. We work to raise mental health awareness and strive to empower children and young people to effectively manage their mental health, by: Providing consultation to schools and agencies who work with children and young people; Facilitating training to children, young people and the adults who support them, this includes schools and families; Signposting to other agencies to help individuals get appropriate support; Screening for more specialist support, if required, including a weekly CAMHS triage clinic; Working directly with children and young people at school in a group or individually; Being available to parents and carers for advice at drop-in events, including Parentscope.

How do we become involved? Families can talk to us at a Parentscope meeting, through a community drop in or through the School SENCo. Professionals can talk to us by accessing our telephone consultation line, CAMHS triage clinic or through the School SENCo

Further information Jersey Online Directory www.jod.je;
www.gov.je/health/mental/supportingyoungpeople/Pages/index.aspx;