

Children's Wellbeing Practitioner (CWP) Criteria

- Mild to moderate difficulties
- No to very low risk (self-harm and suicidal ideation)
- No current safeguarding concerns

Pathways of support (Manualised guided self-help offered)

- Anxiety (primary and secondary school age)
- Low mood (secondary school age)
- Common behavioural difficulties (working with parents/carers of children 5-8 years old. At the discretion of the supervisor slightly older children may also be appropriate)

<p>Common mental health difficulties that may respond and are appropriate for a CWP guided self-help intervention</p> 	<ul style="list-style-type: none"> • Low Mood / Mild to Moderate Depression • Panic • Agoraphobia • Generalised Anxiety / Worry • Phobias including blood and needle phobias • Sleep problems • Stress management • Behavioural Difficulties (5-8 years old) • Mild social anxiety disorder
<p>Difficulties which require discretion but may respond to a CWP guided self-help intervention</p> 	<ul style="list-style-type: none"> • Anger difficulties • Low self-esteem • Some compulsive behaviours • Mild health anxiety • Assertiveness/interpersonal challenges (e.g., with peers) • Self-harm is disclosed and is assessed as linked to low-mood but is not assessed as enduring and high risk in nature • OCD
<p>Significant levels of need/complex conditions which are not suitable for a CWP guided self-help intervention</p> 	<ul style="list-style-type: none"> • Pain management • PTSD • Bipolar Disorder • Psychosis • Personality Disorders • Eating Disorders • Chronic depression/anxiety • Established health anxiety • Historical or current experiences of abuse or violence • Complex interpersonal challenges • Bereavement • Active, enduring and significant self-harm • Relationship problems • Active suicidal ideation