Recording of consultations

The PMHW will make a record of the consultation, including any decisions and action points agreed, using the PMHW Consultation Record – you will receive a copy of this for your own records.

If a request for a direct service is made to the PMHW service, the consultation record and the Childs Plan will be required.

Consultation with Parents

Consultation can be provided for parents/carers who are concerned about the emotional wellbeing and/or mental health of a child they care for and who would like to develop ideas that will help them to support the child through the difficulties they are experiencing.

Consultations are ‘one off’ meetings which do not involve any direct assessment of the child. Once the consultation is complete the PMHW providing the consultation will not have an ongoing clinical responsibility (with the exception of child protection concerns).

Please note that this is not an emergency service and contact will only be available during the hours of 9-5pm.

Any urgent concerns should be discussed with the Phoenix Centre and/or GP’s.
Consultation should be the first point of contact with your local Primary Mental Health Worker if you have concerns about a child or young person.

What is the purpose of consultation?
Consultation enables the joint consideration of appropriate ways of meeting the mental health needs of a child/young person, in partnership with professionals already working with them.

This ensures that appropriate interventions are put in place to meet the needs of the families, children and young people and prevent duplicate or inappropriate referrals or interventions.

When to consult?
Professionals are welcome to contact a Primary Mental Health Worker (PMHW) to discuss any concerns relating to the mental health of a child or young person with whom they are working. It may be to consider the appropriateness of requesting a service from CAMHS or to discuss ideas for your ongoing work with the child and their family.

The consultation may include:
- Advice or signposting to an appropriate service.
- Support to help you reflect and continue in your work with the young person.
- Advice on the most helpful information to provide to CAMHS when requesting a service or mental health assessment.

Requesting a consultation
The person requesting a consultation should ensure that parents/carers and/or the young person have given their consent for the consultation to take place. It is also important that they are aware of the purpose of consultation and that a direct intervention from the service will not be a definite outcome.

You are also welcome to seek a more general consultation, where you do not share the names of the child, young person or family involved.

You can also request consultation to discuss a particular issue relating to mental health and wellbeing, rather than an individual child or young person.

Child’s Plan
When you are seeking a Consultation with consent, you will already have shared your concerns with the child/young person and their parent(s) and the Child’s Plan should be used to provide information for the PMHW prior to the Consultation itself.

Where the plan is not yet fully completed, because the Consultation itself will form part of the assessment of need, Section 1 of the Child’s Plan should be used to provide the basic information about the child/young person, when requesting the consultation.

It would be useful if you could bring the following information to the consultation meeting, to ensure that the consultation process is effective:

What are the child/young person’s strengths
What is going well for the child/young person.
Relevant family information.
Previous difficulties.
Current concerns
- Issues related to school.
- Issues related to home – if possible it would be helpful to feedback any information received from parents/carers.