

Children and Young People's Mental Health Support Offer in Gloucestershire

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Children and Young People's Mental Health Services in Gloucestershire

Child and Adolescent Mental Health Services (CAMHS)

Young Minds Matter (YMM) –
Mental Health
Support Teams

Let's Talk Well
(formally TIC+)

Young
Gloucestershire

Lumi Nova

Play
Gloucestershire

My Happy
Mind

The Music Works

ArtSpace

Young Minds Matter (YMM) Offer



YMM offer **High Intensity Cognitive Behaviour Therapy** to children with a Section 19 referral where mental health needs are identified as a potential concern.

Need to be on-roll at a YMM school (currently a pilot within Gloucester secondaries)

YMM Consultation to YMM schools where there are mental health concerns.

Safe, confidential mental health support service for children & young people struggling with issues like anxiety, low mood, poor sleep. Interventions include face-to-face support in school or via a virtual/online platform.

YMMChat: text message support during school hours (Mon–Fri, 9 am–4:30 pm) for secondary school students.

Let's Talk Well (Formally Tic+)

Counselling

Face-to-face, online video, phone, or by instant text-chat. Sessions can take place in school, college, community or online.

TalkWellChat

Free, anonymous & confidential helpline (via live message or call) for 9-25 year olds. No appointment needed

“One at a Time” sessions

Single or solution-focused sessions for specific issues, if you don't want multiple sessions.



In-TER-ACT

Live online support sessions (group-style) to connect with others and explore topics together.

Support for parents & carers

Advice line, workshops, and support groups to help them support young people.

Who can refer?

-  **Self-referral:** Young person (age 9–25) or their parent/carer.
-  **Professional referral:** Teacher, social worker, youth worker, or other professionals can complete referral with consent.

How to refer:

- Online referral form: [Talk Well referral page](#)
- Phone: **01594 372777**
- Email: **admin@talkwell.org.uk**

Young Gloucestershire

Mental Health & Wellbeing

- One-to-one emotional & practical support via Youth Workers
- Counselling (for moderate mental health concerns) and working in partnership with NHS for more complex needs.
- Support for young people leaving in-patient mental health services
- Wait-list support while waiting for other mental health services.




Skills & Education

- Support for under-16s who have disengaged from school: youth workers helping to re-engage with education.
- For 16-25 year-olds: training courses, qualifications, volunteering, work experience, CV/interview prep.
- Team Programme to build confidence & life skills.

Family Support

- Therapeutic Parenting support: helping parents/carers of young people with mental health challenges.
- Support where a young person is exploring gender identity.
- Work in schools and community to train/provide advice.

Who can refer?

-  **Self-referral:** Young person (usually 14–25) can fill in online form themselves.
-  **Parent/carer referral:** Parents can refer their child with consent.
-  **Professional referral:** Schools, social workers, NHS, youth workers, etc.

How to refer:

- Online referral form: Young Glos access services
- Phone: **01452 501008**
- Email: **getinvolved@youngglos.org.uk**

Creative Health (Gloucestershire Creative Health Consortium)

Partnership of several arts-and-health organisations.

Offers “**Arts on Prescription**” style programmes – creative outlets that support people with long-term physical or mental health conditions.

The Music Works



- Supports young people (8–30) through music in difficult circumstances
- Workshops, mentoring, inclusive music sessions, artist development
- *The Hub* (Gloucester): fully accessible studio & venue
- Community rehearsal spaces in Cheltenham, Gloucester, Stroud, Forest of Dean
- *Music Bus* – mobile recording studio taking music into communities

Referral routes:

- Self-referral via website or direct contact
- Referrals from schools, youth workers, NHS & other professionals
- Some sessions are open access

Play Gloucestershire



- Free *Play Ranger* outdoor drop-in sessions in communities
- *Play Nurture* – small, child-led, restorative play for vulnerable children
- *Play Sanctuary* – dedicated site for nurture-based play
- *Play 2 Nurture* (2022–24) – therapeutic play for children facing hardship

Referral routes:

- **Drop-in sessions:** no referral needed
- **Play Nurture / Sanctuary:** usually via schools, social workers, children’s services
- Parents can enquire directly

ArtSpace



- Arts charity (est. 1993) focusing on disability & social inclusion
- Supports people with physical/learning disabilities, mental health needs, carers
- Inclusive arts courses & monthly creative workshops
- *Arts Inc Studios:* for young people (8–17) facing barriers to arts participation
- Part of the Gloucestershire *Creative Health Consortium* (arts on prescription style programmes)

Referral routes:

- Self-referral for most courses/workshops
- Referrals via Job Centre, schools, social prescribers, health/disability services



Lumi Nova: Tales of Courage is a clinically recognised, game-based digital therapeutic app designed to help children aged 7–12 manage mild to moderate anxiety.

It uses core principles of Cognitive Behavioural Therapy (CBT), including psychoeducation and exposure therapy, delivered through an engaging intergalactic adventure.

Free for ALL Gloucestershire families

No referral or prescription needed

Available on Android, iOS and older devices

Direct sign up at luminova.app/gloucestershire



myHappymind is an NHS-backed digital well-being curriculum delivered to 44 nursery and primary school settings across Gloucestershire.

From September 2025, we will expand into 20 schools, reaching over 6,000 children.

The digital curriculum is designed for nursery through to year 6, and all children within selected settings benefit from the programme.

Core CAMHS

Who is it for?

CYP in Gloucestershire aged 2 to 18 with mental health needs that are acute or long term; moderate to severe – impacting on all areas of the child's life and haven't improved with the support provided by other services.

Episodes of Care

The number of treatment appointments it takes for a CYP to achieve their goals varies according to their individual needs with the majority receiving between **1–12 sessions**

Initial Assessment

All children receive an initial assessment within 4 weeks of first contact to determine if it is the appropriate service.

Types of assessments include:

- Specialist mental health assessments
- Self-harm follow-up appointments
- Multiagency formulation meetings
- Joint assessments with external partners
- Professional consultations where appropriate

Key Roles

Assessment & Formulation to understand CYP strengths & difficulties, including the context of their families, education and communities

Shared decision making with the child and family to agree the plan of care.

Deliver a range of specialist interventions (including psychological, talking based, creative and other evidence-based treatments)

Psychiatric evaluation and prescribe medication where clinically indicated, with monitoring

Offer support and coordination for young people with complex needs, including those requiring risk management or safeguarding oversight.

Liaison and partnership working with health, GPs, education, social care, and voluntary & community services to ensure care is coordinated and delivered as a whole-system response.

Overview of Offer

1. **Advice and guidance**
2. **Assessment**
3. **Multi-agency working and collaboration**
4. **Core CAMHS interventions**

Referral

Referrals through online form from professionals including:

- GPs
- School nurses
- SENCOs
- Social Workers
- Mental Health teams
- Ed Psychs

Children's Autism and ADHD Assessment Service (CAAAS)

What is it?

- A multi-disciplinary assessment of social communication for children aged 2 to 17 to understand if a child is Autistic
- An assessment of attention for children aged 6 to 17 to understand if a child may have ADHD.
- The service is commissioned to offer assessment when a child or young person's presentation is having significant impact on day-to-day life.

Who is on the team?

Clinical Psychologists; Paediatricians; Psychiatrists; Occupational Therapists; Speech and Language Therapists.

Referrals

- As part of the referral process, professionals will be asked to submit evidence that the child has already been receiving support via the Graduated Pathway (a My Plan +)

Who can refer

Any health, education, or social care professional who knows the child well (not parents or self-referrals)

After a Referral is Made

- Contact made within 3 months
- Multi-disciplinary team meeting to discuss case
- Team writes to family and referrer to explain next steps/timeframes
- Support should continue to be offered via the graduated pathway

SERVICES

Support a child's neurodiversity

How to ensure your child's needs are understood and supported.

About neurodiversity >

Deciding what's best for your child >

About autism and ADHD assessments >

How to request an autism and/or ADHD assessment >

Get support and advice >

Local and national support >

Related Health Services

Children and
Young People's
Specialist
Mental Health
Services

Children's
Autism and
ADHD
Assessment
Service

Children and
Young People's
Physiotherapy

Children and
Young People's
VCSE Mental
Health Services

School Nursing
Service

Children and
Young People's
Occupational
Therapy

Children and
Young People's
Creative Mental
Health Services

Children and
Young People's
Digital Mental
Health Offers

Children and
Young People's
Speech and
Language
Therapy