

Child Mental Health Support

Welcome to Spark | 8

Our **child mental health service** aims to help children thrive emotionally and socially and to provide families with practical strategies to understand and manage behaviours and emotions. Our team of practical, evidence-based mental health professionals will tailor care to the unique needs of each child and family.

Who can access this service?

Our services are available for children aged from 6 to 16

How does it work?

1

Initial consultation:

A half-hour video session with the parent/ carer and either a psychologist or a psychotherapist to understand your child's background and concerns.

2

Comprehensive assessment:

The psychologist or psychotherapist will then have a 60-minute session with your child to identify their needs.

3

Assessment report:

You will receive a detailed report within 10 working days. The report will provide tailored advice on treatment options, signpost to useful resources and self help strategies.

Booking an Appointment

Booking an appointment is simple through Spark:

1

Select the
Child Mental
Health tile.

2

Provide your
and your child's
details.

3

Book an
appointment with
a named clinician.

The first 30-minute appointment will normally be available within one working day. After this initial appointment, if the psychologist or psychotherapist deems it appropriate, they will then book a 60-minute follow-up appointment. There will be slots available within five working days of the initial consultation.

Availability

Appointments are available from 9 am to 5 pm, Monday to Friday. One parental session and one assessment is allowed per child each year.

This service is provided by Spectrum.life.