

**Working together to better serve  
children and young people to  
prevent poor mental health in  
Herefordshire**

# Ideas

- Signposting to enable appropriate access to services
- Listening to help relieve stresses of parenting
- Creating time and space to properly support
- Analysing referrals to understand demand
- Opening up communication to feed intelligence re emotional wellbeing causes
- Support CYP with school and peer pressure

# Blocks and Barriers

- Not knowing what other agencies do
- Slow information
- Recognition for professional respect
- Sharing skills and training

# Top Three

- Improve awareness:
  - By children and young people
  - By practitioners
- Workforce Development
  - Offering training such as listening skills
- Enhancing capacity, especially of early help services to aid improved availability of preventative support