

# Your journey through...



Information for children  
and young people

# What is Bloom?

**Bloom** is a meeting (we call it a consultation) that helps the important adults around you find ways to help you look after your emotional, social, mental health and wellbeing.

The adults who attend **Bloom** meetings all have different backgrounds, but they share an interest in supporting children and young people to get the support they need to thrive and be well.

You and your family will choose the adult you want to speak for you at the meeting - this person is called a **nominated professional**. The **nominated professional** is usually a person you know well; someone you may have been working with, like a youth worker or a pastoral support lead at school, or even a teacher.




## How can Bloom help me?

We all find life difficult sometimes. **Bloom** might be able to help you with things like:

Managing  
difficult feelings  
and emotions






Struggling at  
school or with  
friends or family



Feeling  
worried  
about  
things



Behaviours that  
you find hard to  
manage or that  
might be unsafe...

(like running away, hitting out)

If you're struggling like this, you may have spoken to an adult you trust; maybe a parent, carer or GP - or even someone at school or a club you attend.

If it's a member of your family, together you should talk to a teacher, or another professional who can speak to you about **Bloom**. If you all agree it's the right next step for you, they will support you to complete a referral form. They will then send it in to us and ask for our help on your behalf (we call this making a referral).

If you have been referred to us, and we think **Bloom** is the best way to help you, we will get in touch with the person who sent the referral in to talk about what happens next.

## What do I need to do?

The most important thing you can do is help the adults at your **Bloom** meeting understand what it is that you are struggling with or finding difficult, and if there's anything that you think might help.



To do that we suggest meeting up with your **nominated professional**, and any other adult that might go to the meeting on your behalf, to talk through your worries and what you feel might help you. They will then go to the **Bloom** meeting and explain how you're feeling to the other adults there, so that they can work together to figure out the best way to help and support you.

Your **nominated professional** might also speak to your parent(s) and carer(s) to ask for their thoughts too - that way we know what's difficult for everyone.

## What happens at and after the consultation meeting?

At the meeting the Bloom panel will talk through the things you and your family are finding difficult.

They will talk about the different approaches and services that could support you, building on what is already working and that you find helpful.

By the end of the meeting, we will all have agreed on a plan to help you. It will be sent to you (your family) and the adults you have said we can share it with.

In the plan we will have made suggestions and recommendations about other services that might be helpful for you, and strategies the adults who are already working with you can use to improve your situation.

The person you can speak to about the plan is called the **point of contact** - this is usually your **nominated professional**. They can talk you through what happened at your **Bloom** meeting and answer any questions you might have about the plan.

If things don't improve for you or become more difficult in future, the good news is that you can be referred back to **Bloom**.



## Things you can do to look after your own wellbeing

Make an emotional health and wellbeing plan...

People I can go to for help and support:

1

Name

Contact phone/email

2

Name

Contact phone/email

3

Name

Contact phone/email

# 5 Ways to Wellbeing



just  
do it...



... a bit

## Be Active



find your happy place

## Take Notice

give your time, your  
talents, hugs, happy  
thoughts...



...a basket of guinea  
pigs. whatever.

## Give

For more ideas to boost  
your wellbeing check out  
Denzel at Mind Your Way  
- 5 ways to wellbeing!  
[mindyourway.co.uk](http://mindyourway.co.uk)

talk to someone  
about what's  
on your  
mind...



pets don't judge

## Connect

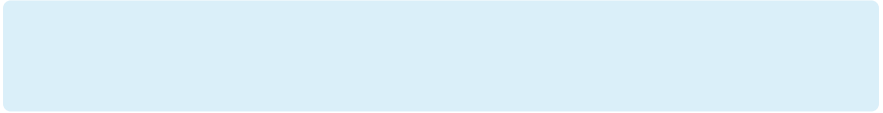


do something  
you love!

## Find time for you

What other things help me feel well?

1



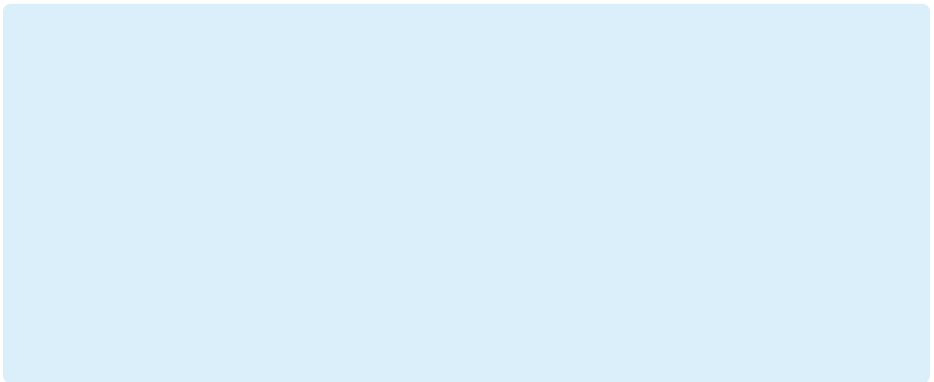
2



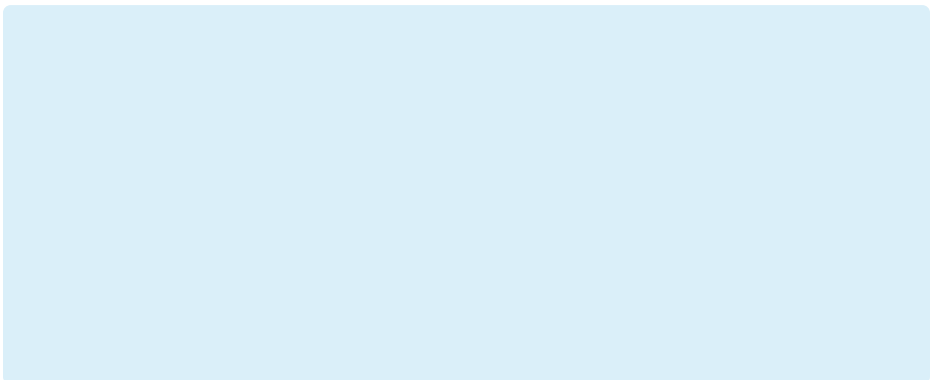
3



How do I know that I need some help and support?



When do I feel happiest?



# Where else can I get help?

In an emergency or if you feel unsafe call 999 or go to your nearest hospital

## **Start Now** | Visit [startnowcornwall.org.uk](http://startnowcornwall.org.uk)

Created and run by and for young people in Cornwall.

## **Mind Your Way** | Visit [mindyourway.co.uk](http://mindyourway.co.uk)

Help with mental health and wellbeing for young people aged 10 and over.

## **Kooth** | Visit [kooth.com](http://kooth.com)

For young people aged 10-18 years. Online chat until 10pm every night.

## **Childline** | Call **0800 111** (free)

Open 7:30am - midnight (Mon - Fri) and 9am - midnight (weekends). Available to anyone up to 18 years.

## **Mental Health Connect Line**

Call **0800 038**

**5300** (free) Open 24 hours a day, 7 days a week.

## **CRISIS Text Service**

Text **SHOUT** to **85258**

Open 24 hours a day, every day.

## **NHS Helpline** | Call **111**

Open 24 hours a day, 7 days a week.

## **Samaritans** | Call **116 123**

or visit [samaritans.org](http://samaritans.org)

Open 24 hours a day, 7 days a week.

## **Young Minds**

Visit [www.youngminds.org.uk](http://www.youngminds.org.uk)

UK charity fighting for young people's mental health.

# What if I need help quickly?

If you need to speak to someone urgently about your mental health:

- **Talk to your teacher or an adult you trust**

- **Arrange to see and talk with your GP**
- **Ring the NHS Helpline/Call 111** Open 24 hours a day, every day.

**Contact us:**     **Call:** 01208 834575

### **Email:**

West CAMHS (Kerrier & Penwith areas) [cft.camhswestreferrals@nhs.net](mailto:cft.camhswestreferrals@nhs.net)

Mid CAMHS (Restormel & Carrick areas) [cft.camhsmidreferrals@nhs.net](mailto:cft.camhsmidreferrals@nhs.net)

East CAMHS (Caradon & North East areas) [cft.camhseastreferrals@nhs.net](mailto:cft.camhseastreferrals@nhs.net)

If you would like this information in another format or language please contact:

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e: [customerservices@cornwall.gov.uk](mailto:customerservices@cornwall.gov.uk)    t: 0300 1234 100