



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Aneurin Bevan
Health Board



Information sheet

Early Help

Emotional wellbeing referrals for children and young people

Your GP has referred you to Monmouthshire's Early Help panel. This is a group of service providers who work with children, young people and their families who are looking for help and support with their emotional wellbeing, behaviour or mental health.

In Monmouthshire, we believe that children, young people and their families can best be helped by services working together in partnership. That way, we aim to ensure that help is provided by the right person at the right time.

The following services are working together in Monmouthshire to provide Early Help:

- Aneurin Bevan University Health Board Primary Care Mental Health Support Service
- Families First-Building Strong Families
- Face 2 Face Therapy Services
- Changing Minds Project
- The Acorn Project
- Flying Start
- Youth Service
- Young Carers
- Home Start
- Housing
- Inspire
- Women's Aid

What happens next?

Your referral will be discussed at a weekly Early Help meeting that is facilitated by Families First. At this meeting a decision will be made about the right service or services to support you. Within one week after this meeting, someone will be in contact with you to discuss next steps.

If you have any queries about this process, please contact Families First on 01633 644152.