

# YOUUNITED

Professionals | Issue 2: Summer 2022 A round-up of the latest news from YOUUnited

Welcome to our second edition of the YOUUnited newsletter. We want to keep you updated with the project so you know how we can support children and young people with their mental health and emotional wellbeing.

## YOUUnited launches expanded website

YOUUnited has launched a newly expanded website which includes digital information resources for families, young people and children.

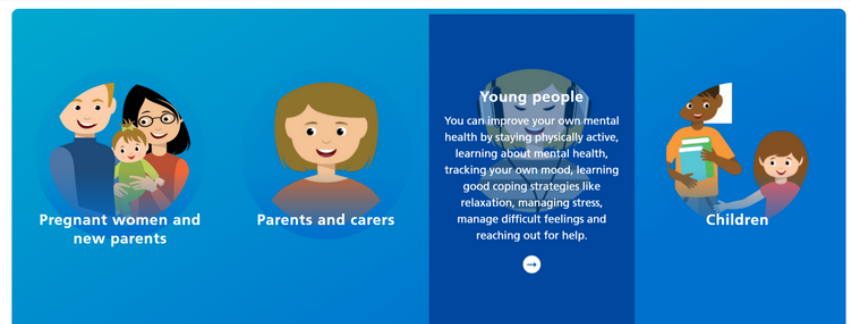
The service has been working them - in partnership with Taproot - to research and promote digital information, self-help and e-therapy resources as part of the services it provides.

The partnership has curated some of the best available resources and support recommended by age and level of need on [www.cpft.nhs.uk/youunited](http://www.cpft.nhs.uk/youunited) (please copy and paste the link into your browser). People can simply click on the tab that applies to them and then the subject they're interested in to find a wide range of useful apps and websites.

YOUUnited supports children and young people with their emotional wellbeing and mental health. It is available to those up to the age of 25 and offers a range of support including therapies, counselling and guided self-help.

Referrals can be made to YOUUnited by a GP or any professional working with children or young people. All referrals are triaged and assessed by specialist staff from YOUUnited who then work with clients, as well as their family or carers if necessary, on the best pathway to support their needs.

YOUUnited is a partnership involving Cambridgeshire and Peterborough NHS Foundation Trust, Cambridgeshire Community Services NHS Trust, Centre 33, and Ormiston Families.



Centre 33: Professionals are being reminded that self-referrals to Centre 33 are for 13-25 year olds only. Under 13s should be referred to YOUUnited.

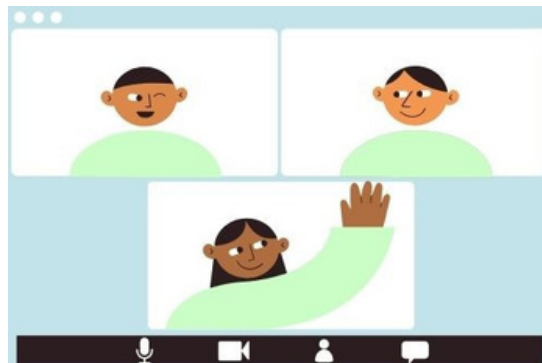


# YOUNITED

## Our Voices ensures young people are heard

Our Voices is the young person's co-production group for YOUUnited.

The group is an opportunity for local young people to get involved with the development of the service and have their say about the mental health and wellbeing issues that matter to them. The group meets regularly via Zoom, organise events and activities, and are currently developing a young person's wellbeing eZine.



Members of Our Voices do not have to have experience of using the YOUUnited service, but the service is actively recruiting young people with lived experience to join. Young people who have previously accessed or are currently accessing YOUUnited can be recommended by clinicians to get involved if they meet the following criteria:

- The young person is aged between 13-19 years old.
- The young person is feeling 'well' and able to participate in group work.
- Getting involved with the co-production group is considered as being a positive step in the young person's action plan.
- It is appropriate to propose the opportunity for the young person at that time, i.e. it is unlikely to impact the young person or the young person's feedback of the service negatively.

A leaflet has been produced for young people which will be sent to YOUUnited partners for distribution to young people. Young people can also email [getinvolved@fullscopecollaboration.org.uk](mailto:getinvolved@fullscopecollaboration.org.uk) or head to [www.fullscopecollaboration.org.uk/get-involved](http://www.fullscopecollaboration.org.uk/get-involved) ((please copy and paste the links into your browser)

"The person I was talking to really seemed to understand what I was going through."

"The person I spoke to was really understanding and they didn't make me feel invalidated like most people I speak to"

"I really appreciated them checking my pronouns. As someone who is questioning theirs it made me feel validated and accepted"

What young people are saying

**Contact:** For professionals for discussion and consultation of non-crisis referrals only

**T:** 0300 3000 830 | **E:** younited@cpft.nhs.uk

If a young person is in mental health crisis contact CPFT's First Response Service by calling NHS 111 (option 2) People in Wisbech have not got the option 2 but can access the service via dialling 111. The call handler will then transfer them direct to the FRS (First Response Service) service.