

YOUNG ADULT NAVIGATOR SERVICE



Central and North West London 
NHS Foundation Trust



About the role

- Sits within the Community Living Well Navigator Service
 - More of a social prescriber / link worker role
- Close links with Young Adult Pathway Lead – Dipti Patel
 - Covers K&C
- Establishing relationships with CAMHS, K&C Mind's YA Employment Support Service, The Coves and other relevant services for 16-25 y/o in the borough

Who is the service for?

Unmet
needs

No formal MH
diagnosis
needed

16-25 years
old

May or may not
meet criteria for
Adult MHServices
(CAMHS)

Care Leavers

GP / Residing in
Kensington &
Chelsea

Discharged
from CAMHS

Low mood,
depression,
anxiety

What support is offered?



Short-term 6-8 sessions

Coaching/Mentoring

Information,
Advice &
Guidance

Historic
practical
support

Social
prescribing
to community
offers



Person
centred

Developing
Personal
Recovery
Plans

'Bridge-
building'
between
services

Can be in-
person or
electronic
contact

Remits of the role



- Not a legal or specialist advice service
 - Not a crisis service
 - Not a clinical service
 - Not a therapy service



- Wellbeing support
- Can advocate on behalf of service users
- Can attend non-clinical appointments
- Can accompany to first sessions with other services

Quick case study!

The Young Person:

- 23 year old Male
- Referral received from Psychology in CMHT
- Involvement from unaccompanied minor and leaving care team
- Living in an independent housing association flat by himself
- *Attended assessment and completed a wellbeing plan together!*
- Aided with liaising with housing association for repairs and environmental cleaners attending
- Advocated and supported engagement of YP with CMHT and he is now on waiting list for Psychological therapy with input from CEN pathway
- Supported to enrol at University on a BA Course and linked in with University's wellbeing/disability service.
- Linked in with community offers of Peer Support groups via MIND & Fitness groups to support physical wellbeing

Referral process

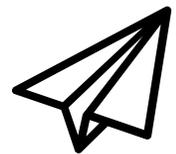
Same referral process as other Community Living Well Services

Online referral form:

<https://communitylivingwell.co.uk/professionals/>

Referral Queries: Helen Little, Wellbeing Services Coordinator

Nhsnwl.clwwellbeing@nhs.net / 07715 669103





Contact Details



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Or find us on Skype 😊