

LET'S THRIVE

Bringing together information on how to support children and young people with their emotional wellbeing.

This issue introduces the THRIVE framework.

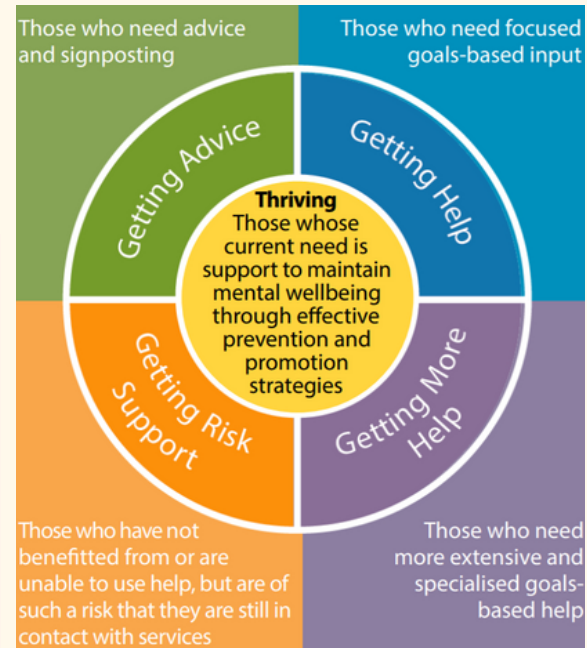
The THRIVE Framework is a way of thinking about a child or young person's emotional wellbeing needs and how best to support them. The aim is for children and young people to thrive. The framework describes 5 levels of need which are:

Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support.

Suggestions on how you can apply the THRIVE approach in practice



If you have any questions or queries, please contact **Divine.Bremathas@brent.gov.uk**
Please note we will be attending future PCN meetings to talk about THRIVE.



We have mapped out the support services available for children and young people's mental health and emotional wellbeing in Brent.

This clear accessible guide has been created to help you identify the best support for your patients.

We also encourage you to:

- Familiarise yourself with the THRIVE approach when thinking about children and young people's emotional wellbeing
- Actively promote emotional wellbeing through preventative care and identify early signs of mental health issues, offering brief advice or signposting
- Let us know about any local services or charities or activities which you know could be helpful for our children and young people