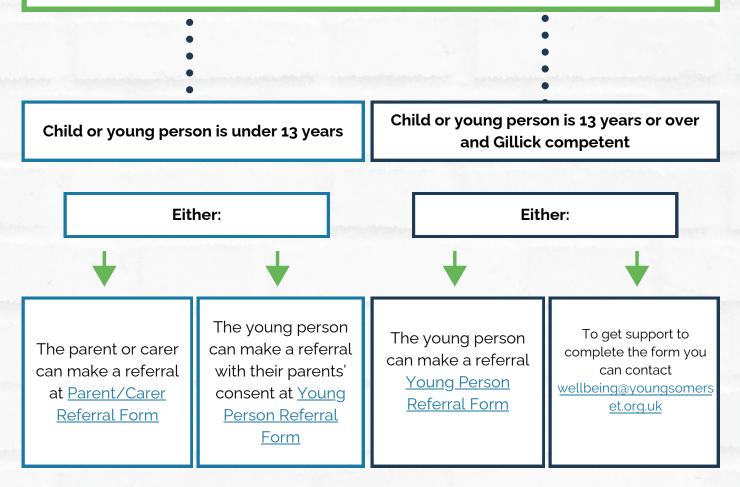
Young Somerset

Referral Routes for General Practitioners

To have the best chance of making a difference, Low Intensity Cognitive Behavioural Therapy (LI-CBT) requires a commitment on the part of the parent/carer or child/young person and regular attendance at sessions. Therefore, generally the referral should be made by either the parent/carer or young person as below:



If you believe that none of these routes is suitable and having read the <u>professional</u> <u>guidance</u> to ensure that our service is suitable then please send a referral letter with full details and reasons why the referral routes above are not suitable to: <u>wellbeing@youngsomerset.org.uk</u>