



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:



Child or young person is under 13 years

Child or young person is 13 years or over and Gillick competent

Either:

Either:



The parent or carer can make a referral at [Parent/Carer Referral Form](#)

The young person can make a referral with their parents' consent at [Young Person Referral Form](#)

The young person can make a referral [Young Person Referral Form](#)

To get support to complete the form you can contact wellbeing@youngsomerset.org.uk

If you believe that none of these routes is suitable and having read the [professional guidance](#) 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:

wellbeing@youngsomerset.org.uk