



Occupational Therapist

Psychiatrist

Psychologist

Social Worker

Nurse

WHAT DO CLINICIANS DO in child and adolescent mental health services?

These video resources are designed to help young people and their families navigate their way through child and adolescent mental health services.

They are short clips of around 5 minutes long that give an idea of what different clinicians do when they work with children, young people and their whānau.



Werry Workforce
WHĀRAURAU

For Infant, Child and Adolescent Mental Health

What do clinicians do

in child and adolescent mental health services?

These resources are designed to help young people and their families navigate their way through child and adolescent mental health services.

The *Drive* videos show examples of different kinds of therapies and clinicians who work in these services.

Roles of clinicians:

- Occupational Therapist (OT)
- Psychiatrist
- Psychologist
- Social Worker
- Nurse

Types of therapy:

- Child Psychotherapy
- Cognitive Behavioural Therapy
- Dialectical Behavioural Therapy
- Family Therapy

They also include information about medications that are sometimes used to treat anxiety, depression and psychosis.

Medication

- Anxiety & SSRI
- Depression & SSRI
- Anti-psychotics

Find all videos on:

www.werryworkforce.org/drive-series

