

Mental Health Navigators

What is a Navigator?

A Navigator is a professional who has supported children and young people with mental health needs. Navigators know that you understand yourself best and will work with you to get to know you, what you're good at and what help you might need.

What will a Navigator do?

- Visit you, talk to you and listen to you
- Text or call you
- Speak with your family/carers
- Join meetings with you and speak to other professionals for you
- Help find services which might help you
- Help you to understand what's happening and your choices
- Be a main contact for you and if you want, your family/carers
- Make sure you are as involved as you want to be

Who do Navigators help?

Navigators help children and young people who are either currently in a Mental Health hospital or are at risk of being admitted to hospital.



Who are the Navigators?

A team of professionals, one of who, will join your team to support you. The Navigators are passionate about keeping you at the centre of all the support you receive. The Navigators want to ensure decisions will be made with you and not for you.

Contact us

Email the team via:
nwicb.cypnavigators@nhs.net

OR text/call your Navigator



Opening Hours

09:00-17:00
Monday-Friday