



Child Psychotherapy

Cognitive Behavioural Therapy

Dialectical Behavioural Therapy

Family Therapy

WHAT DOES THERAPY LOOK LIKE 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 types of therapy that could be offered to children, young people and their whānau.



Werry Workforce
WHĀRAURAU
For Infant, Child and Adolescent Mental Health

What does therapy look like 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.

"You carry around so much in your head and just letting it out can be helpful."

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

Types of therapy:



Find all videos on:

www.werryworkforce.org/drive-series

