

Getting Help Team (0-18 years)

Mental Health Support for Young People



This leaflet is for children under 12

Email: Early.Help@bracknell-forest.gov.uk

Who are we?

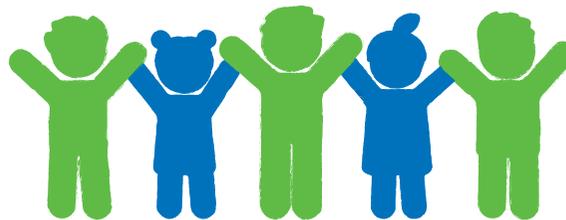
We're a team of Child Wellbeing Practitioners based within Bracknell Forest Council working collaboratively with parents under the CAMHS Getting Help Service.

We offer:

- Interventions for children and young people with mild to moderate mental health difficulties
- Workforce training on emotional health and wellbeing
- Consultations for professionals

The team consists of:

- Team Lead
- Children & Young People Wellbeing Practitioners
- Senior Clinical Supervisor
- Clinical Supervisor
- Administrator



Ways in which we can support you

If your child is 12 years old or under, we may be able to support you with:

- Managing fears and worries
- Separation anxiety
- Behavioural and sleep difficulties
- Problem solving

After a 1 hour initial assessment with you and your child, we will have a greater understanding of the challenges your child is facing.

Following the assessment, we will either offer 6-8 sessions of a parent led intervention or point you in the right direction for alternative support.



Our parent led interventions

Each Child Wellbeing Practitioner is trained to deliver the following guided self-help interventions:

- Helping Your Child with Fears and Worries
- Incredible Years Parenting Programme

Sessions may consist of:

- Learning about the cause and maintenance of anxiety or behavioural difficulties in children
- Setting and working towards goals that you would like to help your child achieve
- Developing techniques in sessions that you can use at home when supporting your child

Early intervention has long-term benefits such as improving self-esteem, social development and performance at school.



Why is my child worrying?

Worries/fears are **normal**.

Worries **come and go**.

However, sometimes worries can grow over time and begin to significantly impact your child's daily life.

For example, they may make your child:

- Avoid going to a park where there may be dogs that frighten them
- Avoid going upstairs on their own at home
- Avoid speaking to new people
- Have difficulties sleeping

Why is my child showing negative behaviour?

All behaviour is a form of communication, and behaviour that is reinforced immediately is more likely to reoccur.

Negative behaviour can be learnt so can therefore be unlearned.

We may be able to help you to help your child.

How to get support

You may wish to speak to a professional that is working with your family to consider if a referral to the Getting Help Team would be appropriate. Alternatively, as a parent/carer you can refer your child directly to us and we will let you know if we can help. Please follow the link to Bracknell Safeguarding Children webpage: bracknell-forest.gov.uk/mash

If your child is having suicidal thoughts or extreme mental health difficulties and you need to talk to someone now, you can contact our mental health support team by calling **0300 365 1234**.

CAMHS Getting Help Service (Bracknell)

The Rowans & Sycamores Children's Centre
Pondmoor Road
Bracknell
Berkshire, RG12 7JZ
Tel: 01344 354382



<https://cypf.berkshirehealthcare.nhs.uk/mhst>

This leaflet has been adapted from Burton and Uttoxeter MHST, Midlands Partnership NHS Foundation Trust with kind permission.