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Slough
Borough Council

NHS
East Berkshire
Clinical Commissioning Group

NHS
Berkshire Healthcare
Children, Young People and
Families services

Getting Help Team (0-18 years)

Mental Health Support for Young People



This leaflet is for children under 12

If you would like to hear more about our service please contact us via: EarlyHelp@slough.gov.uk

Who are we?

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

The team consists of:

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

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



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
- Panic attacks
- 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



Scan code to access Slough website



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

The Getting Help Team sits within the local authority's Early Help Services, you can refer into the Getting Help team via their referral process by completing a multi agency referral form (MARF). 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 to us and we will let you know if we can help.



Scan code to access the multi agency referral form (MARF)

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

CAMHS Getting Help Support Teams

Fir Tree House
Upton Hospital
Slough, SL1 2BJ
Tel: 0300 247 3002

cypf.berkshirehealthcare.nhs.uk/mhst



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