

Worries and mood changes are normal in us all but sometimes we need some support to help us through difficulties. We are here to help you directly or put you in touch with people who can support you further.

### Self Help apps (free)



Calm Harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk)



distrACT  
[www.nhs.uk/apps-library/distract](http://www.nhs.uk/apps-library/distract)



MeeTwo  
[www.nhs.uk/apps-library/meetwo](http://www.nhs.uk/apps-library/meetwo)



Kooth  
[www.kooth.com/](http://www.kooth.com/)



Scan code or visit us at  
[cypf.berkshirehealthcare.nhs.uk/mhst](http://cypf.berkshirehealthcare.nhs.uk/mhst)

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

## How to get support

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

### Self-referral

Self-refer by sending an email request for a referral form to:  
[CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

or call the Mental Health Support Team on 0300 247 3002

### Your School Contact

Contact the Mental Health Lead in school and request a referral to the Mental Health Support Team

### By post

Request a referral form by writing to:

#### **CAMHS Getting Help East Service**

Fir Tree House  
Upton Hospital  
Albert Street  
Slough, SL1 2BJ



## Mental Health Support Team

# in your Secondary School



Email: [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

## Who are we?

**Mental Health Support Team (MHST) offers support to children and young people (5-18) with emerging, mild or moderate mental health difficulties which may be affecting day to day life.**

The MHST is a new initiative and the service is being offered to 14 participating schools in Bracknell.

We offer selected schools:

- Interventions to support young people with mild to moderate mental health difficulties
- Surgeries for staff
- Mental Health Network meetings
- Staff training and support schools to have more of a focus on emotional wellbeing and mental health
- Peer mentoring
- Online access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via digital platforms called SHaRON

We also work with school staff supporting them to have a greater focus on emotional health and wellbeing in the various aspects of school life.

The team consists of:

- Team Lead
- Educational Mental Health Practitioners (EMHPs)
- Psychological Therapist/Clinical Supervisor
- Senior Psychological Therapist/Clinical Supervisor
- Administrator

## Ways we can support you

- Managing worries
- Low mood/depression
- Exam concerns
- Difficulties with emotions
- Anxiety
- Sleep hygiene
- Problem solving



## Our interventions

We offer varied support including the following interventions:

- Brief Behavioural Activation Therapy
- Graded Exposure
- Worry Management

These interventions are informed by Cognitive Behavioural Therapy (CBT) principles. They are also 'evidence based' which means research has found them to be highly successful amongst young people.

