

How to get support

As a parent or carer, you can refer your child, or if you are 16 and over you can refer yourself. You can request a referral form via phone or email using the details below, or by visiting www.berkshirehealthcare.nhs.uk



0300 247 3002

(Mon to Fri, 9am-5pm, excluding Bank Holidays)



For our team in East Berkshire*:

CAMHSGettingHelpEast@berkshire.nhs.uk

For our team in the West of Berkshire**:

CAMHSGettingHelpWest@berkshire.nhs.uk

If your child requires **urgent out-of-hours mental health support**, please call our helpline which is open 24/7:



0300 247 0000

Take your child to A&E (or call for an ambulance) if they require urgent medical attention due to:

- recent overdose or ingestion of a harmful substance
- significant cuts (deep and/or bleeding profusely)
- burns that are blistering/red
- loss of consciousness

*The East Berkshire team covers schools in Bracknell Forest, Royal Borough of Windsor & Maidenhead, and Slough. **The Berkshire West team covers schools in Wokingham Borough, Reading Borough, and West Berkshire.



berkshirehealthcare.nhs.uk

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Berkshire Healthcare
NHS Foundation Trust

Getting Help Team

Mental Health Support for Children and Young People aged 11-18



Information for parents and carers

Who Are We?

We are a team of Child Wellbeing Practitioners based within Berkshire working 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



Visit berkshirehealthcare.nhs.uk for further information on the CAMHS Getting Help Team

How we can support your child or young person

We can help young people who are struggling with the following difficulties:

- managing worries
- low mood
- exam concerns
- anxiety
- difficulties with emotions
- sleep
- problem solving



After your initial assessment, we will have a greater understanding of the challenges you are facing.

Following the assessment, we will either offer 6-8 one to one weekly sessions or point you in the right direction for alternative support.

We can also signpost to other services that may be able to better support the child/young person. We can support them to access more intensive CAMHS support if it is needed.

Worries and mood changes are **normal** in us all, but sometimes we need some support to help us through difficulties.

Our interventions

We will work with you and/or your child or young person to help identify their needs and explore helpful coping strategies to create positive changes over time.

We offer varied support, including:

- brief behavioural activation therapy
- graded exposure
- worry management

These interventions are informed by cognitive behavioural therapy (CBT) principles. They are 'evidence based', which means research has found them to be highly successful.

Self-help apps and websites



Calm Harm – An app to help you manage or resist the urge to self-harm.

www.calmharm.co.uk



Kooth – Tips to boost wellbeing and safe and anonymous support.

www.kooth.com



Tellmi – An app providing a safe, inclusive, digital community for peer support.

www.tellmi.help



YoungMinds – Support for young people and their parents and carers.

www.youngminds.org.uk