

Primary Mental Health Team 4 Youth Service video transcript

0:00:00.640,0:00:06.880

We are the primary mental health team for youth service. We are a multidisciplinary team made up

0:00:06.880,0:00:12.880

of children's wellbeing practitioners and mental health nurses. We provide short-term mental health

0:00:12.880,0:00:18.240

support for children and young people in the Wokingham Borough who do not attend a school supported

0:00:18.240,0:00:25.120

by a mental health support team. We can help your child if they are aged 5 to 18 and experiencing

0:00:25.120,0:00:30.800

mild to moderate emotional difficulties such as anxiety, low mood, or obsessive compulsive

0:00:30.800,0:00:38.240

disorder. We do not provide long-term support and cannot help with severe conditions such as PTSD,

0:00:38.240,0:00:43.760

eating disorders, or significant self harm. Your child's GP can refer to them

0:00:43.760,0:00:52.720

to the right service. If you need help fast, call our mental health access team on 0300 247 0000

0:00:52.720,0:01:01.840

or contact NHS 111. In an emergency, call 999 or go to accident and emergency. Appointments are held

0:01:01.840,0:01:08.000

in person at Wexham Hospital or via telephone or online video call. To access our service,

0:01:08.000,0:01:13.600

your child needs to be referred to the emotional wellbeing hub run by Wokingham Council. As their

0:01:13.600,0:01:20.000

parent or guardian, you can make the referral for your child or ask your child's GP or school.

0:01:20.000,0:01:25.120

We will review the referral to make sure we are the right service for your child before offering

0:01:25.120,0:01:30.800

an assessment followed by the appropriate treatment. If our team is not suitable,

0:01:30.800,0:01:35.200

we may recommend a different service. You can find more information about

0:01:35.200,0:01:41.280

the primary mental health team for youth service and what we offer on our web page.