

# Specialist Community Mental Health Service for children and young people video transcript

0:00:00.480,0:00:06.240

We are the CAMHS specialist community service.  
We are a team of psychologists, psychiatrists,

0:00:06.240,0:00:13.360

family therapists, CBT therapists, art therapists,  
and mental health practitioners. We work closely

0:00:13.360,0:00:19.600

with the other CAMHS teams in Berkshire as well  
as schools, colleges, and children's services.

0:00:19.600,0:00:23.440

We can help if your child or young person is  
struggling with serious mental health issues

0:00:23.440,0:00:28.880

like depression or traumatic stress. These issues  
may be having a significant impact on different

0:00:28.880,0:00:35.520

areas of their life. Or they could be concerns  
about a risk to themselves or to or from others.

0:00:35.520,0:00:39.520

Children, young people are usually referred to  
us after seeing another CAMHS team that decided

0:00:39.520,0:00:44.400

a more specialized or intensive support is needed. Their GP or another health

0:00:44.400,0:00:49.840

care professional can also make a referral. After referral, our common point of entry

0:00:49.840,0:00:54.000

team will usually offer a telephone appointment to complete an assessment.

0:00:54.000,0:00:57.680

If the team thinks we're the right service for your child or young person, we will offer a

0:00:57.680,0:01:03.200

further assessment and then either add them to our waiting list for support or signpost them

0:01:03.200,0:01:08.160

to another service that is a better fit. The support we offer can involve therapy

0:01:08.160,0:01:12.000

tailored to the needs of your child or young person and supporting the

0:01:12.000,0:01:18.560

network of people including family members. We hold clinics at Lower Henwick Farm in Newbury,

0:01:18.560,0:01:23.200

Early House at the University of Reading, Wokingham Hospital and Upton Hospital in

0:01:23.200,0:01:29.680

Slough. Sometimes we can offer phone or online

appointments. You can find more information

0:01:29.680,0:01:35.600

about the CAMHS specialist community  
service and what we offer on our web page.