

Mental Health Support Team (East Berkshire) for children and young people video transcript

0:00:01.360,0:00:06.880

We are the CAMHS mental health support service in East Berkshire, also known as mental health

0:00:06.880,0:00:13.040

support teams or MHSTs. We work closely with participating schools and health and

0:00:13.040,0:00:18.800

local authority professionals to help children and young people aged 5 to 17 who experiencing

0:00:18.800,0:00:26.320

difficulties with low mood or anxiety. We can also help families to support their children. If your

0:00:26.320,0:00:31.680

child is of secondary school age, we can provide one-to-one low intensity cognitive behavioral

0:00:31.680,0:00:37.920

therapy sessions. This support will be tailored to their current difficulties and personal goals. If

0:00:37.920,0:00:43.040

your child is of primary school age, we can offer parentled interventions for symptoms

0:00:43.040,0:00:50.080

of anxiety and support for behavioral issues. We do not provide medication advice, prescriptions,

0:00:50.080,0:00:57.280

or formal diagnosis. Your GP can refer you to a service who can help you with this. We also do not

0:00:57.280,0:01:03.760

provide assessments for neurodiverse conditions such as autism and ADHD, but we do advise

0:01:03.760,0:01:09.600

school staff and liaise with external services as appropriate. To access our service, your child

0:01:09.600,0:01:14.480

will need to be referred by their school, their GP or another health care professional involved

0:01:14.480,0:01:21.920

in their care. as their parent or carer. You can also refer them via our website. You will receive

0:01:21.920,0:01:26.240

a letter confirming the referral and you'll be contacted to arrange the initial assessment

0:01:26.240,0:01:32.720

to explore your child's current difficulties. This will last around 1 hour. You can find more

0:01:32.720,0:01:39.600

information about CAMHS mental health support service and what we offer on our web page.