

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, by requesting a referral form via phone or email using the details below. You can also request a referral by contacting the Mental Health Lead in school.



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**:

CAMHSWestMHSTreferrals@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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NHS

Berkshire Healthcare
NHS Foundation Trust

Mental health support for children and young people in secondary school (aged 11-18)

CAMHS Mental Health Support Team (MHST)



Information for parents and carers

Who we are

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

In selected schools, our Education Mental Health Practitioners (EMHPs) offer:

- peer mentoring
- consultations for staff
- mental health network meetings
- staff training and support to help schools have more of a focus on emotional wellbeing and mental health
- interventions to support children and young people with mild to moderate mental health difficulties
- access to online resources and peer support for parents, carers, and professionals

 Visit berkshirehealthcare.nhs.uk/mhst-schools to view the list of schools we support.

How we can support your child or young person

Depending on the age of your child or young person, we may work either directly with them or with you, their parent or carer, to help with:

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



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