

How To Get Support:

As a parent/carer, you can refer your child, or if you are 16 and over, you can refer yourself by requesting a referral form via: Email, Phone or Post, or Contact the Mental Health Lead in school and request a referral to the MHST

@ CAMHSGettingHelpEast@berkshire.nhs.uk

☎ 0300 247 3002 (Mon to Fri 9am – 5pm)

📍 **CAMHS Getting Help East Service**, Fir Tree House,
Upton Hospital Albert Street, Slough, SL1 2BJ

If your child requires **Urgent** out of hours mental health support, please call our Urgent Helpline **0300 247 0000**. This phone line is open 24 hours a day, 7 days a week. Your child should be taken to A&E (or call for an ambulance) if they require urgent medical attention that is life-threatening such as:

- Recent overdose (medication, harmful liquids etc)
- Significant cuts (deep cut(s) and/or bleeding profusely)
- Burns that are blistering/red
- Loss of consciousness

Please remember that **999** is for life-threatening medical emergencies only. This is when someone is seriously ill or injured and their life is at risk. Other sources of support available are ChildLine on 0800 1111, Samaritans on 116 123



Scan me



<https://cypf.berkshirehealthcare.nhs.uk/mhst>

This leaflet has been adapted from Burton and Utoxeter MHST, Midlands Partnership NHS Foundation Trust with kind permission.

This leaflet is for children aged 11-18 years

CAMHS Mental Health Support Team (MHST)

Mental Health Support for Children and Young People in Secondary School



Early intervention in childhood has long-term benefits such as improving self-esteem, social development and performance at school

If you would like to hear more about our service, please contact us via: CAMHSGettingHelpEast@berkshire.nhs.uk

About our service

Who Are We?

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

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

Peer Mentoring

Consultations for staff

Mental Health Network meetings

Staff training and support schools to have more of a focus on emotional wellbeing and mental health

Interventions to support children with mild to moderate mental health difficulties

Online access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via digital platforms called SHaRON

Depending on the age of the child or young person, we may work either directly with them or with their parents/carers. We also work with school staff supporting them to have a greater focus on emotional health and wellbeing in the various aspects of school life. To view the list of MHST Schools we support, please visit: cypf.berkshirehealthcare.nhs.uk/mhst

Ways We Can Support

- Managing worries
- Low mood
- Exam concerns
- Anxiety
- Difficulties with emotions
- Sleep
- Problem solving

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

Friendly

Listening

Non-judgemental

Collaborative

Confidential

Our Interventions

We offer varied support including the following interventions:

- Brief Behavioral Activation Therapy
- Graded Exposure
- Worry Management

These interventions are informed by Cognitive Behavioural Therapy (CBT) principles. They are also 'evidence based' which means research has found them to be highly successful amongst young people.

Worries and mood changes are normal in us all but sometimes we need some support to help us through difficulties. We are here to help you directly or put you in touch with people who can support you further.

Self Help apps (free)



Calm Harm
www.calmharm.co.uk



distrACT
www.nhs.uk/apps-library/distract



Kooth
www.kooth.com/



MeeTwo
www.nhs.uk/apps-library/meetwo

Working Together To Create Positive Change

We can think of all behaviour as a form of communication. When we hold this in mind it's important we try to understand what drives behaviour. This can often be difficult for children and young people to express or identify themselves.

Through our interventions we will work together with you to help identify needs and emotions. This supports opportunities to explore helpful coping strategies to create positive changes over time.