

Family Safeguarding Mental Health Service video transcript

0:00:01.040,0:00:07.120

We are the family safeguarding mental health service. We are a multi disciplinary team that

0:00:07.120,0:00:13.680

work closely with children's social care services in Bracknell and West Berkshire. We can help if

0:00:13.680,0:00:19.840

you're struggling with your mood or emotions and have a child or children on a child in need or a

0:00:19.840,0:00:26.160

child protection plan. It may be that parenting challenges are impacting on your mood or your

0:00:26.160,0:00:32.640

mood is impacting on how you're managing parenting challenges. We are not a crisis service. If you

0:00:32.640,0:00:38.880

need urgent support, click the red button at the top of the website for details of services that

0:00:38.880,0:00:45.440

can help. We provide mental health care based on wellresearched therapies that can that are

0:00:45.440,0:00:51.600

designed to help you develop strategies to manage

your emotional needs and the needs of your child

0:00:51.600,0:00:59.360

or children as well as your own. Appointments are held at your home or at the council offices

0:00:59.360,0:01:06.640

via telephone or online video calls. To access our service, you will need to be referred by the

0:01:06.640,0:01:12.720

family safeguarding social worker allocated to your child or children. If you decide we

0:01:12.720,0:01:18.320

are the right service for you, a member of our team will contact you to arrange your first

0:01:18.320,0:01:25.040

appointment. If we feel another service is better suited to meet your needs, we will support you in

0:01:25.040,0:01:31.680

being referred to this service either directly or through your social worker. You can find

0:01:31.680,0:01:39.520

information about the family safeguarding mental health service and what we offer on our web page.