

Getting Help Service (East Berkshire) for children and young people video transcript

0:00:01.640,0:00:07.560

We are the CAMHS getting help service in East Berkshire. We work closely with other services

0:00:07.560,0:00:12.400

involved in children's mental health such as social care to offer support to children and

0:00:12.400,0:00:18.320

young people who do not attend a school linked to a mental health support team. We help children

0:00:18.320,0:00:25.680

and young people aged 5 to 17 who are experiencing difficulties with low mood or anxiety. We can also

0:00:25.680,0:00:31.520

help families to support their children. If your child is of secondary school age, we can provide

0:00:31.520,0:00:36.840

one-to-one low intensity cognitive behavioural therapy sessions. This support will be tailored

0:00:36.840,0:00:42.040

to their current difficulties and personal goals. If your child is of primary school age,

0:00:42.040,0:00:47.440

we offer parent led interventions for symptoms

of anxiety and support for behavioural issues.

0:00:48.360,0:00:54.000

Sessions take place at community centres, in school, or online. We do not provide medication

0:00:54.000,0:00:59.400

advice, prescriptions, or formal diagnosis.

Your GP can refer you to a service who can help

0:00:59.400,0:01:06.560

with this. We also do not provide assessments for neurodiverse conditions such as autism and ADHD,

0:01:06.560,0:01:10.840

but we do advise school staff and leers with external services as appropriate.

0:01:11.560,0:01:16.920

Referrals can be made using your local authorities' early multi- agency referral form

0:01:16.920,0:01:23.080

by a professional such as GP or school staff, a parent or carer, or if your child is over 16,

0:01:23.080,0:01:28.280

they can self-refer. Links can be found in the accessing our service section on our web page.

0:01:28.920,0:01:33.440

You will receive a letter confirming the referral and you'll be contacted to arrange the initial

0:01:33.440,0:01:39.240

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

0:01:39.240,0:01:44.160

can find more information about the CAMHS getting
help service and what we offer on our web page.