

How to get support

As a parent or carer, you can refer your child by requesting a referral form via phone or email using the details below, or by visiting www.berkshirehealthcare.nhs.uk



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**:

CAMHSGettingHelpWest@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 Bracknell Forest, Royal Borough of Windsor & Maidenhead, and Slough. **The Berkshire West team covers Wokingham Borough, Reading Borough, and West Berkshire.



berkshirehealthcare.nhs.uk

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Berkshire Healthcare
NHS Foundation Trust

Getting Help Team

Mental Health Support for Children and Young People Under 12



Information for parents and carers

Who Are We?

We are a team of Child Wellbeing Practitioners based within Berkshire working under the CAMHS Getting Help Service.

We offer:

- Interventions for children and young people with mild to moderate mental health difficulties
- Workforce training on emotional health and wellbeing
- Consultations for professionals



Visit berkshirehealthcare.nhs.uk for further information on the CAMHS Getting Help Team

Ways We Can Support You:

- managing fears and worries
- separation anxiety
- behavioural and sleep difficulties
- problem solving



After your initial assessment with you and your child, we will have a greater understanding of the challenges your child is facing.

Following the assessment, we will either offer 6-8 sessions of a parent led intervention or point you in the right direction for alternative support.

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

Our Parent Led Interventions:

Each Child Wellbeing Practitioner is trained to deliver the following guided self-help interventions:

- Helping Your Child with Fears and Worries
- Incredible Years Parenting Programme

Sessions may consist of:

- Learning about the cause and maintenance of anxiety or behavioural difficulties in children
- Setting and working towards goals that you would like to help your child achieve
- Developing techniques in sessions that you can use at home when supporting your child

Why Is My Child Worrying?

Worries are **normal**. Worries come and go, but sometimes they can grow over time and stop your child from doing something or going somewhere.

For example, they may cause your child to:

- avoid going upstairs on their own at home
- avoid speaking to new people
- have sleep difficulties
- avoid places where there may be things that frighten them
- feel less confident in themselves, which can affect their ability to do their best or enjoy activities

Why Is My Child Showing Negative Behaviour?

All behaviour is a form of communication, and behaviour that is reinforced immediately is more likely to reoccur. Negative behaviour can be learnt so can therefore be unlearned. We may be able to help you to help your child.