

How To Get Support:

Referrals into the CAMHS Getting Help Team East can be made by a professional (e.g. GP, school staff) or parent/carer. Those over 16 can self-refer.

For Bracknell & RBWM, referrals can be made by completing a multi-agency referral form (MARF). Please see the local authority websites to access their MARF.

Bracknell Forest Borough Council: [Bracknell Early Help Website](#)

Royal Borough of Windsor & Maidenhead (RBWM): [RBWM Early Help Website](#)

For Slough, referrals can be made by completing the Getting Help Team referral form found on the Slough Family Services website [Slough Information and Services Guide | CAMHS Getting Help Teams - mental health support](#)

For all localities, you can also request a referral form via: Email, Phone or Post:

@ 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/ght>

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



Children and Adolescent Mental Health Services
Berkshire Healthcare

This leaflet is for children over 12

Getting Help Team

Mental Health Support for Children & Young People (CAMHS)



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?

We're a team of Child Wellbeing Practitioners based within East 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

Ways We Can Support

We can help young people who are struggling with the following difficulties:

- Managing Worry
- Low mood
- Managing Anxiety
- Managing Panic attacks
- Coping strategies
- Sleep difficulties

After your initial assessment, we will have a greater understanding of the challenges you are facing.

Following the assessment, we will either offer 6-8 one to one weekly sessions 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 them to access more intensive CAMHS support if it is needed.



Interventions We Deliver

Each Child Wellbeing Practitioner is trained to deliver a range of coping strategies. These interventions are informed by Cognitive Behavioural Therapy (CBT) principles and research has found them to be highly successful amongst young people.

CBT can help you manage your problems by changing the way you think and behave. Your thoughts, feelings, physical sensations and actions are interconnected, and negative thoughts and feelings can trap you in a vicious cycle - CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You're shown how to change these negative patterns to improve the way you feel. Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.

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