

Need help urgently?

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)
- Burns that are blistering/red
- Significant cuts (deep cut(s) and/or bleeding profusely)
- 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. For further information please visit:

<https://cypf.berkshirehealthcare.nhs.uk/contact-us/i-need-urgent-help-now/>

Want to give us feedback?:



Uni Medical



Brookside



Slough



Windsor

CAMHS and GP Surgery Partnerships

CAMHS and University Medical Group

University Health Centre: 0118 9874 551
<https://www.readinguniversitymedicalpractice.nhs.uk/>

CAMHS and Windsor

Lee House Surgery: 017 5386 1612
Clarence Medical Centre: 017 5386 5773
Datchet Health Centre: 017 5354 1268
Runnymede Medical Practice: 017 8443 7671
Sheet Street Surgery: 017 5386 0335
South Meadow Surgery: 017 5386 4545
<https://www.runnymedemicalpractice.nhs.uk/>

CAMHS and Brookside Group Practice

Brookside Surgery: 0118 966 9333
Chalfont Surgery
Winnersh Surgery
Wilderness Road Surgery
<https://brooksidegrouppractice.co.uk/contact-us/>

CAMHS and Slough LOCC

Langley Health Centre: 017 5354 4288
The Orchard Surgery: 017 5354 2424
Chapel Medical Centre: 0300 024 0001
Cippenham Surgery: 017 5353 2006
<https://www.langleyhealthcentre.co.uk/>



Child and Adolescent Mental Health Services

CAMHS Support in your GP Surgery

Mental Health and Emotional Wellbeing appointments for Children & Young People available at your GP with a CAMHS Mental Health Practitioner



Service is available for under 18s from age 5 and above

CAMHS Berkshire Healthcare NHS in partnership with GPs

If you would like to hear more about our service, please contact us via your GP reception team

About our service

Who Are We?

Working in partnership with selected GP surgeries, we are CAMHS Mental Health Practitioners working directly in your GP surgery. We provide help and advice to children and young people who are experiencing difficulties or worries about their emotional or mental health

The teams are made up of CAMHS Mental Health Practitioners who are based in the GP surgeries

Our aim is to improve mental health support in GP services for children and young people

Ways We Can Support

As CAMHS mental health practitioners, we are here to support children and young people who may be struggling with their mental health or emotional wellbeing, such as feeling worried, sad or anxious. You can talk to us, and we will support and connect you to the right help to meet your needs.

We will give helpful information, listen to your experiences and if needed complete a mental health assessments either in person, over the phone or via video call. We will offer highly specialised advice and care to support you to reach the right help or information needed.

The service will also:

- Offer very brief guided self-help sessions (up to 3 sessions)
- Support and train GP colleague on mental health and emotional wellbeing

Friendly

Listening

Non-judgemental

Collaborative

Confidential

How does it work?

Step 1

Book an appointment with the CAMHS Mental Health Practitioner by contacting your GP surgery directly

Step 2

Appointment with the CAMHS Mental Health Practitioner at your GP surgery to discuss and understand difficulties or challenges being experienced

Step 3

Decide together what the best way forward is. For example: information you may benefit from, what support might be able to help and how to access it, and if necessary, a referral on

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