

## 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.

**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 request a referral form via: Email, Phone or Post:

@ [CAMHSGettingHelpEast@berkshire.nhs.uk](mailto: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 Utoxeter MHST, Midlands Partnership NHS Foundation Trust with kind permission.



**Children and Adolescent  
Mental Health Services**  
Berkshire Healthcare

**This leaflet is for children under 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](mailto: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 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.

**Friendly**

**Listening**

**Non-judgemental**

**Collaborative**

**Confidential**

## 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/fears are **normal**. Worries **come and go**. However, sometimes worries can grow over time and stop your child and begin to significantly impact your child's daily life. For example, they may make your child:

Avoid going upstairs on their own at home

Avoid speaking to new people

Have sleep difficulties

Avoid going to a park where there may be dogs that frighten them

Feel less confident in themselves, thus unable 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.