

Why is my child worrying?

Worries/fears are **normal**.

Worries **come and go**.

Sometimes worries can grow over time and stop your child from doing something or going somewhere.

For example, they may make your child:

- Avoid going to a park where there may be dogs that frighten them
- Avoid going upstairs on their own at home
- Avoid speaking to new people
- Have sleep difficulties
- Feel less confident in themselves, thus unable to do their best or enjoy activities



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Working together to create positive changes:

We can think of all behaviour as a form of communication. When we hold this in mind it's important we try to understand what drives behaviour. This can often be difficult for children and young people to express or identify themselves.

Through our interventions we will work together with you to help identify needs and emotions underlying the behaviour. This greater understanding offers the opportunity to explore helpful coping strategies to create positive changes over time.



<https://cypf.berkshirehealthcare.nhs.uk/mhst>

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

Mental Health Support Team

Mental Health Support for Children of Primary School Age



This leaflet is for
children aged 5-11 years

If you would like to hear more about our service please contact us via:
CAMHSGettingHelpEast@berkshire.nhs.uk

Who are we?

Mental Health Support Team (MHST) supports children and young people (5-18) with emerging, mild or moderate mental health difficulties which may be affecting day to day life.

The MHST is a new initiative and the service is being offered to 14 participating schools in Bracknell.

We offer selected schools:

- Interventions to support children with mild to moderate mental health difficulties
- Surgeries for staff
- Mental Health Network meetings
- Staff training and support schools to have more of a focus on emotional wellbeing and mental health
- Peer mentoring
- Online access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via digital platforms called SHaRON

Depending on the age of the child or young person, we may work either directly with them or with their parents/carers. We also work with school staff supporting them to have a greater focus on emotional health and wellbeing in the various aspects of school life.

The team consists of:

- Team Lead
- Educational Mental Health Practitioners (EMHPs)
- Psychological Therapist/Clinical Supervisor
- Senior Psychological Therapist/Clinical Supervisor
- Administrator

Ways we can support you

- Managing fears and worries
- Separation anxiety
- Panic attacks
- Phobias eg: dogs, the dark
- Behavioural and sleep difficulties
- Problem solving

What to expect

After an initial assessment with both you and your child, we work collaboratively with you, the parent/carer, over 6-8 sessions. These sessions may consist of:

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

How to get support

If you would like support, you have three options:

As a parent/carer you can refer your child

Self-refer by sending an email request for a referral form to:

CAMHSGettingHelpEast@berkshire.nhs.uk

or call the MHST on 0300 365 0123

Your School Contact

Contact the Mental Health Lead in school and request a referral to the MHST.

By post

Request a referral form by writing to:

CAMHS Getting Help East Service

Fir Tree House, Upton Hospital
Albert Street, Slough, SL1 2BJ

If your child is having suicidal thoughts or extreme mental health difficulties and you need to talk to someone now, you can contact our mental health support team by calling **0300 365 1234**.

Early intervention in childhood has long-term benefits such as improving self-esteem, social development and performance at school

