

# Mental Health Support Team

## Mental Health Support for Children of Primary School Age

### 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 service is being offered to 18 participating schools in Bracknell.

### We offer selected schools:

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

### The team consists of:

- Team Lead
- Education Mental Health Practitioners (EMHPS)
- Psychological Therapists/Clinical Supervisor.
- Senior Psychological Therapists/Clinical Supervisor.
- Administrators.

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.



---

# Ways We Can Support You

- Managing fears and worries
- Separation anxiety
- Panic attacks
- Phobias, e.g., dogs, the park
- 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.

## Why is my child worrying?

Worries/fears are normal, they 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

## 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](mailto: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 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.

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



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.

