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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



MeeTwo
www.nhs.uk/apps-library/meetwo



Kooth
www.kooth.com/



Scan code or visit us at
<https://cypf.berkshirehealthcare.nhs.uk/mhst>

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

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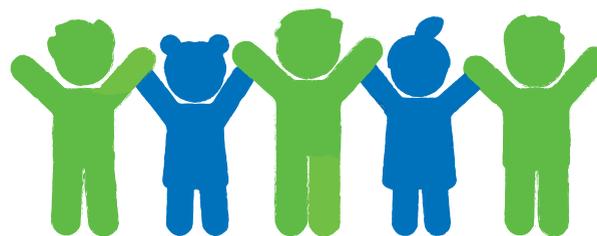
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How to get support

You may wish to speak to a professional you trust to consider a referral to the Getting Help Team. Alternatively, you may wish to refer yourself.

Please email: EarlyHelp@slough.gov.uk to request a CAMHS Getting Help form.

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



CAMHS Getting Help Service (Slough)

Observatory House
25 Windsor Road
Slough, SL1 2EL
Tel: 01753 476589



www.scstrust.co.uk



Berkshire Healthcare
Children, Young People and Families services

Getting Help Team (0-18 years)

Mental Health Support for Young People



This leaflet is for
Young People over 12 years
Email: EarlyHelp@slough.gov.uk

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Who are we?

We are a team of Child Wellbeing Practitioners based within Slough Borough Council 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

The team consists of:

- Team Lead
- Children & Young People Wellbeing Practitioners
- Senior Clinical Supervisor
- Clinical Supervisor
- Administrator



Ways in which we can support you

If your child is 12 years old or under, we may be able to support you with:

- Managing worry, anxiety and panic attacks
- Low mood/depression
- Coping strategies
- Sleep difficulties

After a 1 hour 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.



The 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.

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

