



How to get support

Speak to the Mental Health Lead in school and request a referral to the MHST. Alternatively, as a parent/carer, you can request a referral form by contacting the MHST:

 CAMHSGettingHelpEast@berkshire.nhs.uk

 **0300 247 3002**

 **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 CAMHS Rapid Response team by calling 0300 365 1234.

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

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
calmharm.co.uk



distrACT
expertselfcare.com/distract



Tellmi (formerly MeeTwo)
tellmi.help



Kooth
kooth.com



Scan the QR code, or visit us at:

cypf.berkshirehealthcare.nhs.uk/mhst

Slough
Borough Council



NHS
East Berkshire
Clinical Commissioning Group

NHS

Berkshire Healthcare
Children, Young People and
Families services

Mental Health Support Team

in your

secondary school



Information for young people aged 11-18 and their parents/carers

Who are we?

The 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 being offered to 14 participating schools in Slough.

The team consists of:

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

non-judgemental

confidential

friendly

listening

collaborative

What we do

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 to enable schools to have more of a focus on emotional wellbeing and mental health
- Peer mentoring
- Access to resources and peer support on emotional wellbeing and mental health for parents/carers and professionals via a digital platform 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.



How we can support you

We help young people struggling with the following difficulties:

- Managing worries
- Low mood/depression
- Exam concerns
- Difficulties with emotions
- Anxiety
- Sleep hygiene
- Problem solving

Our interventions

We offer varied support including the following interventions:

- Brief behavioural activation therapy
- Graded exposure
- Worry management

These interventions are informed by cognitive behavioural therapy (CBT) principles. They are also 'evidence based' which means research has found them to be successful amongst young people.