



## 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](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)

 **0300 247 3002**

 **CAMHS Getting Help East Service**  
Fir Tree House, Upton Hospital  
Albert Street, Slough, SL1 2BJ



Scan the QR code, or visit us at:

[cypf.berkshirehealthcare.nhs.uk/mhst](https://cypf.berkshirehealthcare.nhs.uk/mhst)

**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.

## 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 maybe 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

## Working together to create positive changes

We can think of all behaviour as a form of communication, so it's important that we try to understand what drives behaviour. As this can often be difficult for children and young people, it can be challenging for them 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.

# Mental Health Support Team

in your  
**primary school**



**Information for parents and carers of children aged 5-11 years**

## 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



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

## 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 your child

We help children struggling with the following difficulties:

- Managing fears and worries
- Separation anxiety
- Panic attacks
- Phobias, e.g. 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 to support your child