

## Getting Help Team (0-18 years)

# Mental Health Support for Young People



This leaflet is for children under 12

Email: [Early.Help@bracknell-forest.gov.uk](mailto:Early.Help@bracknell-forest.gov.uk)

## Who are we?

We're a team of Child Wellbeing Practitioners based within Bracknell Forest Council working collaboratively with parents 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 fears and worries
- Separation anxiety
- Behavioural and sleep difficulties
- Problem solving

After a 1 hour initial assessment with you and your child, we will have a greater understanding of the challenges your child is facing.

Following the assessment, we will either offer 6-8 sessions of a parent led intervention or point you in the right direction for alternative support.



## Our parent led interventions

Each Child Wellbeing Practitioner is trained to deliver the following guided self-help interventions:

- Helping Your Child with Fears and Worries
- Incredible Years Parenting Programme

Sessions may consist of:

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

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



## Why is my child worrying?

Worries/fears are **normal**.

Worries **come and go**.

However, sometimes worries can grow over time and begin to significantly impact your child's daily life.

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 difficulties sleeping

## Why is my child showing negative behaviour?

All behaviour is a form of communication, and behaviour that is reinforced immediately is more likely to reoccur.

Negative behaviour can be learnt so can therefore be unlearned.

**We may be able to help you to help your child.**

## How to get support

You may wish to speak to a professional that is working with your family to consider if a referral to the Getting Help Team would be appropriate. Alternatively, as a parent/carer you can refer your child directly to us and we will let you know if we can help. Please follow the link to Bracknell Safeguarding Children webpage: [bracknell-forest.gov.uk/mash](https://bracknell-forest.gov.uk/mash)

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**.

### CAMHS Getting Help Service (Bracknell)

The Rowans & Sycamores Children's Centre  
Pondmoor Road  
Bracknell  
Berkshire, RG12 7JZ  
Tel: 01344 354382



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

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