

Mental Health Support Team

Within Wokingham and Berkshire Healthcare Foundation Trust we are pleased to be launching the new Mental Health Support Team (MHST) and would like to take this opportunity to provide some information about this exciting new project.

Our Aim

The MHST will support children and young people with emerging, mild or moderate mental health difficulties which may be affecting day to day life. The project initially is for those pupils on roll at 12 schools in Wokingham.

Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels with the aim of developing and supporting a whole school approach to mental health.

The team consists of:

- Senior Educational Psychologist
- Primary Mental Health Workers (TBC)
- A Specialist CAMHS practitioner (TBC)
- An Outreach worker
- Educational Mental Health Practitioners (EMHPs)
- Administrator

Participating schools:

Our service is only available to children and young people who attend, or are on roll at one of the following schools, and with emerging or mild to moderate emotional and mental health difficulties:

- The Forest
- The Holt
- Maiden Erlegh
- St. Crispins
- Foundry College
- All Saints Primary
- Hawkedon Primary
- Keep Hatch Primary
- South Lake Primary
- Winnersh Primary
- Loddon Primary
- Hawthorns Primary

What We Offer

We deliver a range of evidence-based interventions focused on mild to moderate anxiety, low mood and behaviour management.

This may include interventions such as:

- Helping your Child with Fears and Worries programme: an individual guided self-help intervention for parents of anxious children aged 12 and under
- Webster-Stratton Incredible Years: an individual guided self-help parenting intervention for parents of primary aged pupils
- Worry management for children experiencing anxiety (Year 6 and above)
- Graded exposure (facing feared situations step by step) for children with phobias and other anxiety difficulties (Year 6 and above)
- Support for young people to explore and develop helpful coping strategies specific to improving low mood (Year 6 and above)

The MHST also offers support to school staff by:

- Delivering training on various mental health topics
- Offering consultations (individual or group) where staff can think through their concerns or difficulties regarding students or class groups
- Working with staff to support students individually
- Supporting staff wellbeing

How To Access the Service

Young people under 16 years old

- Parent/Guardians can use the online referral form on this website
- Parent/Guardians can speak to the Special Educational Needs Co-ordinator (SENCO) or Senior Mental Health Lead (SMHL) at school and they will complete the referral form with you.
- Young people can also speak to a member of school staff, School Nurse, their GP or any other professional who works with them who could support them with completing a referral. **Young people who are 16 years or over and on roll of a participating school can self-refer.** Or as above, the referral can be supported with consent from the young person.

If pupils are experiencing moderate to severe difficulties, where symptoms are having a significant impact on their daily life requiring more help, you can refer to your local CAMHS or visit your GP.

CAMHS can be contacted on 0118 9495060 or for out of hours support 0300 365 1234.

After the Referral Has Been Received

When referrals are received they go through a triage process to explore how the young person's needs can be best met. We may contact you if we need more information.

If the referral is accepted, an MHST practitioner will be in contact to let you know. Depending on demand for our service, there may be a waiting list.

Once an MHST practitioner has been allocated, they will contact you and school to arrange a visit and an initial assessment to explore with you what intervention we may be able to offer.

If we are unable to offer you a service, we would discuss other options with you and look to signpost you to other services that may be able to meet your needs.

Contact Details for the MHST

Telephone: 01189 746000

Email: mhstadmin@wokingham.gov.uk

Our service is open Monday to Friday 9am to 5pm.

Further Information

- The Samaritans offer advice on how to help someone you're worried about open up about their feelings.
<https://www.samaritans.org/shush>
- **For parents of children at primary school:** This leaflet provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.
<https://www.annafreud.org/media/7228/tmh-parent-leaflet-final-all-approved-laid-out-for-web.pdf>
- **For parents of young people at secondary school:** The teenage years are both exciting and challenging to parent and carers. It can be hard to know whether your child's feelings and behaviour are normal or becoming a problem. This leaflet provides simple advice and guidance to parents and carers about how to make conversations about their teenager's feelings part of everyday conversation.
<https://www.annafreud.org/media/7223/secondary-parents-leaflet-final-proofed.pdf>