CAMHS Partnership - East Berkshire

Counselling services

	kooth	number22 community counselling services	Youthline
Description	Online emotional well-being support service, including counselling and peer support	All age community counselling service	Community counselling service
Age range	Children and young people 11-19 (up to 25 for young people with SEND or care leavers)	Children and young people 11+ (also available for adults)	Children and young people 11+ (also available for parents/ carers and professionals supporting young people)
Availability	If you live or go to school in East Berkshire	If you live or go to school in Slough and or RBWM	If you live or go to school in Bracknell Forest
Contact	Register online	Online referrals (self-referrals accepted) 01628 636661	Online referrals (self-referrals accepted) 01344 311200 ask@youthlineuk.com

Berkshire Healthcare NHS Foundation Trust (BHFT)

	CAMHS Getting Help Team	CAMHS	Linking mind and body... Talking Therapies Talking Health	SilverCloud
Description	Early Help support with mild to moderate mental health issues	Support with severe and complex mental health difficulties	Support with mild to moderate anxiety and depression	Talking Therapies online programme
Age range	Children and young people up to 18	Children and young people up to 18	Young people 17+ (also available for adults)	Young people 17+ (also available for adults)
Contact	Professionals, parents/carers and young people can refer via LA's Early Help Services	Professionals, parents/carers and young people 16+ can refer online 0300 365 1234	Self-referral 0300 365 2000 talkingtherapies@berkshire.nhs.uk	Instant access

BHFT works in partnership with the AnDY Research Clinic (University of Reading) and local authorities' Early Help teams to deliver some of these support services.

Mental health support teams (MHSTs) are also being implemented across East Berkshire. One team is currently operational for pupils on roll at 14 schools in Slough to support children and young people with emerging, mild or moderate mental health difficulties. Please contact the education setting directly to discuss support from this service.

Peer Support Services

Friends in need

kooth

	Friends in need	kooth
Description	Younger adults group. Peer support and activities for mild to moderate mental health needs	Online emotional well-being support service including peer support via articles, forums and community elements
Age range	Young people 17- 25 (also available for 25+)	Children and young people aged 11-19 (up to 25 for young people with SEND or care leavers)
Contact	07496 874882 ansa.khan@bucksmind.org.uk (self-referrals accepted)	Register online

Neurodiversity Support

GEMS
Autism & ADHD Support Service East Berkshire

NHS
Berkshire Healthcare
NHS Foundation Trust

	GEMS	Autism Assessment Team (BHFT)	ADHD Service (BHFT)
Description	Pre/post assessment support for autism and ADHD including helpline, workshops, and activity groups		
Age range	For parent/carers, children, young people, and adults 25+	Children and young people up to 18	Children and young people 6-18
Contact	01753 373 244/0800 999 1342 gems.4health@nhs.net (Contact for self-referrals) Word referral form Online referral form	Professionals, parents/carers and young people 16+ can refer online 0300 365 1234 Ideally referrals should come from professionals that know the child or young person well, such as their teacher, special educational needs co-ordinator (SENCO) or health visitor.	

East Berkshire Neurodiversity Network

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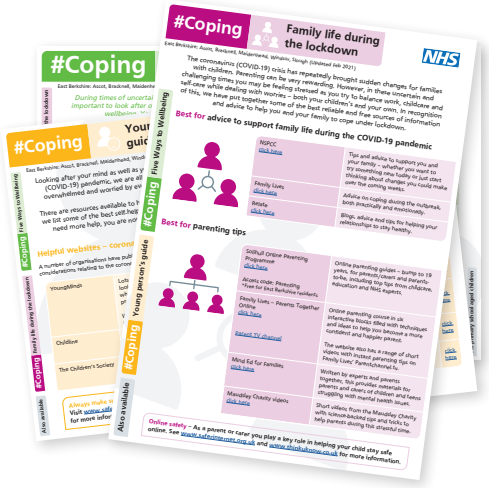
Join our new Neurodiversity Network to help change how we think about and understand neurodevelopmental differences and to explore how we can best support the children and young people who experience them

Guides to promote self-help plus local and national support services



Description	The #littlebluebookofsunshine explains some of the thing's teenagers can do right now to feel better including sharing lots of tips on how to deal with many problems such as anxiety, body image, relationships, and anger and who to turn to if things feel too much	The #Coping Guides contain information and advice to support family life during the pandemic as well as a guide for young people themselves
Age range	Children and young people 11-18	Primary and secondary age children and young people and parents/carers
Access	PDF version Apple eBook Google eBook	PDF versions

Early Help (Including parent/carer and family support)

Slough Borough Council — www.slough.gov.uk

www.rbwm.gov.uk Royal Borough of Windsor & Maidenhead

Bracknell Forest Council

Description	Early help Services Family Information Service SEND Information, advice and support service	Early help Services Family Information Service SEND Information, advice and support service	Early help Services Family Information Service SEND Information, advice and support service
Age range	Children and young people up to 18 and parents/carers (up to 25 for SENDIASS)	Children and young people up to 18 and parents/carers (up to 25 for SENDIASS)	Children and young people up to 18 and parents/carers (up to 25 for SENDIASS)