

# Child and Adolescent Mental Health Getting Help Team

## Mental health support for children and young people

We support children and young people with mild to moderate mental health difficulties. We offer parent led interventions for Under-12's, and Cognitive Behavioural Therapy (CBT) informed interventions for the over-12s.

### We support Children and Young People aged 5 - 18 and their families with:

- Managing fears and worries
- Low mood
- Behavioural difficulties
- Coping strategies
- Sleep difficulties
- Problem solving
- Separation anxiety



We also offer workforce training on emotional health and wellbeing, and consultations for professionals.

To find out about making a referral, visit the CAMHS Getting Help Team website: [cypf.berkshirehealthcare.nhs.uk/ght](https://cypf.berkshirehealthcare.nhs.uk/ght)



**0300 247 3002**

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