

Mental Health and Wellbeing Services

2019



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Programmes and services

AnDY Clinic

AnDY is a research clinic based at the University of Reading that specialises in assessing and treating anxiety and depression. They offer diagnostic assessment of anxiety and depression and following this, provide evidence-based treatments for the main problem. These treatments are based on cognitive behaviour therapy and follow what the research says is effective for treating anxiety and depression in young people.

Slough Early Help Hub have began working collaboratively with The ANDY Clinic and have a referral model in place for 7-18 year olds who are suffering from lower level (not specialist CAMHS threshold) anxiety and depression with a staged offering in place.

Access to Anxiety and depression interventions. Referral taken directly through Early Help Offer.

Who to contact: <https://research.reading.ac.uk/andy/>

Target audience: Children and young persons

Age range: 7 to 18 years

Level of need: Information, advice and guidance
Getting specialist help
Getting targeted help

Service funded by: NHS East Berkshire Clinical Commissioning Group

FIS page:

https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=2hBA_sxdkxg

Anna Freud



Schools in Mind is a free network for school staff and allied professionals which shares academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. They provide resources and toolkits for a whole school approach around mental wellbeing (teachers, parents and young people, with easy to read resources).

Who to contact: E: info@annafreud.org
W: <https://www.annafreud.org/>

Schools in Mind

<https://www.annafreud.org/what-we-do/schools-in-mind/> Resources for Schools

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/> Youth Wellbeing directory

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Level of need: Information, advice and guidance
Getting specialist help
Getting targeted help

Service funded by: National charity

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=Q6voKGPXS5U>

Anxiety & Depression Team



Anxiety and Depression (A&D) Pathway: Offers assessment and treatment for anxiety disorders, depression, Obsessive Compulsive Disorders (OCD) and/or single incident Post Traumatic Stress Disorder (PTSD). They are multi-disciplinary and comprised of therapists from the following staff groups; child and adolescent psychiatrists, psychologists and psychotherapists, family therapists, nurses, occupational therapists, social workers, dietitians etc., with the relevant skills and training to deliver the NICE approved, evidence-based interventions required.

Who to contact:	Anxiety and Depression Team https://cypf.berkshirehealthcare.nhs.uk/5889
Costs:	Free
Target audience:	Children and young persons
Level of need:	Getting specialist help
Service funded by:	NHS East Berkshire Clinical Commissioning Group

Attention Deficit Hyperactivity Disorder



Attention Deficit Hyperactivity Disorder (ADHD) Pathway: Offers assessment and treatment for ADHD.

All specialist teams/pathways are multi-disciplinary and comprised of therapists from the following staff groups; child and adolescent psychiatrists, psychologists and psychotherapists, family therapists, nurses, occupational therapists, social workers, dietitians etc., with the relevant skills and training to deliver the NICE approved, evidence-based interventions required.

Who to contact:	ADHD Team https://cypf.berkshirehealthcare.nhs.uk/5536
Costs:	Free
Target audience:	Children and young persons
Age range:	6 to 18 years old
Level of need:	Getting specialist help
Service funded by:	NHS East Berkshire Clinical Commissioning Group

Autism Assessment Team



Autism Assessment team (AAT): Offers assessment for ASD. It is delivered through BHFT. (Please note that this pathway does not include post-assessment treatment). All specialist teams/pathways are multi-disciplinary and comprised of therapists from the following staff groups; child and adolescent psychiatrists, psychologists and psychotherapists, family therapists, nurses, occupational therapists, social workers, dietitians etc, with the relevant skills and training to deliver the NICE approved, evidence-based interventions required

Who to contact:	Autism Assessment Team https://cypf.berkshirehealthcare.nhs.uk/5882
Target audience:	Children and young persons
Age range:	5 to 17½ years (East Berkshire)
Service funded by:	NHS East Berkshire Clinical Commissioning Group

CALM Compassion

The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide. Webchat and phone access available.

CALM offers to men in the UK, of any age, who are down or in crisis via our helpline, webchat and website. CALM also offers supports to those bereaved by suicide, through the Support After Suicide Partnership (SASP), hosted by CALM, which aims to ensure that everyone bereaved or affected by suicide is offered and receives timely and appropriate support

Who to contact: T: 0800 58 58 58
W: <https://www.thecalmzone.net/about-calm/what-is-calm/>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Age range: 18+

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: National charity

FIS page:
https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=f0T9nX_JkNk

Charlie Waller Memorial Fund



The Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust in order to educate young people on the importance of staying mentally well and how to do so. It has free resources for parents also.

Who to contact: T: 01635 869754
W: <https://www.cwmt.org.uk/>

Target audience: Children and young persons
Parents
Professionals

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: Charity

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=dOqW56US5fQ>

Coaching and Wellbeing

A support service working with vulnerable women aged 18 and over who have an undiagnosed mental health issue, providing group based support.

Who to contact: Jackie Oliva
Jacqueline.Oliva@berkshire.nhs.uk

Target audience: Parents

Age range: Over 18 years

Service funded by: SBC & NHS funded

Early Intervention in Psychosis



Berkshire Health Care Foundation Trust (BHFT) offer support to people over the age of 14 who are experiencing symptoms of psychosis for the first time and for one week or more. People experiencing symptoms of psychosis for the first time, as well as people at risk of developing psychosis.

Psychosis affects the way someone believes, views and experiences things. It most commonly develops between late teens and early adulthood. Anyone can develop psychosis, and most people recover in less than six months with treatment and support. Early treatment increases the chance of a full recovery.

Who to contact: <https://cypf.berkshirehealthcare.nhs.uk/5910>
Costs: Free
Target audience: Children and young persons
Age range: Over 14 years
Level of need: Getting specialist help
Service funded by: NHS East Berkshire Clinical Commissioning Group

Early Years and Prevention



Play and learn and child and parent interaction sessions
 Sharing feelings Programme
 Baby massage
 Active movement programme

Who to contact: T: 01753 476556
 E: earlyyears@slough.gov.uk
 W: www.sloughfamilyservices.org.uk/childrenscentres

Target audience: Children and young persons
 Parents

Age range: 0 to 5 years
Level of need: Information, advice and guidance
 Getting targeted help

Service funded by: Slough Borough Council

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=f0ZPCYJAqMQ>

Eating Disorders

Eating Disorder Team: This specialist team offers swift assessment and evidence-based treatments for young people with an eating disorder.

are multi-disciplinary and comprised of therapists from the following staff groups; child and adolescent psychiatrists, psychologists and psychotherapists, family therapists, nurses, occupational therapists, social workers, dietitians etc, with the relevant skills and training to deliver the NICE approved, evidence-based interventions required.

Who to contact: GP (who will refer to specialist)
Target audience: Children and young persons
Age range: 8-18
Level of need: Getting specialist help
Service funded by: NHS East Berkshire Clinical Commissioning Group

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/advice.page?id=lpvFPkj5vDc>

Education Psychology Service

Psychologists work with a group of schools, across all ages, including nurseries, primary and secondary schools, special school and mainstream schools which are specially resourced for children with special educational needs which include:

- Screening, identifying YP@ risk of MH issues e.g. vulnerability and behaviour profile
- Individual therapeutic work with YP: teaching specific skills to manage resilience, CBT and play therapy
- Social skills, managing emotions and resilience upskilling
- Nurture groups

Who to contact: T: 01753 787660
E: psychologyadmin@slough.gov.uk
W: <http://www.slough.gov.uk/schools-and-learning/educational-psychology.aspx>

Costs: Traded service

Target audience: Children and young persons
Professionals

Age range: 0 to 19 years

Level of need: Information, advice and guidance
Getting specialist help
Getting targeted help

Service funded by: Slough Borough Council

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=0wkfKb6z-JM>

ELSA (Emotional Literacy Support Programme)

Emotional Literacy Support Assistant (ELSA) is a training course for teaching assistants working in schools. It is run annually and in Slough runs over four days. There is an on going supervision component. ELSAs are trained by educational psychologists to run short, well targeted and evaluated programmes with children experiencing a wide range of emotional difficulties. Our ELASs are accredited locally, but ELSA courses are run across the country and in Slough we are part of the national network.

Who to contact: <https://www.eventbrite.co.uk/e/elsa-training-registration-47501489233#>

Costs: £300 + £150 for supervision

Target audience: Professionals

Age range: 0 to 18 years

Level of need: Getting targeted help

Service funded by: Schools Effectiveness

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=aN15KKSU8I>

Kooth



KOOTH.com is a FREE, safe, confidential, non-judgmental and anonymous way for young people (aged 11-19 / 11-25 care leavers) that attend a Slough school to access counselling, advice and support on-line. Staffed and monitored by fully trained and qualified counsellors until 10pm each night, 365 days per year, it provides a greatly much needed out of hour's service for on line advice and support, forums, messaging and counselling Kooth also have a integration and participation worker who can come into schools to deliver sessions to raise awareness about the support available from Kooth

Who to contact: Denise Brown
T: 07983 556071
E: dbrown@xenzone.com
W: <https://www.kooth.com/>

Costs: Free

Target audience: Children and young persons

Age range: 11 to 19 years (11 to 25 years if care leavers)

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: NHS East Berkshire Clinical Commissioning Group

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=VEQw-Wouo-s>

Mental Health First Aid



MHFA England

Mental Health First Aid (MHFA) delivers training to empower people through education to care for themselves and others.

There are lots of resources for both professionals and young people.

Who to contact: <https://mhfaengland.org/>

Target audience: Children and young persons
Professionals

Age range: 8 to 18 years

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: Community interest group

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=SR5kUt5JlqA>

Mentally Healthy Schools



Mentally Healthy Schools is a new national website to help primary school staff support the mental health of pupils, by Heads Together the mental health initiative with a range of resources and strategic guidance for wellbeing development in schools.

The content provided covers four main areas; Teaching Resources, Risks and Protective Factors, Mental Health Needs, and 'Whole School Approach' for school leaders.

Who to contact: E: mhs@annafreud.org
W: <https://www.mentallyhealthyschools.org.uk/>

Costs: Free

Target audience: Children and young persons
Professionals

Age range: Primary school age group

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: National charity

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=5nPYKou0Ch4>

MIND



Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. Mind also has a helpline.

Who to contact: T: 0300 123 3393
E: info@mind.org.uk
W: <https://www.mind.org.uk/>

Target audience: Children and young persons
Parents
Professionals

Age range: All ages

Level of need: Information, advice and guidance

Service funded by: National charity

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=ux9LnKw89l0>

MindED

Free educational resource on children and young people's mental health for all adults.

[MindEd for professionals/volunteers](#) aims to give adults who care for, or work with, young people:

- the knowledge to support their wellbeing
- the understanding to identify a child at risk of a mental health condition
- the confidence to act on their concern and, if needed, signpost to services that can help

[MindEd for families online](#) provides advice and information to help you to understand and identify early issues and support to take care of yourself and your family.

Who to contact: <https://www.minded.org.uk/>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Age range: 0 to 25 years

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: Department of Health

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=PDmsD-Tv8AQ>

NHS Choices



Five steps to boost mental health; information advice and guidance; self directed help.

Who to contact: <https://www.nhs.uk/>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Age range: All ages

Level of need: Information, advice and guidance

Service funded by: NHS England

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=tOpZMPp55UA>

PPePCare Training



The Psychological Perspectives in Education and Primary Care (PPePCare) training has been designed to help staff in primary care and education to recognise and understand mental health difficulties in children and young people. It offers appropriate support and guidance to children, young people and their families using psycho-education and relevant psychological techniques, such as using a cognitive behavioural framework.

Who to contact: E: lisa.thomson@berkshire.nhs.uk (for information or to book)
W: <https://cypf.berkshirehealthcare.nhs.uk/5903>

Costs: Free

Target audience: Professionals

Age range: Adults/professionals

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: NHS East Berkshire Clinical Commissioning Group

Place to Be



Place2Be's highly skilled practitioners deliver services in schools across the UK. They offer a menu of services for primary and secondary schools, providing support for children, parents, teachers and school staff.

Who to contact: T: 0207 923 5500
E: enquiries@place2be.org.uk
W: <https://www.place2be.org.uk/>

Target audience: Professionals

Age range: Primary and Secondary

Service funded by: National charity

FIS page:

https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=_wIZlifK0Ck

Public Health



Public Health offer information and advice on keeping children fit and healthy ranging from child immunisations to the Daily Mile. They host a range of healthy campaigns to promote wellbeing.

Who to contact: <http://www.slough.gov.uk/health-and-social-care/childrens-health.aspx>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Age range: 0 to 25 years

Level of need: Information, advice and guidance

Service funded by: Public Health England

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=3JlRCODpjSQ>

Rapid Response

Rapid Response team is part of specialist CAMHS, it provides a swift response to young people presenting to emergency and acute services in mental health crisis, supporting young people on the edge of crisis in the community to prevent crisis presentation where safe to do so.

Who to contact: <https://www.berkshirehealthcare.nhs.uk/contact-us/make-a-referral/make-a-child-or-young-person-referral/>

Target audience: Children and young persons

Level of need: Getting specialist help

Service funded by: NHS East Berkshire Clinical Commissioning Group

School Counsellors

Individual schools may have in house counsellors

- Who to contact:** Contact your school
- Target audience:** Children and young persons
- Level of need:** Information, advice and guidance
Getting targeted help
- Service funded by:** Schools

School Nursing

Public Health Nursing 4 Slough provides an integrated 0-19 public health nursing service, and up to 25 years for individuals with Special Educational Needs and Disability (SEND).

- Who to contact:** T: 01753 373464 / 0800 7723578
W: <https://www.publichealthnursing4slough.co.uk/>
- Target audience:** Children and young persons
- Age range:** 0 to 19 years / 0 to 25 years for SEND
- Level of need:** Information, advice and guidance
Getting targeted help
- Service funded by:** Solutions4Health
- FIS page:**
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=BdGIF7M2Yv4>

SEBDOS

SEBDOS is a traded service which provides schools with the support, advice and training to enable them to meet the needs of pupils with Social, Emotional and Behavioural difficulties. Specialist behaviour individual plans, professional training.

The team offers bespoke advice and consultation to school staff. It also offers support and training for teachers and teaching assistants around managing social, emotional and behaviour difficulties in the form of individual or group support. The work of the team is focused on early intervention and the prevention of crisis for children, their schools and families.

- Who to contact:** T: 01753 521734
W: <https://littledownschool.co.uk/provisions/sebdos/>
- Costs:** Traded
- Target audience:** Children and young persons
Professionals
- Age range:** 0 to 18 years
- Level of need:** Information, advice and guidance
Getting targeted help
- Service funded by:** Independent

SENDCo Training

SENDCo Training will involve modules covering the social emotional and mental health area of the SEND Code of Practice, such as identification of a need, school responses in terms of classroom and whole school practice, referral routes and interventions at SEN Support and EHCP level as well as working with parents and other agencies.

Who to contact: <https://thelink.slough.gov.uk/events-and-training>

Costs: Cost vary

Target audience: Professionals

Age range: All ages

Level of need: Information, advice and guidance
Getting specialist help
Getting targeted help

Service funded by: Slough Borough Council

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=Q5s6R5yOP-Y>

Slough Family Information Service (FIS)



Free information and advice on a wide range of services and activities for families in Slough.

- Support and advice for families with children and young people
- Childcare for children
- Financial support and help with childcare costs
- Free early learning for 2, 3 and 4 year olds
- Slough Children's Centres and Family Services
- Schools and school based services for families
- Activities for children, young people aged 0-19 and families
- Adult education and employment
- The Local Offer including activities and services for children and young people with special educational needs and disabilities (SEND) - www.sloughfamilyservices.org.uk/localoffer

The Slough Family Information Service website can be used to research and find services to support client needs. Over the phone support is available for those wishing to talk through their need and be signposted over the phone.

Who to contact: T: 01753 476589
E: FIS@slough.gov.uk
W: <http://www.sloughfamilyservices.org.uk/>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Age range: 0 to 19 years (0 to 25 years if SEND/care leavers)

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: Slough Borough Council

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=X0raxsgxRqQ>

Slough Public Health & Wellbeing

Slough Strategic vision for wellbeing, SEND. Includes the latest policy and strategy for Slough.

Who to contact: <http://www.slough.gov.uk/council/strategies-plans-and-policies/slough-joint-wellbeing-strategy.aspx>

Target audience: Parents
Professionals

Service funded by: Slough Borough Council

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/advice.page?id=sXciZmKx0o>

Slough School Sport Network (SSSN)

Healthy Minds aims to promote the importance of good mental health in order to reach their full potential within education and life in general - educating pupils on their thoughts and feelings.

- Mindful programme; six week programme Mini minds
- Access to Active Movement activities
- Primary Sports ambassadors

Made up of a strong partnership of local infant, primary, junior, secondary and special schools, the SSSN serves to provide all young people with the opportunity to participate in high quality sport and physical activity opportunities in order to adopt a healthy habit for life, which ultimately impacts on emotional wellbeing.

Who to contact: Laura Brookstein
E: lf@wexham.slough.sch.uk
W: <http://www.wexhamschool.co.uk/page/?title=Slough+School+Spor+t+Network&pid=31>

Costs: Traded service, free for schools part of the SSSN programme

Target audience: Children and young persons

Age range: Primary & Secondary

Level of need: Information, advice and guidance

Service funded by: Schools funding

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=6zjZQU6HCqo>

Specialist CAMHS



Supporting young people with emotional wellbeing and mental health is everyone's responsibility and most young people should be able to access help early on through services in their school or community. For those young people whose difficulties develop into something more serious, the CCG commission Berkshire Health Care Foundation Trust (BHFT) to deliver specialist CAMHS services across Berkshire. This service works with children and young people who are experiencing significant and severe difficulties with their mental health. Usually these difficulties will have been occurring over several months and will not have responded to interventions from early help and support but specialist CAMHS will also support children and young people experiencing a mental health crisis which may have developed really quickly.

All referrals to the service come through CPE, which is part of the multi-disciplinary referral hub for all BHFT children's services. Skilled clinicians in this team gather additional information about the referral, assess level and immediacy of clinical risk and determine the most appropriate service to support a young person's needs.

Clinician will refer on to the specialist pathways/teams or another more appropriate service.

Who to contact:	W: https://cypf.berkshirehealthcare.nhs.uk/our-services/ T: CYPF Health Hub on 0300 365 1234
Costs:	NHS funded
Target audience:	Children and young persons Parents Professionals
Age range:	0-19 years
Service funded by:	NHS East Berkshire Clinical Commissioning Group

Stop, Speak, Support



The Stop, Speak, Support campaign has created an online code of conduct for 11-16 year olds who encounter cyberbullying. The code consists of three pillars, each of which is underpinned by three tangible actions that will help to guide young people's behaviour online. The digital platform for cyberbullying including resources.

Who to contact:	https://www.stopspeaksupport.com/
Costs:	Free
Target audience:	Children and young persons Professionals
Age range:	11 to 16 years
Service funded by:	National charity

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=LIUnTh-vlQU>

Talking Therapies



Problems such as anxiety, depression, stress and phobias are very common. Talking Therapies is a friendly and approachable service that helps people with these problems.

Talking Therapies help young adults aged 17+ living in Berkshire and we have a team of advisors and therapists who can help you to overcome life's difficulties and problems and manage them better.

Either ask GP or healthcare professional to refer you or contact Talking Therapies directly.

Who to contact: T: 0300 365 2000
Text 'Talk' and your postcode to 07500 915968
E: talkingtherapies@berkshire.nhs.uk
W: <https://www.talkingtherapies.berkshire.nhs.uk/>

Target audience: Children and young persons

Age range: Over 17 years

Level of need: Getting specialist help

Service funded by: NHS East Berkshire Clinical Commissioning Group

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=v97pt4ypcDE>

The Mix

Young people digital platform service for information, advice and guidance, providing dialogue and support through digital and phone platforms. It is very young person focussed.

Who to contact: W: <https://www.themix.org.uk/>
T: 0808 808 4994

Costs: Free

Target audience: Children and young persons

Age range: 0 to 25 years

Level of need: Information, advice and guidance

Service funded by: National charity

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=DDViW04zGDs>

Understanding Well

Work with schools to identify wellbeing challenges in school settings and how to influence change.

Who to contact: Antonia Cox
T: 07717 435626
E: coxantonia19@gmail.com
W: <https://understandingwell.com/>

Target audience: Children and young persons
Professionals

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: Company

Windsor & Maidenhead Counselling Service



121 counselling in the community.

Who to contact: W: <https://number22.org/>
T: 01628 636661
A: 27 Church Street, Slough, SL1 1PL (Slough branch)

Costs: Free

Target audience: Children and young persons
Parents

Age range: 12 to 25 years

Level of need: Information, advice and guidance

Service funded by: NHS East Berkshire Clinical Commissioning Group

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=yGtFbSFmZTs>

Young Minds



Young Minds campaign nationally to champion the voice of the child for innovation and development in mental health services. It provides quick access to up to date information on symptoms and where to access help and support for young people. They provide resources and support for schools including a 360 whole school approach to mental wellbeing and resilience.

Who to contact: Parents Helpline - 0808 802 5544
(Monday to Friday, 9.30am–4pm free for mobiles and landlines)
W: <https://youngminds.org.uk/>

Costs: Free

Target audience: Children and young persons
Parents
Professionals

Level of need: Information, advice and guidance
Getting targeted help

Service funded by: National charity

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=cQrSRIfCpyE>

Young People's Service



Targeted 121 support for YP CSE Engage team.
121 work for year 12 of becoming NEET or are NEET.

Who to contact: T: 01753 875510
E: sloughforyouth@slough.gov.uk
W: <https://www.slough.gov.uk/young-people/young-peoples-service.aspx>

Target audience: Children and young persons

Age range: 11 to 19 years (up to 25 years for SEN)

Level of need: Information, advice and guidance
Getting targeted help
Getting specialist help

Service funded by: Slough Borough Council

FIS page:

<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/service.page?id=UwwTjS0ip4k>

Resources

Healthy Choices Programme

The Programme introduces key 'blocks' of knowledge during primary phase to develop a framework for decision-making built upon an understanding of 'choice'. These building blocks explore how identity is formed, how we're influenced by those around us, and the impact that basic psychological needs (to survive, have power, love and belong, be free to choose, and have fun/learn/grow) have upon our choices.

Who to contact: Mark Ashfield
mark@engagelime.com
(Phase 1 will be primary schools followed by secondary through PSHE)

Target audience: Children and young persons
Professionals

Age range: Primary & Secondary

Service funded by: SSP/SBC

FIS page:
<https://www.sloughfamilyservices.org.uk/kb5/sloughcst/directory/advice.page?id=JMgttXTa5zk>

PSHE Association Resources

The NSPCC and the PSHE Association have been working together to develop resources that will help teachers all over the UK to deliver relationships education effectively. In this blog we'll be sharing what we've learnt along the way and offering advice for schools about delivering what can be a challenging subject.

Who to contact: <https://learning.nspcc.org.uk/research-resources/>

Costs: Free

Target audience: Children and young persons
Professionals

Age range: Primary & Secondary

Service funded by: NSPCC



Slough Emotional Wellbeing Charter

A Slough heads conference in February 2018 lead and developed a toolkit for schools with resources, good practice guides and a Slough Schools Charter to commit to support emotionally well schools in Slough.

Who to contact: Rachel Cross
<https://thelink.slough.gov.uk/safeguarding/emotional-wellbeing>

Target audience: Professionals

Age range: Primary & Secondary

Service funded by: School Improvement Grant/SBC

This document can be made available on audio tape, braille or in large print, and is also available on the website where it can easily be viewed in large print.

Mental Health and Wellbeing Services 2019

If you would like assistance with the translation of the information in this document, please ask an English speaking person to request this by calling 01753 476589.

यदि आप इस दस्तावेज़ में दी गई जानकारी के अनुवाद किए जाने की सहायता चाहते हैं तो कृपया किसी अंग्रेजी भाषी व्यक्ति से यह अनुरोध करने के लिए 01753 476589 पर बात करके कहें।

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਵਿਚਲੀ ਜਾਣਕਾਰੀ ਦਾ ਅਨੁਵਾਦ ਕਰਨ ਲਈ ਸਹਾਇਤਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਸੇ ਅੰਗਰੇਜ਼ੀ ਬੋਲਣ ਵਾਲੇ ਵਿਅਕਤੀ ਨੂੰ 01753 476589 ਉੱਤੇ ਕਾਲ ਕਰਕੇ ਇਸ ਬਾਰੇ ਬੇਨਤੀ ਕਰਨ ਲਈ ਕਹੋ।

Aby uzyskać pomoc odnośnie tłumaczenia instrukcji zawartych w niniejszym dokumencie, należy zwrócić się do osoby mówiącej po angielsku, aby zadzwoniła w tej sprawie pod numer 01753 476589.

Haddii aad doonayso caawinaad ah in lagu turjibaano warbixinta dukumeentigaan ku qoran, fadlan weydiiso in qof ku hadla Inriis uu ku Waco 01753 476589 si uu kugu codsado.

اگر آپ کو اس دستاویز میں دی گئی معلومات کے ترجمے کے سلسلے میں مدد چاہئے تو، براہ کرم ایک انگریزی بولنے والے شخص سے 01753 476589 پر کال کر کے اس کی درخواست کرنے کے لئے کہیں۔