

General Information

About our service

The EHA was established by West Berkshire Council in 2016 in partnership with Health and Education Services.

Our vision is to ensure children and young people with emotional health difficulties receive early support, in order to reduce the impact of the issues on their lives and to prevent them escalating.

We work with children and young people with emotional health difficulties which can include low mood, anxiety, self-harm, anger, bullying, friendships and eating or image problems. We also provide support with confidence and general wellbeing.

The EHA Support service has a team of Primary Mental Health Workers who assess and support young people, as well as supervising our Emotional Health Workers who provide outreach support. Our Primary Mental Health Workers are accessed via the Triage service.

Our triage is a free service for young people with emotional health difficulties in West Berkshire. Referrals are typically made by parents, schools or GPs. Local agencies meet each week to discuss and advise which service will be most helpful for a child, young person or their family. If it is felt the EHA is most suitable, one of our clinical workers will offer an assessment and support. We also refer or signpost to a range of other organisations.

Self-referral. Young people aged 11+ are also able to self-refer to the EHT and we will contact them to assess their needs.



To find out more see our website
www.westberks.gov.uk/emotional-health-academy

call **01635 519018** or email
emotional.health.triage@westberks.gov.uk



Community Outreach

We can deliver a range of programmes in the community for parents and young people including sessions around anxiety, behavioural difficulties and emotional wellbeing.

Schools

The EHA offers a range of flexible options to buy-in support depending on the needs of the school. Our Emotional Health Workers can provide assessment and tailored intervention to pupils with emotional health difficulties as a 1:1, in small groups or as a class. Please see our website or the West Berkshire Education Portal for more information.

We also offer Psychological Perspectives in Education and Primary Care (PPEP Care) training. The programme was developed by experts to increase awareness and detection of mental health difficulties in children and adolescents and to improve the support available to young people and their families. Modules are free of charge to all West Berkshire schools. Please contact us for more details.

We work alongside the Mental Health Support Team (MHST) which were set-up in a number of West Berkshire schools in 2019 to ensure a holistic approach to children's mental health at school.

You can also follow us on social media:

[facebook.com/EmotionalHealthAcademy/](https://www.facebook.com/EmotionalHealthAcademy/)

[instagram @theemotionalhealthacademy](https://www.instagram.com/theemotionalhealthacademy)

[Linkedin.com/showcase/emotional-health-academy](https://www.linkedin.com/showcase/emotional-health-academy)

