

For Young People

Who we are

The Emotional Health Academy and its triage service offers advice and support to young people like you who are trying to cope with stresses in their lives. We are an early help service and our goal is to support young people as soon as possible, so problems don't get worse or become too much to handle.

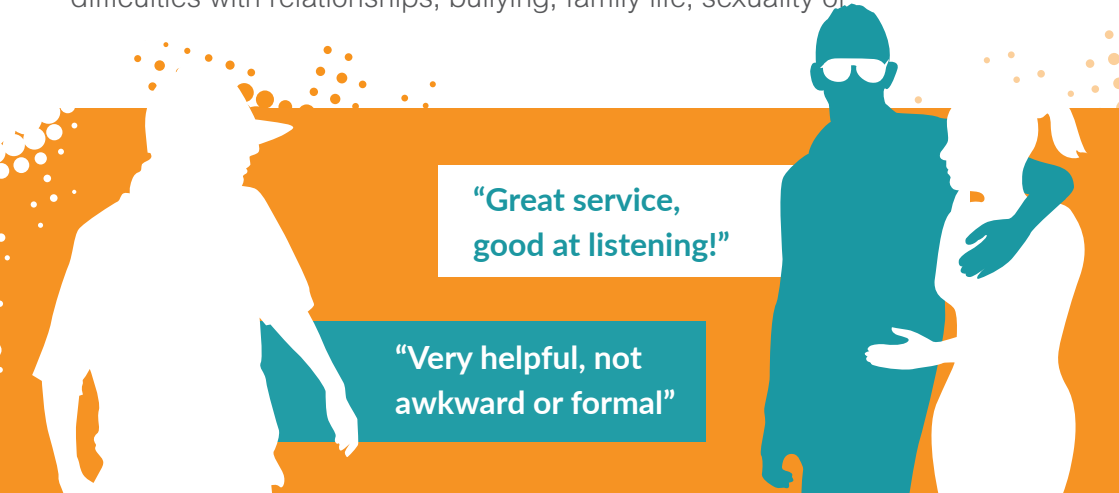
What we do

Our friendly and experienced team provides high quality services to young people. We offer support in places where young people feel safe such as their home or school.

We can provide advice and support you with

- anxiety
- self harm
- bullying
- low mood
- self image
- major life events
- anger
- relationships

We can also link you in with other services that support young people with difficulties with relationships, bullying, family life, sexuality or



"Great service,
good at listening!"

"Very helpful, not
awkward or formal"



How it works

If you are 11-18 years old you can self-refer by completing a short form on our website and clicking on the Young People tab:

www.westberks.gov.uk/emotional-health-academy

This form is only meant to be used by young people like you. A family member or someone from school can also refer you, but they will need to complete a different form which is also found on our website.

You can let us know how you would like us to contact you and a member of our team will be in touch to discuss your concerns and how best to support you.

If you are under 16 years of age, a parent's permission will be needed before we can start supporting you, but privacy and confidentiality are always respected and we will talk about this when we contact you.

The EHT and EHA were designed after listening to young people like you. We continue to listen to young people – If you have any questions, comments, feedback or ideas we want to hear from you!

IMPORTANT: We are not a crisis or emergency service

I need urgent help now

- If you need urgent help call **999**.
- If you're having suicidal thoughts or feel you are in crisis, the Samaritans can be contacted 24 hours a day by calling **116 123** or you can text SHOUT on **85258**.

www.westberks.gov.uk/emotional-health-academy



Any questions? Please contact our Referral Co-ordinator on 01635 519018 or email: Emotional.Health.Triage@westberks.gov.uk

You can also follow us on social media on facebook.com/EmotionalHealthAcademy and on instagram [@theemotionalhealthacademy](https://instagram.com/theemotionalhealthacademy)