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| |  | | --- | | **Newsletter July 2021**  Welcome to the first Emotional Health Academy and Triage newsletter. Thank you for subscribing. We hope you find this newsletter informative and useful.  The newsletter will be published every two months, containing information regarding the EHA and EHT, signposting information and articles on a variety of emotional and mental health difficulties. | |

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| |  |  | | --- | --- | | **Emotional Health Triage Referrals**   |  | | --- | | EHA Adult & ChildThe **Emotional Health Triage**is a free service open to children and young people in West Berkshire who need support with emotional health difficulties. It is the gateway to many different early help support options. Early support with emotional health difficulties is vital to prevent issues escalating and to reduce the impact they have on many aspects of a young person’s life including their health, family, school and friendships. The service is open all year round including during school holidays.  **Referrals** are usually made by family members, schools or GPs. Young people are also able to self-refer to the EHT for support. The EHT operates throughout the year and is only closed for bank holidays.  **How it works:**When a young person is referred we will get in touch with their family to discuss their needs and, where possible, we will signpost them to relevant support. This may include counselling, specialist charities, self-help resources, council services or support from the Emotional Health Academy.  When we feel the young person’s referral requires a more in-depth discussion, they will be discussed at our weekly multi-agency triage meeting. Representatives from the EHA, CAMHS, specialist charities, council services and healthcare professionals discuss each referral and agree what support should be recommended. This may result in an offer of support through the EHA, the referral being passed to another service or signposting to other appropriate organisations.  We review each referral after ten weeks and consult with the family to assess whether any further help is needed, or if the case can be closed.  **To make a referral**for a young person with mild to moderate emotional health difficulties please complete the referral form and return via email or in the post. For a copy of the referral form, full information about who is eligible and details about how to refer please see our website or call us on 01635 519018.  **Please note:**We are not a crisis service. Please speak to your GP or CAMHS if a young person needs help with severe emotional or mental health difficulties. | | |

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| |  | | --- | | **Understanding anxiety**  Anxiety is a natural and normal feeling that everyone experiences from time to time.  By releasing a hormone called adrenaline our body prepares us to manage and overcome stressful situations. This causes a ‘fight or flight’ response so that we are ready to react to the challenge.  Anxiety can be helpful when we face new or stressful situations. Experiencing anxiety is a normal part of child development as they grow up and develop their ‘survival skills’ for facing challenges in the wider world. Different children and young people will have different levels of stress that they feel comfortable with. Some may be more naturally anxious than others, and may become stressed or worried more easily.  However, if you think their anxiety is **affecting their day to day life or having a significant effect on their schooling or relationships**, it is best to look for ways to support them.  Anxiety can cause physical reactions which can include:   * Feeling shaky, dizzy or faint. * Feeling sick or having stomach pain * Breathing quicker than usual or finding it hard to breathe * Heart beating fast (palpitations), sweating, tension in the muscles   These reactions can make us feel uncomfortable and are difficult to manage. They are part of the flight or fight response and are signals that help us to prepare for a challenge.  Anxiety can also affect the **behaviour and thoughts** of the child or young person. These include:   * Feeling scared, panicky or embarrassed * Lacking confidence to try new things or continue with normal activities * Difficulty concentrating * Problems with sleeping and/or eating. * Anger outbursts where they become very angry very quickly and feels ‘out of control’. * Constant worries, negative thoughts or thinking that bad things are going to happen.   Causes of anxiety can be complicated and it may be a combination of things as opposed to a single reason.  **Ways to help**  The first reaction is to reassure but this does not always help. Instead, try to differentiate feelings from facts – for example, they may feel say they have 'no friends' when actually the young person has three good friends that they have known for a long time.  Ask them about their anxious thoughts   * What makes you think that will happen? * Has that ever happened before? * What happened last time? * How likely is it that will happen? * If it did happen could there be other reasons for it? * What would another child in the same boat think? * How could we test this thought out? * What could you do if that did happen?   **Help find alternative thoughts**   * What are the positive things about the situation? * What are all the things that he can use to cope with the situation? * Does everyone feel the same? How are they dealing with it?   Give clear and specific praise, such as I really like how you…  Offer an incentive - this doesn’t have to be money or a present. It could be baking cakes, playing a game of football in the garden, or a walk in the woods. It is about what will motivate the young person.  Be a role model and show how you manage your anxiety about a situation in a positive way.  **Support & advice**  [**Helping your child with fears and worries** - a book by Creswell & Willetts (2019)](https://www.amazon.co.uk/Helping-Your-Child-Fears-Worries/dp/1472138619)  [**Mind Ed**](https://mindedforfamilies.org.uk/)provides free advice for parents on how to support their young person around a variety of emotional health issues  [**Anxiety UK**](https://www.anxietyuk.org.uk/)  [**Young Minds**](https://www.youngminds.org.uk/for_parents)  Local charity [Time to Talk](https://t2twb.org/) offers counselling support to young people aged 11-18 years old.  **Apps & online**  At [**Kooth.com**](https://www.kooth.com/) young people aged over 11 years old can access online counselling, as well as a range of discussion boards and helpful articles  [**Down Dog**](https://www.downdogapp.com/)is a free app that you can use as you progress in yoga practice with  plenty of lessons and routines for all levels and also has options for meditation  [**Oak Meditation**](https://www.oakmeditation.com/) is a simple meditation app with guided breathing, meditations and sounds to wind down and go to sleep to. | |

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| |  | | --- | | **And finally...**   * You may also find it helpful to refer to our signposting posters which set out support available for range of topics including anxiety, low mood and family and parenting here: [Emotional Health Triage Information](https://info.westberks.gov.uk/index.aspx?articleid=35803) * You can also follow us on social media for regular updates, advice and information about local services. [EHA on Facebook](https://www.facebook.com/EmotionalHealthAcademy/) and [EHA on Twitter](https://twitter.com/eha_westberks?lang=en) | |