

# General Information

The Emotional Health Academy (EHA) was established in April 2016 in partnership with schools, CAMHS, GPs, CCGs, health services, the voluntary sector and private investment. Our goal is to help children and young people as early as possible and to stop emotional health problems from getting worse.

The Academy is made up of a team of Clinical Mental Health Workers who provide assessment and intervention support, and supervise Emotional Health Workers, who provide outreach support in the community and schools.

## Multiagency Emotional Health Triage

This is our free, universal offer to West Berkshire families. Multiagency EHT is held every week, where key agencies across West Berkshire meet to decide which local support service would be the most helpful for a child, young person or family. If it is felt that the EHA is the most suitable option, an EHA Clinical Worker will offer assessment and support.



We work with worries, low mood, self-harm, anger, friendships, eating or image problems. We also provide support with confidence and general wellbeing

For either of the above options, please find the request for support forms at <https://info.westberks.gov.uk/eharefer> and email to [emotional.health.triage@westberks.gov.uk](mailto:emotional.health.triage@westberks.gov.uk).



## Emotional Health Academy Clinic

The EHA Clinic is our top up, fee payable service and provides support to children or young people with mild to moderate emotional health concerns. They provide assessments and interventions tailored to the needs of the individual. We support children, young people and their families.

## Community Outreach

The EHA delivers a range of emotional health programmes in the community for parents and young people around anxiety, behavioural difficulties and emotional wellbeing. For more information please see our website.

## School Trading

EHA offer a range of flexible buy-in options dependent on the needs of the school. Emotional Health Workers are able to provide assessment and intervention to pupils with emerging, mild or moderate emotional health difficulties. More specific details on the range of supports on offer with the EHA are described in our school offer brochure, available on our website.

The EHA also deliver Psychological Perspectives in Education and Primary Care (PPEPCare) training. Modules have been developed by experts in the field for those working in primary care and education. The aim is to increase awareness of and detect mental health difficulties in children and adolescents, and supporting them and their families. Modules are free of charge to schools – please contact us for more details on **01635 519018**.

## Consultancy

The EHA can also advise and support Local Authorities and Clinical Commissioning Groups to establish their own EHA. Please contact us to discuss further.

[www.westberks.gov.uk/eha](http://www.westberks.gov.uk/eha)

