



Emotional Wellbeing Support

Wokingham Borough Council has launched an Emotional Wellbeing Hub for children and young people living in the borough, making it more straightforward for them to get the help that they need.

What is the Emotional Wellbeing Hub (EWH), who does it support?

- The Hub is a central point of contact for children and young people, parents and professionals across the borough, bringing together a mix of existing, redesigned, and new services.
- The Hub is for children and young people with mild to moderate emotional wellbeing needs, up to their 19th birthday. This could include issues such as anxiety, friendships and relationships, low mood, exam stress, anger and other non-urgent areas of concern not supported by specialist teams.
- This provides a new way to access support, offering a more joined up approach to how the council and Berkshire Health Foundation Trust offers emotional wellbeing services, within the community.
- The Emotional Wellbeing Hub is responsible for arranging regular multi-agency meetings, where professionals and partners have the opportunity to discuss more complex cases and agree the best support to meet need. This is referred to as the Forum.

How does the Emotional Wellbeing Hub work?

- Children/young people, parents/carers and professionals can access the hub by contacting the referral co-ordinator via phone or email (details at the end), the referral co-ordinator will review the information and make a recommendation based on the support or services that may be most appropriate.
- Referrals to the Emotional Wellbeing Hub can be made by young people over 12 (with parent/carer consent), parents/carers, professionals via the referral form found on the website. If any difficulties are experienced accessing the form, or completing it, please email the Referral Co-ordinator for assistance. *Note: young people aged 16+ can refer without parental consent*

What support is typically available?

- Signposting to a service that specialises in supporting specific issues, such as trauma or bereavement.
- Self-help guidance, such as information and worksheets for parents and children, links to good sources for further information
- Help to access support from ARC Counselling or our online counselling service provided by Kooth.
- Referral to the Primary Mental Health Team 4 Youth (PMHT4Y), a re-designed Emotional Wellbeing Service, delivered in partnership with Berkshire Healthcare Foundation Trust.



Emotional Wellbeing Hub is unable to provide urgent or emergency support. If you are concerned that the child or young person is at a high level of risk related to mental health difficulties, please call

CAMHS CPE (for advice) and Rapid Response Team (urgent care)	Open 8am – 8pm Monday to Friday	0300 365 1234
Berkshire mental health crisis team (Freephone)	24 hours	0800 129 9999
NHS DIRECT	24 hours	111
Child Line	24 hours	0800 1111
Samaritans	24 hours	116 123

Any questions or unsure how to proceed?
Please contact our Referral Co-Ordinator by email:
✉ emotionalwellbeinghub@wokingham.gov.uk or
phone
☎ **0118 974 6000**
Or visit the website
🖱 www.wokingham.gov.uk/EWH