

MY VOICE MATTERS



Children's Mental Health Week will take place from 5 - 11 February 2024. The week is run by children's mental health charity Place2Be and was launched to equip, empower and give a voice to children across the UK.

This year's theme is 'My Voice Matters'.

West Berkshire Council's Emotional Health Academy and Mental Health Support Teams are proud to support Children's Mental Health week 2024.

Emotional Health Academy

The Emotional Health Academy offers advice and support to children and young people who are struggling with their emotional health. We are an early help service, and our goal is to support young people as soon as possible.

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

The EHA was designed to listen to young people – If you have any questions, comments, feedback or ideas we want to hear from you!

<https://www.westberks.gov.uk/article/40478/Emotional-Health-Academy>

Mental Health Support Teams

The Mental Health Support Teams currently cover 50 schools in West Berkshire and are a multi-professional team who provide support and advice to schools, parents/carers and children and young people (CYP) about mild-moderate mental health needs.

We offer training, group and individual interventions for parent/carers and CYP.

We meet with the Senior Mental Health Lead in school every short term and are always keen to hear more from young people about ways we can help and support their mental health.

