

# Emotional Health Triage




## Our Triage Service

**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 support options. Referrals are usually made by family members, schools or GPs. Young people are also able to self-refer to the EHT for support.

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.

**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.

The image shows two silhouettes against a background of orange and teal. On the left is a teal silhouette of a child. On the right is a white silhouette of a young person with a teal backpack. The text is overlaid on a teal rectangular area to the right of the silhouettes.

The Emotional Health Triage is the gateway to many different early support options for children and young people with emotional health difficulties



**Weekly triage meetings** involve representatives from the EHA, CAMHS, specialist charities, council services and healthcare professionals who 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.

**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.

**Please see our website: [www.westberks.gov.uk/eha](http://www.westberks.gov.uk/eha)**

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

