

Trauma

Before Easter, we looked at how what we can do to support children who have experienced trauma. This week, we are looking at where you can find help to support children who have experience trauma.

According to [Young Minds](#), there are different places where you can find help for you child. Your GP, your child's school and considering whether counselling or therapy might help are good places to start.

Your GP can discuss your concerns with you and, if needed, refer your child for more support, including to Child and Adolescent Mental Health Services (CAMHS).

If you decide to get help from a counsellor or therapist, seek advice from your GP too in case your child needs a referral for specialist help. It is also a good idea to find a therapist who has experience of working with trauma.

Speaking to professionals can be quite daunting. Here are some tips that might help:

- Make a note of your concerns.
- Explore local services – look at [Ealing's Local Offer](#)
- Talk to other parents
- Follow up after the appointment

[CAMHS](#) is a free, NHS-run service that helps children and young people with their mental health. CAMHS provide support and treatment such as counselling and therapy, medication (usually prescribed by a child and adolescent psychiatrist) and staying in hospital (also called 'inpatient care'). You might also hear this service referred to as CYPMHS (Children and Young People's Mental Health Services).

CAMHS teams are usually made up of nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), support workers and social workers, as well as other professionals.

Each CAMHS is a local service run by a local team in your area. This means each CAMHS around the country is slightly different and may offer different types of support, and that waiting times can vary between different areas.

Counselling and therapy (sometimes called 'psychotherapy') are both types of talking therapy that involve talking about – or exploring through art and other creative materials – feelings, thoughts and experiences. This can help your child to make sense of what's going on in their life and find ways of coping when things are difficult.

You can access counselling or therapy for your child through:

- Your GP, who can refer them to services provided by the NHS (including CAMHS)
- Local free or subsidised counselling services, which you can find by searching online
- A private counsellor or therapist

Getting URGENT help

If you are worried that your child is at immediate risk of harm, or is not safe, call 999 or take them to A&E. Some parents think that taking their child to A&E can feel strange. Remember, that this is the right thing to do if your child is at immediate risk of harm. The NHS is very clear that a mental health emergency should be taken as seriously as a physical one. Ensure that you seek support for yourself too.

How to Heal From Trauma



Working together to keep our children safe and happy.