



West Oxfordshire CAMHS Mental Health Support Team

Hello, I'm Annmarie an Education Mental Health Practitioner - trained in delivering low intensity cognitive behaviour therapy (CBT), which is the NICE (the National Institute of Health and Clinical Excellence) recommended treatment for depression and anxiety in children.

What do we do?

We are an early intervention team who work with new and emerging mental health needs

We offer interventions to
PARENTS to support you with
helping your child with:
Worries/anxiety
Behaviour difficulties at
home



We can offer 1:1 work, group
work or parenting groups
usually in the school setting
over 6-8 weeks

CBT helps children and young people to feel more resilient – Low
intensity practitioners are equipped with evidence-based tools for
supporting children

HOW ARE YOU FEELING?

Everyone's mental health is
important, if you or someone
you know is struggling, there
is support available.



GETTING THE RIGHT SUPPORT

Speak to Miss Phillips
We can also provide advice and
signposting to other services
within or outside of CAMHS