

hey!Cambridge

olistic
early Intervention services for young people



*Providing early intervention
for children and young people
with mental health difficulties*

www.heycambridge.org
hello@heycambridge.org



Who we are

Hey!Cambridge is a not-for-profit social enterprise providing early intervention support for children who are experiencing mental health difficulties such as anxiety, depression, phobia, attachment, adjustment, self-harm or eating difficulties. We bring together qualified and experienced Psychologists, Paediatricians, Speech and Language Therapists, Occupational Therapists and Physiotherapists to provide an integrated assessment and support package for the child and those important to them.

Current services focus on young people with the most severe mental health difficulties. However, there are gaps in services, especially for young people with mild and emerging difficulties. Hey!Cambridge provides integrated, evidence based, early intervention for children and young people with mental health needs who are currently not served by existing provision.



What we help with

The child may be having trouble with learning or in relationships with family or friends. **Hey!Cambridge** provides support and practical advice to children who are experiencing difficulties with their emotions, their behaviour or both.

We know that children and their families may have related needs that must be considered as a whole and without the need for referral between services. Our professionals work within professional guidance and best practice as laid out by the National Institute for Clinical Excellence (NICE).



What we do

We intervene early and work collaboratively with those important in the child's life. We deliver the most effective approach to help prevent a child's life being severely affected. A request for help may have come from the child's parents or the child's school. Our trained psychologists have specialist skills in understanding emotional health and development. They will meet with the child, their parents, and a teacher from their school to talk and learn more about them. They may undertake a specific assessment of the child's emotional, developmental and/or learning needs.



What we do next

Our assessment may indicate that individual "talking time" would be helpful for the child. We would offer follow-up sessions with the child in school. We will offer practical advice about how to support the child at home and in school. We will check with the child and his or her teacher and parents that things are working.

Hey!Cambridge provides help that is individual to the child's needs, and is very much co-designed with the people who are important in the child's life.

“ We have an ever increasing waiting list of children with a very wide range of complex issues and are grateful that we can now refer these children to an expert who has the skills to identify the underlying source of these issues and can provide a way forward for both the school and the child ”

Barbara Stoneman, Deputy Head Kings Hedges Primary School



Further help

Hey!Cambridge are also able to provide help and support in other areas, within a school or other setting, such as bespoke training to groups of teachers or other professionals. We are also able to provide one off, or ongoing supervision support to professionals working with children experiencing mental health and emotional difficulties.

Please contact us to discuss your requirements!

Parents

If you are a parent and think that *Hey!Cambridge* may be helpful for your child, please talk to the headteacher at their school or their class teacher.

Professionals

If you would like to find out more about how *Hey!Cambridge* can benefit your school, please contact us using the details below. One of our team will be happy to discuss your requirements with you.

www.hey.cambridge.org
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