**Children’s Speech & Language Therapy Service**

**Selective Mutism – Training & Signposting**

**Signposting - Anxiety / Mental Health Support (prior to considering CAMHS referral):**

CAMHS can be difficult to access in Oldham due to the high demand for their service. They have received some training from SALT about Selective Mutism; however don’t currently offer intervention for SM specifically. They have an awareness of SM which supports them on their diagnostic pathway e.g. when considering a diagnosis of Autism / ADHD / Social Anxiety Disorders etc.

Other services which are available in Oldham are:

* TOG Mind (Youth in Mind) – They offer wellbeing sessions, family drop ins and 1-1 counselling. <https://www.togmind.org/youth-mind>

There are also some useful websites and workbooks to support with anxiety (recommended by Oldham CAMHS) that you can share with parents:

* [Anxiety (worry) – CAMHS (hampshirecamhs.nhs.uk)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhampshirecamhs.nhs.uk%2Fissue%2Fanxiety-professionals%2F&data=05%7C01%7C%7C1a1a28e272ab4a1c94fc08db1a59674e%7C9a12677ec2e94deba58aee1c59ac0161%7C0%7C0%7C638132744298944648%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000%7C%7C%7C&sdata=%2Ft6KyBizNipeBBLm63iuEeZo2VS5uhv9expwMWuMDI8%3D&reserved=0)
* [anxiety workbook pdf version (finalsite.net)](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fresources.finalsite.net%2Fimages%2Fv1587660127%2Fdavisk12utus%2Fsdkit9kganuwcuojsgte%2Fanxietyworkbookpdfversion1.pdf&data=05%7C01%7C%7C1a1a28e272ab4a1c94fc08db1a59674e%7C9a12677ec2e94deba58aee1c59ac0161%7C0%7C0%7C638132744298944648%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000%7C%7C%7C&sdata=%2F6ROo65twUU9ub4KXPqWDBdkuy7DX3wWQUX2vgcbdK4%3D&reserved=0)
* [https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cci.health.wa.gov.au%2FResources%2FLooking-After-Yourself%2FAnxiety&data=05%7C01%7C%7Cdce817f304ac45529a8908daddc8bb7e%7C9a12677ec2e94deba58aee1c59ac0161%7C0%7C0%7C638066151455002482%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=mWc5sdjbSb%2BbtdwvnJBNo4cRxxESja32IgyfNXQ04hw%3D&reserved=0)
* [https://www.therapistaid.com/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.therapistaid.com%2F&data=05%7C01%7C%7Cdce817f304ac45529a8908daddc8bb7e%7C9a12677ec2e94deba58aee1c59ac0161%7C0%7C0%7C638066151455002482%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=frq8QgsE4qvVoBGAz04ZSdKGztQO2Xp3G18DZVV4Cts%3D&reserved=0)

**Free Selective Mutism Training Packages (for Parents/Carers or School Staff):**

* Kent Community NHS Trust - <https://www.kentcht.nhs.uk/childrens-therapies-the-pod/speech-and-language-therapy/selective-mutism/>
* SMIRA recommended training with resources - <https://servicesforschoolsnortheast.org.uk/Page/28841?fbclid=IwAR1RWtG9EaGGT4Y8iD87sibB2g5fgyiZS1xQ1R-ligSCRtaYvACxx7eEMfg>