

CAMHS West Mental Health Support Team (MHST)

For Primary Schools



Berkshire Healthcare
NHS Foundation Trust

Issue 1 (Summer 2026)

Welcome to the CAMHS West Mental Health Support Team (MHST) Newsletter!

We are pleased to offer you our first termly newsletter designed to keep parents, carers and young people of MHST schools connected with the latest developments in our services.

This edition contains the following:

1. Who are the Mental Health Support Team?
2. Online Parent Workshops
3. Looking after your child during SAT's
4. Resources and Support



<https://www.berkshirehealthcare.nhs.uk/services>

@CAMHSWestMHSTs@berkshire.nhs.uk

1: Who are the Mental Health Support Team?

The Mental Health Support Teams (MHST) is a service that work with selected schools across Berkshire to promote positive mental health and to support children and young people who are experiencing mild or moderate mental health difficulties.

We work closely with MHST schools, such as yours, to offer a range of support across the whole school to promote emotional wellbeing (for example through assemblies, and free bookable online parent workshops).

We are also able to work more directly with some children and young people who attend an MHST school, following a referral (see information below).



Referrals:

As well as our Whole School support, we can receive referrals from schools following consultation meetings (with input from parents/carers where appropriate) and also from other professionals through our CAMHS Common Point of Entry (CPE) Team to work more directly with some children and young people.

If the referrals are accepted, then we can support young people with a variety of interventions, depending on the needs and age of the young person. Needs are first understood through an initial assessment and might include direct support from our team or help accessing other local services.

Please discuss any concerns with the school in the first instance.

For more information about MHSTS, go to:



[Mental Health Support Service \(Berkshire West\) for children and young people | Berkshire Healthcare NHS Foundation Trust](#)

2: Online Parent Workshops

We're pleased to offer a series of free online workshops for parents and carers, designed to help you better understand and support your child's mental health. Available to all, these workshops focus on different topics and are led by trained practitioners who work closely with children, young people, and families.

More workshops will be announced for the next academic year in subsequent newsletters.

Please see information on the following page for our Summer Term Workshops and how to book.



Summer Term workshops:

Transition to Secondary School Workshops

Is your child getting ready to make the move to secondary school? Our *Transition to Secondary School* free online workshop offers practical tips, ideas, and guidance to help you support them through this big step. Whether you're looking for reassurance, wanting to prepare your child for what's ahead, or feeling worried about how they may cope with the change, this workshop can offer helpful strategies and support.

Join us to learn how to make this transition smoother and more confidence-building for your child.

Anxiety Workshop for Parents

We are offering a *free online workshop* for parents and carers of primary-aged children who want to better understand anxiety and how it can show up in younger children. The session looks at what sits behind anxious feelings, the everyday patterns that can keep worries going, and practical, child-friendly strategies you can use at home to support your child.

If you'd like some guidance, reassurance, or simple tools to help your child manage their worries, this workshop could be a great fit for you.

How to book:

To book onto an online parent workshop, please click on the 'Register' link and complete the registration form. Please note, the Teams link will be sent along with the registration confirmation email. Dates for the following academic year will be published in the next newsletter.



MHST Parent Workshop	Date of Workshop Webinar	Time	Register Here:
Anxiety Workshop for parents (Primary School)	Tuesday 21st April 2026	12:00 to 13:00	REGISTER
Transition Workshop for parents (Primary School)	Tuesday 19 th May 2026	12:00 to 13:00	REGISTER
Transition Workshop for parents (Primary School)	Tuesday 09th June 2026	12:00 to 13:00	REGISTER
Transition Workshop for parents (Primary School)	Tuesday 09th June 2026	18:00 to 19:00	REGISTER

If you have any queries, please email us at:

@ CAMHSWestMHSTs@berkshire.nhs.uk

3: Looking After Your Child During SAT's

SATs help schools understand children's learning and support their move to secondary school. Although children should not feel pressured, preparing for and sitting SATs can be a worrying time for some.

You can support your child by keeping routines calm and consistent, ensuring they get enough sleep, food and water, and by praising effort rather than results. Make time to talk about any worries, encourage relaxation, and plan something enjoyable to look forward to once the tests are over.

Useful resources:

- Place2Be: [Navigating exam season resources - Place2Be](#)
- Charlie Waller Trust: [Supporting your child with exam stress](#)

4: Resources and Support

Your school should be able to offer you some support and advice, but you can also consider the resources and support below:

Resources for supporting your child with anxiety:

- Helping Your Child with their Fears and Worries book – full of information and a self-help guide for parents, including practical strategies: <https://overcoming.co.uk/1596/Helping-Your-Child-with-Fears-Worries---CreswellWillets>
- YoungMinds - A helpful website that gives advice and tips on how to support children and young people with symptoms of anxiety while waiting for treatment: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

Resources for learning more about Autism and SEND needs:

- Parenting Special Children – help with navigating the world of SEND: <https://www.parentingspecialchildren.co.uk/> (or phone 0118 986 3522).
- Autism Berkshire (also supports ADHD) – <https://www.autismberkshire.org.uk> (or phone: 01189 594 594)
- SENDIASS – SEND advice - <https://www.kids.org.uk/sendiaass/advice/>

Support for young autistic people:

- NeuroBears (8-14 and 14-25 years old)
- NeuroBears Cubs (under 8)

Groups providing psychoeducation about neurodiversity, a space to connect with other neurodiverse young people, a safe space to explore their neurodiversity and create positive self-identify: <https://www.pandasonline.org/>; <https://www.pandasonline.org/>

Urgent mental health support:

- Childline – www.childline.org.uk (phone: 0800 1111 or text 'shout' to 85258)
- Samaritan's – www.Samaritans.org (phone: 116123)
- CAMHS Urgent Care – phone 0300 247 0000

We hope you found this newsletter informative. If you have any questions, please contact the team on the below email address:

 CAMHSWestMHSTs@berkshire.nhs.uk