CAMHS West Mental Health Support Team (MHST)

Berkshire Healthcare NHS Foundation Trust

For Primary Schools

Issue 2 (Autumn 2026)

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

We are pleased to offer you our latest 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. School worries what is normal and when to seek support
4. Resources and Support



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

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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 Team 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 in subsequent termly newsletters.

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



Autumn Term workshops:

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 term will be published in the next newsletter.

MHST Parent Workshop	Date of Workshop Webinar	Time	Register Here:
Anxiety Workshop for parents (Primary School)	Thursday 12th November 2026	12:30 to 13:30	REGISTER

If you have any queries, please email us at: @ CAMHSWestMHSTs@berkshire.nhs.uk

3: School Worries: What's normal and when to seek support

Feeling anxious is a normal part of life. Anxiety is our body's way of keeping us safe when it thinks there might be a danger or threat. Sometimes, however, our alarm system can be a little overprotective and react even when we are actually safe.

For children, it is very common to feel worried or anxious during times of change. This might be when they start school, move into a new class, have a new teacher, or face new experiences and challenges. As they spend time in these situations, their brain learns that they are safe, and those anxious feelings often begin to settle.

It can take several weeks, and sometimes even a whole school term, for children to feel comfortable and confident in a new situation. During this time, some worries and anxieties are to be expected.
However, if your child's anxiety does not seem to be reducing over time, or if it is stopping them from enjoying everyday activities, attending school, spending time with friends, or taking part in things they would usually enjoy, they may benefit from some additional support.

A good place to start is by attending our **Anxiety Workshop for Parents and Carers**. Or check out some of the resources listed below on how to support children with anxiety. If they are still struggling, speak to the school SENCO.

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/titles/cathy-creswell/helping-your-child-with-fears-and-worries-2nd-edition
- 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/
- PLace2Be- have some useful advice about anxiety and how to support young children that you may encounter https://parentingsmart.place2be.org.uk
- Anna Freud has a number of resources for parents around how to manage anxiety in children and young people Resources for Families | Anna Freud

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/sendiass/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-identity: 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