

How to get support

As a parent or carer, you can refer your child by requesting a referral form via phone or email using the details below. You can also request a referral by contacting the Mental Health Lead in your child's school.



0300 247 3002

(Mon to Fri, 9am-5pm, excluding Bank Holidays)



For our team in East Berkshire*:

CAMHSGettingHelpEast@berkshire.nhs.uk

For our team in the West of Berkshire**:

CAMHSWestMHSTreferrals@berkshire.nhs.uk

If your child requires **urgent out-of-hours mental health support**, please call our helpline which is open 24/7:



0300 247 0000

Take your child to A&E (or call for an ambulance) if they require urgent medical attention due to:

- recent overdose or ingestion of a harmful substance
- significant cuts (deep and/or bleeding profusely)
- burns that are blistering/red
- loss of consciousness

*The East Berkshire team covers schools in Bracknell Forest, Royal Borough of Windsor & Maidenhead, and Slough. **The Berkshire West team covers schools in Wokingham Borough, Reading Borough, and West Berkshire.

 berkshirehealthcare.nhs.uk

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NHS

Berkshire Healthcare
NHS Foundation Trust

Mental health support for children of primary school age (5-11 years)

CAMHS Mental Health Support Team (MHST)



Information for parents and carers

Who we are

The Mental Health Support Team (MHST) supports children and young people (aged 5-18) with emerging and mild or moderate mental health difficulties which may be affecting day-to-day life.

In selected schools, our Education Mental Health Practitioners (EMHPs) offer:

- peer mentoring
- consultations for staff
- mental health network meetings
- staff training and support to help schools have more of a focus on emotional wellbeing and mental health
- interventions to support children with mild to moderate mental health difficulties
- access to online resources and peer support for parents, carers, and professionals



Visit berkshirehealthcare.nhs.uk/mhst-schools to view the list of schools we support.

How we can support your child

Depending on the age of your child, we may work either directly with them or with you, their parent or carer, to help with:

- managing fears and worries
- separation anxiety
- panic attacks
- phobias (e.g., dogs, the dark)
- behavioural and sleep difficulties
- problem solving



What to expect

After an initial assessment with both you and your child, we will work with you, the parent/carer, over 6-8 sessions. These sessions may involve:

- learning about the cause and maintenance of anxiety/behavioural difficulties in children
- setting and working towards goals that your child would like to achieve
- developing techniques in sessions that you can use at home when supporting your child

We will work together, with you, to create a positive change by identifying needs and emotions underlying the behaviour. This greater understanding offers the opportunity to explore helpful coping strategies to create positive changes over time.

We can signpost to other services that may be able to better support your child. We can also support them to access more intensive CAMHS support, if it is needed.

Why is my child worrying?

Worries are **normal**. Worries come and go, but sometimes they can grow over time and stop your child from doing something or going somewhere.

For example, they may cause your child to:

- avoid going upstairs on their own at home
- avoid speaking to new people
- have sleep difficulties
- avoid places where there may be things that frighten them
- feel less confident in themselves, which can affect their ability to do their best or enjoy activities