

Mental Health Support Teams (MHSTs) in West Berkshire

From Friday 1 August 2025 Berkshire Healthcare NHS Foundation Trust will be the new providers of the MHSTs across West Berkshire, covering West Berkshire, Reading and Wokingham localities, and we're excited to work in partnership with local schools and families to provide emotional and mental health support where it's needed most.

What does this mean for you?

If your child is currently receiving an intervention through the MHSTs, this will continue.

If your child needs support, your school already knows how to refer them to MHSTs. Simply speak with a member of staff at your child's school - they'll guide you through the next steps.

If your child is over 16, you can also refer them directly to us yourself.



What to do if you need help now?

If you need help and your child is under the care of the MHSTs as of 1st August, please contact us by using the details below:

0300 247 3002 (Mon to Fri 9am – 5pm)

@ CAMHSWestMHSTs@berkshire.nhs.uk

If you need urgent help, please go to our website which has all the information that you will need.

[I need urgent help now | Children Young People and Families Online Resource](#)