

CAMHS West Mental Health Support Teams (MHST)



Berkshire Healthcare
NHS Foundation Trust

For Secondary Schools

Issue 1 (Summer 2026)

Welcome to the CAMHS West Mental Health Support Teams (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. Exam Stress Resources
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:

Understanding Low Mood Workshops

We are offering a free online workshop for parents and carers focused on low mood in young people. It will explore what low mood is, how to spot the signs in teenagers, and practical ways you can support your child to break unhelpful cycles of feeling low. The session will offer simple, accessible strategies to help parents feel more confident supporting their young person's wellbeing.

Anxiety Workshop for Parents

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

If you'd like some guidance, reassurance, or simple tools to help them 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 workshops for parents (Secondary School)	Tuesday 28th April 2026	12:30 to 13:30	REGISTER
Anxiety workshops for parents (Secondary School)	Tuesday 28th April 2026	18:00 to 19:00	REGISTER
Low mood workshops for parents (Secondary School)	Tuesday 05 th May 2026	12:00 to 13:00	REGISTER
Anxiety workshops for parents (Secondary School)	Tuesday 12 th May 2026	12:00 to 13:00	REGISTER
Anxiety workshops for parents (Secondary School)	Wednesday 13th May 2026	18:00 to 19:00	REGISTER

If you have any queries, please email us at:

[@ CAMHSWestMHSTs@berkshire.nhs.uk](mailto:@CAMHSWestMHSTs@berkshire.nhs.uk)

3: Exam Stress Resources

As exam season approaches, many secondary school students may feel more stressed or under pressure than usual. The following resources offer practical tips for parents on supporting wellbeing, managing stress, and helping young people cope during this time.

Exam Stress:

- Anna Freud- Mentally Healthy Schools: [Academic and exam stress : Mentally Healthy Schools](#)
- Anna Freud- [Revision and Self-Care | Anna Freud](#)
- Mind- [Info on exam stress - for 11-18 year olds | Mind](#)
- Young Minds- [Exam Stress | How To Deal with Exam Stress | YoungMinds](#)
- Dr Pooky Knightsmith: [KEYNOTE: EXAMS - Supporting Your Child - Dr Pooky Knightsmith](#)

Relaxation and Self Care:

- Anna Freud- Self Care: [Self-Care Resources For Young People | Anna Freud](#)
- Box Breathing- Headspace: [Learn Breathing Technique Box Breathing: Practice Breathwork for Focus and Anxiety with Dora Kamau](#)

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 helping young people with anxiety:

- The Charlie Waller Trust website offers webinars and resources on helping young people and their parents manage anxiety: [For parents and carers | Charlie Waller Trust](#)
- 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 helping young people with low mood:

- Teenage Depression: A CBT guide for parents, book: <https://overcoming.co.uk/462/Teenage-Depression---A-CBT-Guide-For-Parents---ParkinsonReynolds>. This is a companion book to Am I Depressed and What Can I do About it? (<https://overcoming.co.uk/464/Am-I-Depressed-And-What-Can-I-Do-About-It---ReynoldsParkinson>), following essentially the same structure and case studies, but looks at the issues from the parents' point of view, and incorporates additional strategies for parents.

Resources for learning more about Autism and SEND support:

- Autism Berkshire (also supports ADHD) – <https://www.autismberkshire.org.uk> (or phone: 01189 594 594)
- SENDIASS – SEND advice - <https://www.kids.org.uk/sendiaas/advice/>

Support for young autistic people:

- NeuroBears (8-14 and 14-25 years old). 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/>

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