

Emotional Wellbeing Support for Children and Young People in Wokingham

Services are available to support children/young people (up to their 19th birthday) and their families, living in Wokingham Borough Council, or attending one of 29 Wokingham Schools supported by MHST. We use one online referral form, which means that the referral will be shared with the appropriate team without you needing to worry where to go. The below teams can support emerging, mild or moderate mental health difficulties which are affecting day-to-day life.

Emotional Wellbeing Hub

We provide a central point of contact for young people, families, and professionals to access mental health services. The Emotional Wellbeing Hub provides free support and advice for children, young people up to their 19th birthday.

The Emotional Wellbeing Hub :

- is the only route to access PMHT4Y support (where appropriate)
- meet weekly with PMHT4Y to discuss referrals. Outcomes shared within 48 hours
- can talk through your concerns / needs and offer appropriate advice and/or guidance
- can provide details of appropriate, local and national, support services.
- may be able to support with onward referrals (in some cases)

www.wokingham.gov.uk/ewh



Primary Mental Health Team 4 Youth

The Primary Mental Health Team 4 Youth (PMHT4Y), part of Berkshire Healthcare Foundation Trust, are one of our commissioned partners providing Emotional Wellbeing support. They are located within CAMHS at Wokingham Community Hospital.

PMHT4Y provide early, time-limited and evidence-based interventions to children and young people experiencing mild to moderate emotional difficulties.

For children under the age of 11, support is typically focused on working with parents, as evidence shows this provides the best long-term results.

We encourage supporting adults to develop their own strategies for assistance, which can be further explored through the [NHS - Supporting Children's Mental Health](#)



Mental Health Support Teams

Wokingham Borough Council, in partnership with Berkshire Healthcare Foundation Trust, launched a second Mental Health Support Team (MHST) in September 2024. As a result they now support pupils on roll at 29 schools in Wokingham.

Depending on the age of the child or young person, we may work either directly with them or with their parents. We also work with school staff and offer support on different levels to develop and support a whole school approach to mental health.

www.wokingham.gov.uk/mhst





WOKINGHAM
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In partnership with
Berkshire Healthcare
NHS Foundation Trust

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Words which are in blue and underlined are hyperlinks to the website, you may need to press Ctrl+click to access. If you have this in paper format please see information in the footer.

Behavioural / home related issues

For support which is behaviour focussed:

- Discuss with a Family Support Worker, Pastoral staff or mental health lead at the school setting, they may be able to offer support to yourself and your child.

- [Family Intervention Resources and Support Team \(FIRST\)](#) provides information, workshops and courses around sleep and distressed behaviour. *Families where there are disabilities or are on diagnostic pathways will be prioritised, other families will be offered a space when one becomes available.*

- Request support via [family support](#). If your family are experiencing difficulties, or feel you might need some extra support, a worker can talk to you to see what kind of help you and your family might need.

Special Educational Needs

- If your child/young person attends school, we suggest you initially discuss support options with the SENCO. Additionally, we advise contact with specialist agencies, who offer family support, workshops, youth groups, etc. i.e. [ASSIST](#), [Berkshire West Autism and ADHD Support Service](#).
- [Wokingham SEND Local Offer](#) provides information about what's on offer local for children, young people and their families.

Commissioned alternative support



[ARC Counselling](#) -self-referral for age 11years plus, for up to 9 sessions (family and adult support for nominal fee).



Tellmi App for 11-18year olds. Completely confidential. Our moderators check everything to keep you safe and our in-house counsellors are always on hand if you need extra support. . Download. Offload. Feel Better. Tellmi can be downloaded for free from [Google Play](#) and [the App Store](#), or accessed at [www.tellmi.app](#). For more information, visit [www.tellmi.help](#).

Tellmi Therapy is an innovative solution that is perfect for those seeking early support. Instead of concentrating on problems, Tellmi's text-based therapy sessions help young people identify potential solutions. [www.tellmi.help/therapy-referral](#)

NOTE: For non-MHST referrals, the family must be in a property where council tax is paid to Wokingham Borough Council (check via [UK Government website](#))



How to make a referral

All referrals must be submitted online via the websites, or scan the QR code to go directly to the form



Website QR code:

We will contact you by email, sharing a copy of the referral form. *We suggest you regularly check your junk/spam folder, especially if you have a Hotmail account.*

Our working hours are 9am-5pm Mon to Fri.

Voicemails will be responded to within 3 working days, and emails within 5 working days.

If you need help to complete the referral form, please ask your child's school for support or contact the Emotional Wellbeing Hub .

Email enquiries: EWH or MHST via emotionalwellbeinghub@wokingham.gov.uk or mhstadmin@wokingham.gov.uk

Or call:

0118 974 6900 and ask for MHST
0118 237 8111 for the EWH voicemail service

Note that the information listed is not definitive nor can we accept responsibility for any situations that arise as a result of you accessing content/support. If you have this in printed format and would like it emailed in order to access the hyperlinks, please request it via emotionalwellbeinghub@wokingham.gov.uk with title "Emotional Wellbeing Teams in Wokingham".