

CAMHS West Getting Help Services



Berkshire Healthcare
NHS Foundation Trust

Including the Getting Help teams, the GP based services and the Mental Health Support Teams (MHSTs) for the West of Berkshire.

Issue 3 (Autumn 2026)

Welcome to the CAMHS West Getting Help Services Newsletter!

We are pleased to offer you our latest termly newsletter designed to keep professionals across the sector informed and connected with the latest developments in our Getting Help services.

This edition contains the following:

1. Updates on service developments and how we're evolving to meet the needs of children, young people, and families. Includes information about our **new Getting Help Service**
2. CAMHS Training Offer – Reminder of dates for this term.
3. Tellmi – Information about this anonymous digital mental health service for 11-17year olds.
4. No.5 – Information about this counselling and wellbeing service in Reading.
5. ARC Counselling – Information about this counselling service for 11years+ in Wokingham.
6. Time to Talk – Information about this wellbeing support service for 11-25year olds in West Berkshire.



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



CAMHSWestMHSTs@berkshire.nhs.uk



CAMHSGettingHelpWest@berkshire.nhs.uk

1: Service Development

***NEW* - West Getting Help Teams:**

New mental health support for children and young people

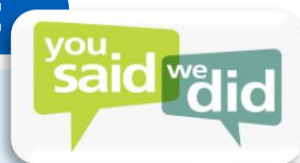
We are pleased to announce the launch of our new Getting Help teams, covering West Berkshire, Reading and Wokingham, providing early mental health support for children and young people **attending schools that do not currently have a Mental Health Support Team (MHST).**

The service offers brief, evidence-based and CBT-informed support for children and young people experiencing difficulties such as anxiety, low mood and difficulties with emotions or behaviour. Support is delivered by trained children and young people's mental health practitioners and is focused on helping young people and families develop practical strategies to manage difficulties and improve wellbeing.

Children and young people who may benefit from this support can be referred using the following referral link: [CYPF REFERRAL FORM](#)

@ CAMHSGettingHelpWest@berkshire.nhs.uk

West Mental Health Support Teams (MHSTs):



Expanding Mental Health Support Teams in Wokingham and West Berks

We are delighted to announce the expansion of our MHSTs across Wokingham and West Berkshire, supporting the Government's ambition for every school to have access to an MHST by 2029/30.

From September 2026, both areas have welcomed an additional MHST. We are also pleased to welcome four new Trainee Educational Mental Health Practitioners (EMHPs) in Wokingham and five in West Berkshire who will play a key role in supporting the development of the new MHST's and will be operational by January 2027. This expansion will increase access to early mental health intervention and support for children and young people (CYP) within schools.

Updates for Current MHST Schools

As we reflect on our first year following the transition from the Local Authority to NHS Berkshire, we would like to thank our schools and partner agencies for their continued support and collaboration. Over the past year, we have learned a great deal and introduced several improvements to strengthen the support we provide to children, young people and education settings.

One key development has been the introduction of a dedicated link EMHP for each school, who leads termly consultation meetings with Senior Mental Health Leads to discuss new referrals and explore the most appropriate support options.

We value your feedback and are committed to continually improving our service. Here are some examples of how your feedback has shaped our work this year:

You Said: Limiting consultations to six referrals did not reflect the size of different schools.

We Did: We removed the limit, allowing as many pupils as needed to be discussed during consultations.

You Said: The referral form could be clearer and easier to use.

We Did: We are currently reviewing and updating our referral forms and referral process to make it as straightforward and accessible as possible.

@ CAMHSWestMHSTs@berkshire.nhs.uk

2: CAMHS Training Offer

Available for professionals across Berkshire.

Our training has been designed to help all staff teams working in Berkshire to recognise, understand and support children and young people experiencing mental health difficulties.

The training is offered to teams working with children, young people and their families using psycho-education and other relevant evidence based psychological techniques, such as using a cognitive behavioural framework.

Training consists of instructive teaching, experiential learning and is delivered by a qualified member of our local CAMHS services.

Our training is not designed to turn staff into psychological therapists, but does provide opportunities to develop your knowledge, skills and confidence to talk about and work with the common mental issues that young people present with, within your current role.

We have four modules available which will be delivered weekly via Microsoft Teams.



<https://www.berkshirehealthcare.nhs.uk/advice/camhs-training-offer>

Our training modules:

Anxiety Unpacked Training Supporting Anxious Young People -

Anxiety is one of the most common challenges facing children and young people today and it can leave the adults around them feeling unsure about how best to help.

Anxiety Unpacked is an evidence-informed training session grounded in the principles of Cognitive Behavioural Therapy (CBT). Designed with busy professionals in mind, this interactive training will:

- ✓ Increase your understanding of how anxiety shows up in young people.
- ✓ Equip you with practical, CBT-informed strategies to use in everyday interactions.
- ✓ Build your confidence in having supportive conversations.
- ✓ Help you recognise when a young person may need a referral for further support.

By the end of the session, you'll feel more confident in responding to anxiety and more equipped to make a positive difference in the lives of the young people you support.



Supporting Young People with Low Mood training is an evidence-based, psychoeducational session designed to equip professionals with the knowledge and confidence to support young people. This training helps participants to:

- ✓ Recognise low mood in young people.
- ✓ Understand the emotional, psychological, and social drivers behind low mood.
- ✓ Build confidence in having open, safe, and non-judgemental conversations about low mood.
- ✓ Respond effectively using practical communication strategies with distressed young people.
- ✓ Reflect on personal attitudes, language, and the impact of vicarious trauma

This training is ideal for professionals working with children and young people across education, health, social care, and community settings.

Suicide and Self-Harm Awareness Training is an evidence-based, psychoeducational session designed to equip professionals with the knowledge and confidence to support young people at risk. This training helps participants to:

- ✓ Recognise key risk factors and vulnerable groups linked to self-harm and suicide in young people
- ✓ Understand the emotional, psychological, and social drivers behind self-harming behaviours
- ✓ Build confidence in having open, safe, and non-judgemental conversations about suicide
- ✓ Respond effectively using practical communication strategies with distressed young people
- ✓ Collaborate across services to safeguard and support at-risk individuals
- ✓ Reflect on personal attitudes, language, and the impact of vicarious trauma

This training is ideal for professionals working with children and young people across education, health, social care, and community settings.

World of Emotions is an evidence-informed training programme designed for professionals working with children and young people. Grounded in cognitive behavioural therapy (CBT) principles, the training equips professionals with psychological insights and practical strategies to better support the emotional and mental wellbeing of children and young people. The training explores a range of presentations including low mood, anxiety, self-harm and difficulties with emotional regulation. It also focuses on understanding the functions of behaviour and developing effective, compassionate responses to behaviour that challenges. **Learning outcome:** gain a deeper understanding of the emotional world of children and young people and develop strategies to respond effectively and compassionately in your professional roles.

How to book:

To book onto a session, 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.



CAMHS Training Module	Date of Training	Time of Training	Register Here:
Supporting Young People with Low Mood	Wednesday 7 th October 26	15:00 to 17:00	REGISTER
Anxiety Unpacked	Wednesday 14 th October 26	15:00 to 17:00	REGISTER
World of Emotions	Wednesday 21 st October 26	15:00 to 17:00	REGISTER
Suicide and Self-Harm Awareness	Wednesday 28 th October 26	15:00 to 17:00	REGISTER
Supporting Young People with Low Mood	Wednesday 4 th November 26	15:00 to 17:00	REGISTER

More dates are on the next page...

@ CAMHSTraining@berkshire.nhs.uk



<https://www.berkshirehealthcare.nhs.uk/advice/camhs-training-offer>

How to book:

To book onto a session, 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.

CAMHS Training Module	Date of Training	Time of Training	Register Here:
Anxiety Unpacked	Wednesday 11 th November 26	15:00 to 17:00	REGISTER
World of Emotions	Wednesday 18 th November 26	15:00 to 17:00	REGISTER
Suicide and Self-Harm Awareness	Wednesday 25 th November 26	15:00 to 17:00	REGISTER
Supporting Young People with Low Mood	Wednesday 2 nd December 26	15:00 to 17:00	REGISTER
Anxiety Unpacked	Wednesday 9 th December 26	15:00 to 17:00	REGISTER
World of Emotions	Wednesday 16 th December 26	15:00 to 17:00	REGISTER
Suicide and Self-Harm Awareness	Wednesday 13 th January 26	15:00 to 17:00	REGISTER
Supporting Young People with Low Mood	Wednesday 20 th January 26	15:00 to 17:00	REGISTER
Anxiety Unpacked	Wednesday 27 th January 26	15:00 to 17:00	REGISTER

If you have any queries, please email us at:

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



<https://www.berkshirehealthcare.nhs.uk/advice/camhs-training-offer>

3: Tellmi

tellmi

Tellmi is a free, safe, and anonymous digital mental health service for young people aged 11–17 across Reading, Wokingham and West Berkshire. Commissioned by Berkshire West ICB, Tellmi offers a unique combination of peer support, pre-emptive counselling, and text-based therapeutic intervention, available without waiting lists or assessment thresholds. If you would like to learn more about Tellmi's work or explore commissioning options for your area, please get in touch via [Contact Tellmi](#)



<https://www.tellmi.help>

4: No.5 (Reading)

No5

No.5 is a service that supports young people across Reading, offering free and confidential counselling for anyone aged 11–25 who lives, works or studies in the RG postcode area. The service focuses on early intervention, helping to prevent more serious difficulties linked to mental or physical health challenges or wider life circumstances. Young people can access up to 20 sessions of professional counselling, delivered both in the community and across local secondary schools including Denefield, Highdown, Kendrick, The Wren and UTC Reading.

Alongside counselling, No5 provides a range of preventative and creative wellbeing programmes, such as Creative Expressive Wellbeing workshops, as well as outreach delivered in schools, colleges and local organisations. Their Young Ambassadors play a key role in shaping and delivering content, from blogs and videos to mental health talks and workshops.

Young people can also get involved in youth social action through No5's *Young Voices Group*, helping to raise awareness, influence change, and champion youth mental health across the community.



<https://no5.org.uk>

5: ARC Counselling (Wokingham)

ARC

ARC Counselling provides free, confidential counselling for young people aged 11 and over across the Wokingham borough. As well as offering school-based counselling and sessions in several local GP surgeries, ARC also provides face-to-face and online counselling from its own premises in Wokingham and at the Oakwood Centre in Woodley.

Parents, guardians, or young people can contact ARC directly—no formal referral route is required. As a small charity, ARC operates a waiting list, but increased flexibility around times can help young people access support sooner. Local schools are typically very accommodating in allowing students time to attend counselling sessions during the school day.



<https://arcweb.org.uk/get-in-touch/>



office@arcweb.org.uk



0118 977 6710



[@arcyouthcounselling](https://www.facebook.com/arcyouthcounselling)

6:Time to Talk (West Berks)



T2T is an emotional and psychological wellbeing support service for young people aged 11-25 and parents. Support is delivered through quality-controlled counselling, supported online programmes and community outreach activities. Clients should be connected to West Berkshire (resident, in education/training, working or registered with a GP there). Parent support includes an online programme for supporting a child with ADHD.



<https://t2twb.org/>

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