

# CAMHS Getting Help Services East Berkshire Newsletter

Issue 2 (Spring 2026)

**As part of the CAMHS offer for early intervention we are pleased to offer the Spring 2026 CAMHS Getting Help, Mental Health Support Team and CAMHS in GP Service Newsletter, for education settings and wider partners in East Berkshire.**

**This Newsletter contains the following information:**

1. CAMHS Training Offer – New Dates
2. SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)
3. Emotional Health & Wellbeing information from RBWM
4. Kooth Resources and Webinars
5. Number 22 - Youth Counselling Service (RBWM and Slough)
6. Youthline – Young People's Counselling Service and for adults who care for and support young people in Bracknell Forest
7. Other Local Resources & National Resources



# 1: CAMHS Training Offer – NEW DATES

**We are pleased to announce new CAMHS Training dates.**

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.

## 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.



**Low mood and depression 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 Here' link.



CAMHS Training Module	Date of Training	Time of Training	Register Here:
Supporting Young People with Low Mood	11th February	15:00 to 17:00	<a href="#">REGISTER</a>
Anxiety Unpacked	18th February	15:00 to 17:00	<a href="#">REGISTER</a>
World of Emotions	25th February	15:00 to 17:00	<a href="#">REGISTER</a>
Suicide and Self-Harm Awareness	4th March	15:00 to 17:00	<a href="#">REGISTER</a>
Supporting Young People with Low Mood	11th March	15:00 to 17:00	<a href="#">REGISTER</a>
Anxiety Unpacked	18th March	15:00 to 17:00	<a href="#">REGISTER</a>
World of Emotions	25th March	15:00 to 17:00	<a href="#">REGISTER</a>

## How to book:

To book onto a session, please click on the 'Register Here' link.

CAMHS Training Module	Date of Training	Time of Training	Register Here:
Suicide and Self-Harm Awareness	1st April	15:00 to 17:00	<a href="#">REGISTER</a>
Supporting Young People with Low Mood	8th April	15:00 to 17:00	<a href="#">REGISTER</a>
Anxiety Unpacked	15th April	15:00 to 17:00	<a href="#">REGISTER</a>
World of Emotions	22nd April	15:00 to 17:00	<a href="#">REGISTER</a>
Suicide and Self-Harm Awareness	29th April	15:00 to 17:00	<a href="#">REGISTER</a>
Supporting Young People with Low Mood	6th May	15:00 to 17:00	<a href="#">REGISTER</a>
Anxiety Unpacked	13th May	15:00 to 17:00	<a href="#">REGISTER</a>
World of Emotions	20th May	15:00 to 17:00	<a href="#">REGISTER</a>
Suicide and Self-Harm Awareness	27th May	15:00 to 17:00	<a href="#">REGISTER</a>
Supporting Young People with Low Mood	3rd June	15:00 to 17:00	<a href="#">REGISTER</a>
Anxiety Unpacked	10th June	15:00 to 17:00	<a href="#">REGISTER</a>
World of Emotions	17th June	15:00 to 17:00	<a href="#">REGISTER</a>
Suicide and Self-Harm Awareness	24th June	15:00 to 17:00	<a href="#">REGISTER</a>
Supporting Young People with Low Mood	1st July	15:00 to 17:00	<a href="#">REGISTER</a>
Anxiety Unpacked	8th July	15:00 to 17:00	<a href="#">REGISTER</a>

If you have any questions, please email [CAMHSTraining@berkshire.nhs.uk](mailto:CAMHSTraining@berkshire.nhs.uk)



## 2: SHaRON Platform



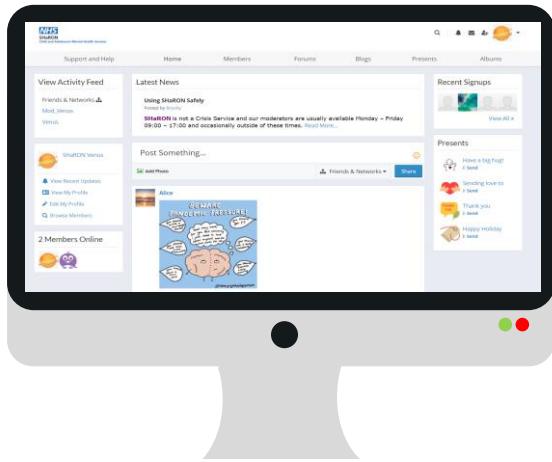
**SHaRON** for Professionals is an online network for education professionals providing peer support and access to resources 24/7 on mental health and wellbeing to enable you to support children and young people. SHaRON stands for Support Hope and Resources On-Line Network. This digital platform provides support specifically for Education Professionals.

The SHaRON for Professionals platform consists of education professionals like you as well as peer and clinical moderators (from Berkshire Healthcare CAMHS and staff from local authorities). The platform can support

- Knowledge sharing: platform members can share resources, learning and information from across education to support CYP mental health
- Connecting with others: members can build their personal and professional networks by connecting with other education staff from across East Berkshire
- Remote collaboration: a central location for documents, files and other team resources allows teams working across dispersed geographies or different office locations to collaborate and participate more easily.

We are inviting staff who have a lead for CYP mental health to join the platform. This could be a SENCO, Pastoral Lead, PHSE lead, Designated Safeguarding Lead or SLT member.

To sign up for access to SHaRON for Professionals please email a request to:  
[CAMHSGettingHelpEast@berkshire.nhs.uk](mailto:CAMHSGettingHelpEast@berkshire.nhs.uk)



### SHaRON stands for:

**Support** from others who share similar experiences  
**Hope** that it can get better and  
**Resources** to help recovery and management  
**Online**, private and accessible anywhere, anytime.  
**Network** to share experiences and reduce isolation

### 3: Royal Borough of Windsor and Maidenhead (RBWM)

The RBWM Wellbeing Team are pleased to announce details for the 2026 Senior Mental Health Ambassadors programme. Due to the positive feedback from last year and the success of the Urban Art workshop, we have invited back the team from Priority 1-54 to run the afternoon session.

In order to cover the costs of external providers we will need to ask for a contribution of £60 per school, this will allow 8 students to attend. The aim of the training day will be to inspire young people to become ambassadors for emotional wellbeing and mental health, to help break the stigma around this topic. We are very excited to be able to run this programme again and hope you can join us with a group of young people on the day.

The programme is aimed at RBWM students in year 7, 8 and 9. We would need at least 5 schools to attend the event for us to be able to run it. We will confirm this once we've received all requests. Please register your participation by the 29th January via the link below:

<https://forms.gle/kCzmmS5KJr6ZPmTf7>

#### Dates

If you would like to take part, please mark these dates in your calendar:

- **Staff training (Online):**

Thursday the 12th of February, 3.30- 4.30pm

- **Senior Mental Health Ambassador (SMHA) training day:**

Thursday 19th of March, 9.30am-2.30pm

Venue: Windsor Youth & Community Centre (Sports Hall), Alma Road, Windsor SL4 3HD.

We look forward to welcoming a new group of talented and enthusiastic young people onto the programme. If you have any questions, please contact Natalie Evans

([natalie.evans@achievingforchildren.org.uk](mailto:natalie.evans@achievingforchildren.org.uk)) or Alex Lay ([alex.lay@achievingforchildren.org.uk](mailto:alex.lay@achievingforchildren.org.uk)).

## 4: Kooth



**Kooth** is a free BACP accredited online counselling and emotional well-being support service for young people. It offers a safe, secure and anonymous way for young people to access support with their emotional health and wellbeing needs from a professional team of qualified counsellors and emotional wellbeing practitioners.

In addition to professional support, there are a range of Kooth community-based options, such as discussion boards and magazine articles which provide peer to peer and community support, all of which are safe, secure and pre-moderated. Kooth is commissioned by the NHS to provide services to young people who live or go to school in East Berkshire aged 10-25 years. Having a Kooth account ensures that users have access to a range of mental health and wellbeing services. Kooth's website is available 24/7 and counselling services operate weekdays from 12 noon to 10pm and weekends from 6pm to 10pm, 365 days a year.

For resources, assemblies, information sessions or to book a Kooth stall at an event please contact Carly Seymour (Kooth Engagement Lead [cseymour@kooth.com](mailto:cseymour@kooth.com) - all are free as part of the commissioned service.

Kooth provides regular webinars for professionals to provide an insight into the Kooth service offer and a demo of the site. The sessions will showcase each of the features on the site and the ways in which it is useful to a young person, as well as demonstrate how this can offer organisations increased capacity to support young people as part of a wider service offer and wrap-around care initiative. There will also be an opportunity to ask our team any questions you may have. Please note these are for professionals only unless otherwise stated. Dates for webinar sessions are ongoing throughout the year. Please contact Carly if you would like to be added to our mailing list to stay up to date with these opportunities and other Kooth service updates. Additionally, all our upcoming webinars can be found on [Linktree \(<https://linktr.ee/KoothEngagementTeam>\)](https://linktr.ee/KoothEngagementTeam), where you can book on to as many as you wish.

Please see below the dates for our up and coming regional webinars we hold for Professionals training on Kooth:

- Monday 12th January
- Tuesday 27th Jan 9am
- Tuesday 3rd Feb 1pm
- Monday 2nd March 2pm
- Thursday 12th March 9am

The dates for our Children and Young People Webinars are as follows too:

- Anxiety & Self Care: Wednesday 14th January 9am and Monday 26th January 1pm
- CMHW (9th-15th Feb): Monday 9th February 9am and Wednesday 11th February 1am
- Friendships and Boundaries: Wednesday 11th March 9am and Wednesday 18th March 9am

Please see link to our digital resources [connect.kooth.com](https://connect.kooth.com).

## 5: Number 22



Number 22 is a well-established wellbeing charity supporting young people and adults across Berkshire. We provide free, confidential counselling to young people aged 11+ and adults in Windsor, Maidenhead, and Slough.

We support people experiencing distress by offering a safe, non-judgemental space where clients can feel heard, valued, and understood. If you're unsure where to turn, we're here to listen. Together, we can explore ways to help relieve feelings of anxiety, depression, and emotional overwhelm.

Our services for young people include:

- ❖ **Afterschool Counselling Service** - Counselling for young people aged 11+, offering up to 10 sessions of support.
- ❖ **Schools Counselling Service** - We provide in-school counselling across Maidenhead, Windsor, and Slough.
- ❖ **Seedlings Service** - Counselling and play therapy for children in primary schools.
- ❖ **Reflective Practice** - Wellbeing and reflective practice support for staff working in education.
- ❖ **Harm Reduction Services** - Working in partnership with Thames Valley Police to support young people who are vulnerable to crime or exploitation.

**Young Futures Partnership Programme** - Referrals directly from Slough Children First

You can find out more about our services by visiting [www.number22.org](http://www.number22.org), where you can complete our online referral form, or by calling us on 01628 636661.

## 6: YouthLine



**Youthline** provides a free, confidential counselling service for young people attending secondary school and those up to the age of 25 years from our main base at Portman Close, Bracknell. We also provide counselling to adults who care for and support young people, including parents, carers and professionals.

Youthline's outreach programme supports all 11 secondary schools in Bracknell Forest providing a school-based counselling service. Youthline provide group session support to a larger group of individuals. These are geared towards normalising thoughts and feelings, offering a structured and safe space for students to explore coping strategies and improve self-awareness. These group sessions take place in the community and in schools.

Youthline provide assemblies and talks to schools and organisations that delve into mental health issues and introduce the support services provided by Youthline. These can be tailored to meet the individual needs of the organisation. We can provide a safe space to talk to someone who is able to listen to you with respect and without making judgments to support you through life's challenges and help you explore your personal thoughts, feelings, and experiences. One of our counsellors will be assigned to work with you whatever your issue is. If things are getting you down, then talking to someone may help. We offer a safe and supportive environment with a team of mainly volunteer counsellors – all who have had a DBS check, professionally supervised, and continuously updating their skills. We are a BACP Accredited and registered Charity, managed by professional staff and overseen by a team of Trustees who all come with a vast amount of experience working with young people. You can find out more about the service we offer by visiting our website: <https://www.youthlineuk.com/>

## 7: Local & National Resources



Mentally Healthy Schools: Mentally Healthy Schools brings together quality-assured mental health resources, information & advice for schools and further education settings in England, Northern Ireland, Scotland and Wales. Please see evidence-based resources [Home : Mentally Healthy Schools](#)



**Free mental health webinars:** We run live webinars for anyone who looks after children and young people - parents, carers, educators - as well as young people themselves and anyone interested in psychology or mental health. For the latest webinars click: [Free mental health webinars](#)



The Little Blue Book of Sunshine

Frimley Integrated Care Board (ICB) have relaunched the mental health booklet – the Little Blue Book of Sunshine. The book **offers lots of practical and useful advice** and aims to help children and young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it.

This year more than ever, anyone can sometimes feel down, worried or anxious because of a variety of situations like lockdown, school, family or friends. The #littlebluebookofsunshine explains some of the things teenagers can do right now to feel better, and who to turn to if things feel too much.

The booklet is also now available for free in Apple Books and Google.



**Resources** - The Young Minds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.

**Partnerships for Inclusion of Neurodiversity in Schools  
PINS Project**



East Berkshire Partnerships for Inclusion of Neurodiversity in Schools (PINS) - This website was created by the East Berkshire Partnerships for Inclusion of Neurodiversity in Schools (PINS) and is managed by the not-for-profit organisation, Brighter Futures Together (BFT).

Most of the resources and webinars available here are useful on a national scale. We wanted to make these freely accessible to a wider audience to support schools, educators, and anyone working to foster inclusive environments for neurodivergent students.

<https://pins.brighterfuturestogether.org.uk/>

We hope you found this newsletter informative. If you have any questions, please contact the team on the below email address:



camhsgettinghelpeast@berkshire.nhs.uk