

CAMHS Getting Help Services East Berkshire Newsletter



Berkshire Healthcare
NHS Foundation Trust

Issue 4 (Autumn 2026)

As part of the CAMHS offer for early intervention we are pleased to offer the Autumn 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 GHT MHST Updates
2. CAMHS Training Offer
3. RBWM Only - Emotional Wellbeing Champions Programme 2026
4. SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)
5. Number 22 - Youth Counselling Service (RBWM and Slough)
6. Kooth Resources and Webinars
7. Youthline Counselling Service
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 CAMHSGettingHelpEast@berkshire.nhs.uk

1: CAMHS Updates



Expanding CAMHS Mental Health Support Teams in RBWM

In line with the Government's ambition to expand Mental Health Support Teams (MHSTs) to reach 100% of schools and colleges in England by the 2029/30 academic year, we are delighted to announce the expansion of MHST provision across the Royal Borough of Windsor and Maidenhead (RBWM).

From September 2026, RBWM welcomes an additional MHST, further increasing access to early intervention and mental health support for children and young people. The new team is expected to become fully operational in 2027.

We are also pleased to welcome our new Trainee Education Mental Health Practitioners (EMHPs), who will play a key role in supporting the development of the expanded service. We look forward to working closely with schools, and partner professionals as we continue to enhance mental health and wellbeing support across the borough.



Meet the Team: CAMHS Mental Health Support Team RBWM

While we are excited to welcome the new MHSTs, we'd also like to take this opportunity to introduce the existing RBWM MHST team. Having been established in 2020, the team has been supporting children, young people, and schools across the borough. Here is a little more information about some of our team members.

Hello, my name is Amy, and I am a Senior Children's Wellbeing Practitioner in the Mental Health Support team (MHST) in the Royal Borough of Windsor and Maidenhead. I started this role in January 2026 but, have been working in Berkshire CAMHS since January 2023. My favourite aspect of working in the MHST is being able to work with young people in a variety of ways both, 1:1, in small groups and delivering assemblies to whole year groups. This provides an excellent opportunity to work with the whole school community together in promoting a positive and inclusive approach to mental health.

My name is Lara and I am a CBT Therapist and Supervisor in the Mental Health Support Team in Royal Borough of Windsor and Maidenhead. I started this role in February 2026 but have been working in Berkshire CAMHS since 2022. The best thing about working in a MHST is the ability to reach so many young people at one time. Delivering assemblies and work shops to promote mental health in schools provides us with a great opportunity to support positive change both at a system and individual level.

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.

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.

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.

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.

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	07/10/2026	15:00 to 17:00	REGISTER
Anxiety Unpacked	14/10/2026	15:00 to 17:00	REGISTER
World of Emotions	21/10/2026	15:00 to 17:00	REGISTER
Suicide and Self-Harm Awareness	28/10/2026	15:00 to 17:00	REGISTER
Supporting Young People with Low Mood	04/11/2026	15:00 to 17:00	REGISTER
Anxiety Unpacked	11/11/2026	15:00 to 17:00	REGISTER
World of Emotions	18/11/2026	15:00 to 17:00	REGISTER
Suicide and Self-Harm Awareness	25/11/2026	15:00 to 17:00	REGISTER
Supporting Young People with Low Mood	02/12/2026	15:00 to 17:00	REGISTER
Anxiety Unpacked	09/12/2026	15:00 to 17:00	REGISTER
World of Emotions	16/12/2026	15:00 to 17:00	REGISTER
Suicide and Self-Harm Awareness	13/01/2027	15:00 to 17:00	REGISTER
Supporting Young People with Low Mood	20/01/2027	15:00 to 17:00	REGISTER
Anxiety Unpacked	27/01/2027	15:00 to 17:00	REGISTER



[CAMHS training offer | Berkshire Healthcare NHS Foundation Trust](#)

@ CAMHSTraining@berkshire.nhs.uk



3: RBWM Only - Emotional Wellbeing Champions Programme 2026

Dear all,

We are excited to share details about this year's Emotional Wellbeing Champions programme with you. A lot of schools have already booked following our update email sent in September and there are **only 5 school places left**.

Following on from great successes over the past years, we are planning to run two training days for primary/first/middle schools in November 2026. We recommend that children in years 4, 5 and 6 are most suitable to attend this event. The workshops will offer students the opportunity to further their knowledge and create their own mental health campaigns within their school. The overall aim of the programme is to support schools to develop a positive culture around mental health.

We will be following a similar format to last year and again inviting Simon Mole along for the afternoon session to explore self expression through creative writing/poetry. So we would recommend bringing along children that have not attended this event in previous years. In order to cover costs for the external speaker, we would need to ask for a **contribution of £45 from each school**. (Please be aware that we will still have to charge this amount in the event of a drop out in order to cover costs.)

The Emotional Wellbeing Champions Training will take place on the following dates at the Windsor Family Hub, 65 Alma Rd, Windsor SL4 3HD:

Tuesday 19th November, 9.30am-2.30pm

Thursday 26th November, 9.30am-2.30pm

We will be running online staff training sessions on Wednesday 11th November 3.30-4.30pm and Monday 16th November 4-5pm. This is available for all new attendees and anyone who requires a refresher of what to expect.

In order to sign up for the programme and indicate your date preferences, **please complete the following form:** <https://forms.gle/YwF9QjT1Ux2M3By8A>

You can bring up to six students from your school to the day, who need to be accompanied by a member of staff who will continue to support the pupils throughout the year with their campaign work. Transport to the venue will need to be arranged by each school.

If you have any questions prior to the online staff training, please feel free to contact Alex Lay, Hariette Sarnier and Abby Coppard edpsych@achievingforchildren.org.uk.

We hope to welcome you onto this year's Emotional Wellbeing Champions programme!

4: 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

5: Youthline Counselling Service



Youthline provides a free, confidential counselling service for young people aged 11–25 who live, work, or study in Bracknell Forest. We are an early intervention service, supporting those experiencing mild to moderate emotional wellbeing and mental health difficulties. We also offer low-cost counselling to parents, carers, and professionals working with young people in the Bracknell Forest area.

We provide a safe, non-judgemental space for young people to explore their thoughts and feelings, helping to build resilience and prevent escalation of need. Support is delivered through one-to-one counselling, alongside an outreach offer across 7 secondary schools and our Portman Close setting outside school hours.

Group work programmes are also available, offering structured support in both school and Portman Close setting. These sessions aim to normalise experiences, reduce isolation, and help young people develop practical coping strategies alongside their peers.

In addition, Youthline delivers assemblies, workshops, and tailored mental health talks for schools and organisations. We also have a Young Ambassador Programme which enables young people to promote positive mental health, challenge stigma, and develop confidence and leadership skills.

Counselling times (Portman Close, Bracknell):

- Mon–Thurs: 3:00–9:00pm
- Fri: 4:00–7:00pm
- Sat: 10:00am–1:00pm
- Tues & Wed (daytime): 9:30am–12:30pm

Young people can self-refer via our website or by phone. We work closely with local partners as part of a wider network of support. Our counsellors are DBS-checked, receive regular clinical supervision, and are committed to ongoing professional development. Youthline is a member of the **British Association for Counselling and Psychotherapy (BACP)**, ensuring high standards of ethical and professional practice. **Find out more or refer:** www.youthlineuk.com

6: Kooth



Kooth is a free BACP accredited online counselling and emotional well-being support service, commissioned by the NHS to provide services to young people who live or go to school in East Berkshire aged 11 - 17 years.

Young people can access anonymous, confidential support from qualified counsellors and wellbeing practitioners. The platform is available 24/7, with counselling offered weekdays from 12pm to 10pm and weekends from 6pm to 10pm.

Soluna by Kooth provides:

- Free support, with no cost to users
- Private and confidential access
- A safe, moderated online space
- Flexible support 365 days a year, with no waiting lists

For more information, see the Soluna introductory video: [Soluna intro video](#)

Kooth also offers resources for professionals, parents/carers and schools, including KoothTalks webinars and KoothKlass classroom sessions. Find out more at connect.kooth.com.

Free assemblies, information sessions and event stalls are also available through the commissioned service. To arrange one, contact Carly Seymour, Kooth Engagement Lead (cseymour@kooth.com).

7: 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 (available to schools who sign up and commission this service).
- ❖ **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, where you can complete our online referral form, or by calling us on 01628 636661.

8: 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