

Wokingham Mental Health Support Team

Current Support Offer for Primary schools

Whole school and college / preventative work:

Parent Support:

- Anxiety Workshops For Parents
- Transition Workshops For Parents
- Resilience Workshop For Parents
- Open/Parents Evening Outreach

Staff/Parent Support:

- Introduction To MHST

Assembly:

- Five Ways To Wellbeing
- Transition To Secondary School

Group Work:

- Transition To Secondary School
- Resilience
- Mental Health Ambassador Training
(Pending) / Peer Mentoring

CAMHS Training Offer For Staff/Professionals:

- Anxiety Unpacked
- Supporting Young People With Low Mood
- Suicide And Self-harm Awareness
- World Of Emotions



Details and booking link can be found at [CAMHS Training Offer | Children Young People and Families Online Resource](#) or Email CAMHSTraining@berkshire.nhs.uk