

West Berkshire's Mental Health Support Team (MHST)

Promoting Mental Health and Emotional Well-being in School and in the Community

Re: Aldermaston Primary School.

Dear Parents and Carers

Following the successful launch of the first trailblazer MHST in West Berkshire in 2020, I am pleased to be able to share that a second MHST is to be launched in Autumn 2022. Your school will benefit from being able to access this second MHST which aims to promote the mental health of children and young people in West Berkshire.

The MHST 2 is managed by a Senior Educational Psychologist and includes Education Mental Health Practitioners, a Well-Being Outreach Worker, a Primary Mental Health Worker and a CAMHS Clinician. The team works in partnership with your school's existing mental health provision, promoting a whole school approach, alongside delivering evidence-based early intervention for children and young people experiencing mild-to-moderate mental health issues such as anxiety, low mood or behavioural concerns.

As part of the service launch, members of the MHST, in collaboration with staff from your school plan to facilitate an information event for parents and carers of children and young people. The aim of the information event is for you to receive information about the MHST along with some guidance on how to support your child's mental health needs. The hope is a number of such events will be offered throughout the next academic year.

The launch information event has been scheduled for **Tuesday 7th June at Aldermaston Primary School**. The event will run from **9.00am to 10.00am**. The session will involve a presentation about the MHST with some opportunities for questions and discussions.

We look forward to meeting you.

Mental Health Support Team