

LET'S CONNECT



Sign up for 'drop in and chat' sessions with Mental Health Workers

West Berkshire Council's Mental Health Support Team and Emotional Health Academy are proud to support Children's Mental Health week 2023 by offering virtual drop in sessions for children and young people to chat to mental health professionals, without a referral.

When and where are the sessions happening?

Every day from Monday 6th February until Friday 10th February, between 4pm and 6pm. Sessions are 1-1 and will take place virtually via Zoom.

Who can attend?

Any children and young people aged 5-17 attending school or college in West Berkshire. For children aged 8 or younger, parents or carers must also attend.

How to sign up?

Please e-mail jody.gordon@westberks.gov.uk with your child's name, DOB, school, preferred day(s) and any time restrictions. Young people aged 16 or above may e-mail directly. For under 16s parents/carers are requested to sign up on behalf of their child. Spaces are limited and will be allocated on a first come first serve basis.



Our 'drop in and chat' programme aims to encourage more children and young people to open up about their mental health. With more pressures than ever before, children and young people are faced with extreme hurdles, from school work, to peer relationships, to social media. We are available for children and young people to talk to about how they're doing, seek advice about best places to receive support and discover self-help strategies they can implement on a day to day basis to improve their emotional wellbeing.

PLEASE NOTE – these sessions are not aimed at children and young people experiencing crisis. For urgent support with a child or young person's mental health please contact your GP, or CAMHS Common Point of Entry on 0300 365 1234 or 0300 365 999 (out of hours).