

Did you know?



Berkshire Healthcare
NHS Foundation Trust

1 in 4 teenagers will experience mental health difficulties

If you're feeling **low or anxious**, your **Mental Health Support Team** could help



Your Mental Health Support Team (MHST) works in your school to support you before things get too difficult.



We meet with people who are feeling low or anxious to help them understand and learn how to manage these feelings.



We'll come into school to help you, your teachers, and your parents/carers to understand more about mental health.

Ask for help

If you'd like some support with your mental health, you can speak to any member of staff at school who will put you in touch with us.



CAMHSGettingHelpEast@berkshire.nhs.uk



cypf.berkshirehealthcare.nhs.uk/mhst



0300 247 3002

