



Mental Health Support Team

Struggling to pay attention and focus



Crying and difficulty managing emotions



Defiance and other challenging behaviors



Over-planning for situations and events

If your child is struggling in these ways, we can support you.

Email: mhstadmin@wokingham.gov.uk

Website: www.wokingham.gov.uk/health/health-services-and-advice/emotional-and-mental-health/

Open Monday to Friday 9am to 5pm.

Difficulty getting to sleep



Feeling agitated or angry



Avoiding activities or events (including school)



Feeling worried about situations or events

Pocket sized coping skills!



- Start at any “Breathe In” side on the star.
- Trace your finger over the breathe in side.
- Hold your breath when your finger gets to the tip of the point.
- Breathe out as you trace your finger over the other side.
- Keep going until you reach where you started.



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