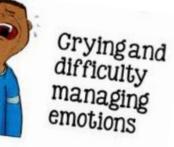
Mental Health Support Team









Defiance and other challenging behaviors



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

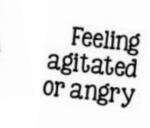
Email: mhstadmin@wokingham.gov.uk

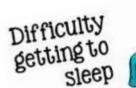
Website:www.wokingham.gov.uk/health/

health-services-and-advice/emotional-

and-mental-health/

Open Monday to Friday 9am to 5pm.











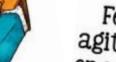


















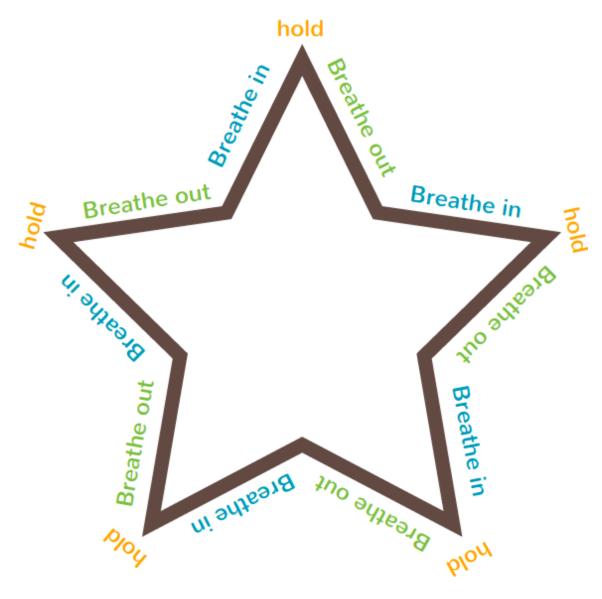




school)



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.

Berkshire Healthcare

NHS Foundation Trust

