

Support for Families in West Berkshire

West Berkshire Family Hubs

Provide support for families with children aged 0–19, including parenting programs, family activities, and early years advice.

Website: www.westberks.gov.uk/familyhubs

West Berkshire Early Help Hub

Offers support for families experiencing difficulties, including parenting support, family mediation, and advice on managing family changes.

Email: earlyhelp@westberks.gov.uk

Website: www.westberks.gov.uk/earlyhelp

Citizens Advice West Berkshire

Free, confidential advice on benefits, housing, family law, and other issues.

Website: www.citizensadvicewestberks.org.uk

Phone: 01635 515520

West Berkshire SENDIASS

Supports families of children with special educational needs or disabilities to access information and services.

Website: www.westberks.gov.uk/sendias

West Berkshire Family Mediation Service

Helps separating parents reach agreements about childcare and parenting arrangements without court involvement.

Website: www.westberks.gov.uk/familymediation

Phone: 01635 552 530

Berkshire Healthcare NHS Foundation Trust – Children's Services

Offers emotional wellbeing and mental health support for children and families, including support for parents.

Website: www.berkshirehealthcare.nhs.uk

Emotional Health Academy (EHA)

An early intervention service supporting children and young people with emotional health needs. Services include triage, cognitive behavioural therapy support, community workshops, and school-based emotional health workers.

Phone: 01635 519018

Email: Emotional.Health.Triage@westberks.gov.uk

Website: www.westberks.gov.uk/emotional-health-academy

Family Lives

Provides parenting advice and support around family relationships and separation.

Website: www.familylives.org.uk

Helpline: 0808 800 2222