

Support for your mental wellbeing

https://directory.westberks.gov.uk

WestBerkshire

Mental Health Services and Support Groups

Berkshire West Your Way

R One-to-one support in the community for people with mental health issues. Peer support is also available. 0118 966 0240 Email: berkshirewest-yourway@together-uk.org https://www.together-uk.org/projects/berkshire-westyour-way/

Eight Bells for Mental Health

Support group for people with mental health issues. Opportunity to get involved in activities and peer support. Email: coordinator@eightbellsnewbury.co.uk SR R

Mobile: 07387 962220 http://eightbellsnewbury.co.uk/

Eight Bells for Community Strength

Community Navigator service providing support and signposting to adults. 07985 404 302

community.strength@eightbellsnewbury.co.uk http://eightbellsnewbury.co.uk/cs



SR

Open for Hope

Helping to reduce social isolation and improve mental wellbeing through activities and regular meet ups in a supportive environment. 07790271598 or Email: sec.wbiln@gmail.com Search on Facebook SR @openforhope

Recovery in Mind

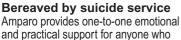
Free of charge courses to help adults aged 18 or over, living in West Berkshire, develop skills and ways to self-manage a wide variety of mental health challenges. https://recoveryinmind.org/

Talking Therapies

0300 365 2000 or email: talkingtherapies@berkshire.nhs.uk https://talkingtherapies.berkshirehealthcare.nhs.uk/



Counselling and Bereavement Support



has felt the impact of suicide. Free, confidential service that is tailored to your needs.

0330 088 9255 Email: amparo.service@listening-ear. co.uk

https://amparo.org.uk/our-locations/ thames-valley/



Cruse Bereavement Support West Berkshire Branch SR 01635 523 573



Daisy's Dream SR Support for children and families affected by life threatening illness or bereavement. Tel: 0118 934 2604 or info@daisysdream.org.uk

https://www.daisysdream.org.uk/

Your Guide to Local

Mental Wellbeing Services



Check out the online hub of information for more useful support at: https://directory.westberks.gov.uk

This symbol means self referral, get in touch directly

Support to keep Active

Newbury and Thatcham Green Gym SR https://www.newburyandthatcham greengym.org.uk/

Sport in Mind 07341267740 or Email: info@sportinmind.org www.sportinmind.org



West Berkshire Activity R for Health Exercise on referral scheme 01635 31199 or

Email: <u>steph.irfan@legacyleisure.org.uk</u> https://info.westberks.gov.uk/activityforhealth West Berkshire Run



https://info.westberks.gov.uk/runtogether Also search on Facebook



SR

Together Group Beginners running groups in West

Berkshire

Newbury Family

07717591550

com







referral, you need to be referred by your GP.

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This symbol means

Are you looking after your mental health? **Try following these five** wavs to wellbeing:



For more ideas visit: https://info. westberks.gov.uk/ fivewaystowellbeing or search 'five way to wellbeing

Your Guide to Local



Mental Health Services

West Berkshire Suicide SR **Prevention Webpage**

List of organisations offering support for people with suicidal thoughts in West Berkshire https://westberkshiresuicideprevention.org/

People looking for mental health information might find the following websites and helplines useful

Berkshire West Breathing Space

Safe space for anyone aged 18 and over experiencing emotional distress. Open Friday to Monday evening, 5pm - 11pm. 27-29 Friar Street, Reading, RG1 1DP Mobile: 0756 678 3154 Email: breathing-space@together-uk.org https://www.together-uk.org/projects /berkshire-west-breathing-space/ SR

Reading Well Books on Prescription

Helpful reading to manage your health and wellbeing. https://reading-well.org.uk/books/books-onprescription or contact your local West Berkshire Library https://info.westberks.gov.uk/libraries

Citizens Advice West SR **Berkshire**

01635 516605 or 0808 2787994 https://citizensadvicewestberkshire.org.uk/

Samaritans Newbury Branch

01635 42452 Email: jo@samaritans.org www.samaritans.org



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66777 Download the Quit with Bella app on iOS and Android

www.smokefreelifeberkshire.com

0800 622 6360 or text QUIT to

WDP West Berkshire

WDP West Berkshire is a free and confidential recovery and wellbeing service, offering treatment and support for residents affected by drug and alcohol problems.

0300 303 4554

Email: west.berkshire@wdp.org.uk https://www.wdp.org.uk/west-berkshire

Support Hope and Recovery Online Network (SHaRON)

Online peer-to-peer support for people with mental health conditions https://www.sharon.nhs.uk/

West Berkshire Directory https://directory.westberks.gov.uk



Your Voice/Advocacy

Healthwatch West Berkshire contact@healthwatchwestberks.org.uk www.healthwatchwestberks.org.uk/ 01635 886 210 SR

The Advocacy People

0330 440 9000 info@theadvocacypeople.org.uk https://www.theadvocacypeople.org.uk/

Support for Young People

Berkshire West Autism & ADHD Support Service

Advice, workshop and courses for children and young people aged 5 to 25 who are autistic or have ADHD or waiting for an assessment and their families. 01189 594 594 contact@autismberkshire.org.uk https://www.autismberkshire.org.uk/berkshire-west-autism-adhd-support-service/

Emotional Health Triage

Free service for children and young people with emotional health difficulties. It is a gateway to different support options (not crisis).

01635 519018 Emotional.Health.Triage@westberks.gov. uk www.westberks.gov.uk/eha

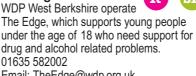
Kooth

SR Free online counselling and emotional wellbeing support for young people aged 11-18 year olds. https://www.kooth.com/

Time to Talk West Berkshire

Free confidential counselling for SR young people aged between 11 and 25 01635 760331 https://t2twb.org/

The Edge



Email: TheEdge@wdp.org.uk https://www.wdp.org.uk/west-berkshirehelp-for-young-people

The Little Blue Book of Sunshine

Download an NHS booklet that explains some things that you can do to feel better or when things get too much. SR https://www.berkshirewestccg.nhs.uk/ patient-information/self-care/the-little-bluebook-of-sunshine/

West Berkshire Youth Hub

Virtual and telephone support for local young people, families and agencies providing a huge range of resources and help with onward signposting. 01635 889764 admin@berkshireyouth.

This has been compiled by public health and wellbeing. We have included details of independent organisations in good faith and cannot accept responsibility for their actions. Information correct at time of printing.

National organisations which offer support

Beating Eating Disorders www.beateatingdisorders.org.uk/

Campaign Against Living Miserably (CALM) Free helpline and support: 0800 58 58 58 Open 5pm to midnight 365 days a year. https://www.thecalmzone.net/

ChildLine - www.childline.org.uk

Hoarding Disorders UK Phone 0330 133 2310 https://hoardingdisordersuk.org/



Hub of Hope - https://hubofhope.co.uk/

Mind - www.mind.org.uk

NHS - http://www.nhs.uk

Relate

Relationship counselling and support services www.relate.org.uk

Rethink Mental Illness

National advice service 0300 500 0927 Monday to Friday, 10am - 2pm www.rethink.org

Sane - www.sane.org.uk

Support U

Specialist help and support for Lesbian Gay Bisexual and Transgender people (LGBTQ+) https://www.supportu.org.uk/

Togetherall

https://togetherall.com/en-gb/big-white-wall/

Young Minds www.youngminds.org.uk

Winston's Wish

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Emotional and practical support for bereaved children and young people. https://www.winstonswish.org/

YOUR NHS HERE FOR YOU NHS

Know where to go should you need medical advice

SELF CARE

For basic ailments such as cuts, grazes and an upset tummy

PHARMACY Advice on ailments, medicines and healthier living

NHS 111

Call 111 FREE, 24 hours a day, 365 days a year, or access the service online https://111.nhs.uk/ (includes all age support for mental health crisis)

GP

Call your practice or visit their website to make an appointment for an illness or injury that won't go away

999

Life-threatening emergencies only

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