



Support for your mental wellbeing

<https://directory.westberks.gov.uk>



Your Guide to Local Mental Wellbeing Services



Mental Health Services and Support Groups

Berkshire West Your Way

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-west-your-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
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>



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 @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/>



TuVida Berkshire Carers Hub

Support for people who are looking after someone else (a carer) 0118 324 7333
berkshire@tuvida.org www.tuvida.org/



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

SR

This symbol means self referral, get in touch directly

R

This symbol means referral, you need to be referred by your GP.

Support to keep Active

Newbury and Thatcham Green Gym

<https://www.newburyandthatchamgreengym.org.uk/>



Sport in Mind

07341267740 or email: info@sportinmind.org
www.sportinmind.org



Walking for Health West Berkshire

01635 503437 or email: walking@westberks.gov.uk
<https://info.westberks.gov.uk/physicalactivity>



West Berkshire Activity for Health

Exercise on referral scheme
01635 31199 or email: steph.irfan@legacyleisure.org.uk
<https://info.westberks.gov.uk/activityforhealth>



West Berkshire Run Together Group

Beginners running groups in West Berkshire
<https://info.westberks.gov.uk/runtogether>



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



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

Counselling and Bereavement Support

Bereaved by suicide service

Specialist support and practical help for those bereaved by suicide. Free, confidential service tailored to your needs.
08 08 16 89 111
BBS.support@victimsupport.org.uk
<https://www.victimsupport.org.uk/resources/bereaved-by-suicide-service-berkshire/>



Cruse Bereavement Care West Berkshire Branch

01635 523 573
www.crusewestberks.org



Daisy's Dream

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/>



Newbury Family Counselling Service

07717591550
www.newburycounselling.org



West Berkshire Suicide Prevention Webpage

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



Mental Health Services
Your Guide to Local



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/> **R** **SR**

Reading Well Books on Prescription **SR**

Helpful reading to manage your health and wellbeing.

<https://reading-well.org.uk/books/books-on-prescription>

or contact your local West Berkshire Library -

<https://info.westberks.gov.uk/libraries>

Citizens Advice West Berkshire **SR**

01635 516605 or 0808 2787994

<https://citizensadvicewestberkshire.org.uk/>

Newbury Hoarding Disorders Support Group **SR**

Anyone affected by hoarding is welcome. 07950 364798

Email: Jo@hoardingdisordersuk.org
<https://hoardingdisordersuk.org/support/support-groups/>

Samaritans Newbury Branch **SR**

01635 42452

email: jo@samaritans.org
www.samaritans.org

Smokefree Life Berkshire **R** **SR**

0800 622 6360 or text QUIT to 66777

Download the Quit with Bella app on iOS and Android

www.smokefreelifeberkshire.com

Swanswell **R** **SR**

An alcohol and drug recovery service for adults who want to change their alcohol and/or drug use. 0300 003 7025

email: wberksadmin@swanswell.org
<https://www.cranstoun.org/services/substance-misuse/swanswell-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 **SR**

<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 **SR**

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 **R**

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 **SR**

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

The Edge (Young Peoples drug and alcohol support service) **SR**

01635 582 002 or
email: theedge@westberks.gov.uk
<https://info.westberks.gov.uk/edge>

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.

<https://www.berkshirewestccg.nhs.uk/patient-information/self-care/the-little-blue-book-of-sunshine/>

West Berkshire Youth Hub **SR**

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.co.uk
www.wbyh.co.uk

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

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

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