



## Support for your mental wellbeing

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



Your Guide to Local

Mental Wellbeing Services



## Mental Health Services and Support Groups

### 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](mailto:coordinator@eightbellsnewbury.co.uk)  
Mobile: 07387 962220  
<http://eightbellsnewbury.co.uk/>



### 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/>



### NHS Berkshire Talking Therapies

0300 365 2000 or email: [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk)  
<https://talkingtherapies.berkshirehealthcare.nhs.uk/>



### Reading and West Berkshire Carers' Partnership

Confidential information, advice and guidance to anyone providing unpaid care.  
<mailto:info@ageukberkshire.org.uk>  
[info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk) or phone: 0118 959 4242  
<http://www.carerspartnership.org.uk>  
[www.carerspartnership.org.uk](http://www.carerspartnership.org.uk)



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

For more ideas search 'five ways to wellbeing West Berkshire'



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

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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](mailto:info@sportinmind.org)  
[www.sportinmind.org](http://www.sportinmind.org)



### Wellbeing Walks

West Berkshire  
01635 503437 or email: [walking@westberks.gov.uk](mailto:walking@westberks.gov.uk)  
<https://www.westberks.gov.uk/wellbeing-walks>



### West Berkshire Activity for Health

Exercise on referral scheme  
01635 31199 or  
Email: [steph.irfan@legacyleisure.org.uk](mailto:steph.irfan@legacyleisure.org.uk)  
<https://info.westberks.gov.uk/activityforhealth>



### West Berkshire Run Together Group

Beginners running groups in West Berkshire  
<https://www.westberks.gov.uk/run-together>  
Also search on Facebook



## Support to help with money worries

### West Berkshire Council

Find financial support for the cost of living  
<https://www.westberks.gov.uk/cost-of-living>

### Citizens Advice West Berkshire

Support to help you manage your money, benefits and grants  
01635 516605  
<https://citizensadvicewestberkshire.org.uk/getting-advice/managing-your-money/>

### West Berks Foodbank

Emergency food and support for local people in crisis. 07836 500610  
[info@westberks.foodbank.org.uk](mailto:info@westberks.foodbank.org.uk)  
<https://westberks.foodbank.org.uk/>

### Mental Health and Money Advice Website

Practical advice and support for people with mental health and money problems.  
<https://www.mentalhealthandmoneyadvice.org/en/>

### Money Helper website

Free and impartial help on money matters  
0800 138 7777  
<https://www.moneyhelper.org.uk/en>

### National Debtline

Free and confidential debt advice service.  
0808 808 4000  
<https://www.nationaldebtline.org/cost-living-hub-ew/>

### Turn 2 Us

Support for people in financial hardship to gain access to welfare benefits, grants and support services.  
0808 802 2000  
<https://www.turn2us.org.uk/>

### Step Change

Advice and support to manage debt problems.  
0800 138 1111

## Counselling and Bereavement Support

### Bereaved by suicide service

Amparo provides one-to-one emotional and practical support for anyone who 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](mailto:amparo.service@listening-ear.co.uk)  
<https://amparo.org.uk/our-locations/thames-valley/>



### Cruse Bereavement Support West Berkshire Branch

01635 523 573  
<https://www.cruse.org.uk/>



### Daisy's Dream

Support for children and families affected by life threatening illness or bereavement.  
Tel: 0118 934 2604  
[info@daisysdream.org.uk](mailto:info@daisysdream.org.uk)  
<https://www.daisysdream.org.uk/>



### Newbury Family Counselling Service

07717591550  
Email: [nfcs.manager@googlemail.com](mailto:nfcs.manager@googlemail.com)



### 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 every evening, 5pm to 11pm. Ajilon House, 28 Friar Street, Reading, RG1 1DT  
Email: [breathing-space@together-uk.org](mailto:breathing-space@together-uk.org)  
<https://www.together-uk.org/projects/berkshire-west-breathing-space/>

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### Reading Well Books on Prescription

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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://www.westberks.gov.uk/libraries>

### Citizens Advice West Berkshire

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01635 516605 or 0800 2787994  
<https://citizensadvicewestberkshire.org.uk/>

### Samaritans Newbury Branch

01635 42452  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)

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### Smokefree Life Berkshire

0800 622 6360 or text QUIT to 66777  
Download the Quit with Bella app on iOS and Android  
[www.smokefreelifeberkshire.com](http://www.smokefreelifeberkshire.com)

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### Via - West Berkshire (formerly WDP West Berkshire)

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Via West Berkshire is a free and confidential recovery and wellbeing service, offering treatment and support for residents affected by drug and alcohol use. 0300 303 4554  
[west.berkshire@viaorg.uk](mailto:west.berkshire@viaorg.uk)  
<https://www.viaorg.uk/services/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>

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## Your Voice/Advocacy

### Healthwatch West Berkshire

[contact@healthwatchwestberks.org.uk](mailto:contact@healthwatchwestberks.org.uk)  
[www.healthwatchwestberks.org.uk/](http://www.healthwatchwestberks.org.uk/)  
01635 886 210

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### The Advocacy People

0330 440 9000  
[info@theadvocypeople.org.uk](mailto:info@theadvocypeople.org.uk)  
<https://www.theadvocypeople.org.uk/>

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## 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](mailto:contact@autismberkshire.org.uk)  
<https://www.autismberkshire.org.uk/berkshire-west-autism-adhd-support-service/>

### Emotional Health Triage

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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](mailto:Emotional.Health.Triage@westberks.gov.uk)  
[www.westberks.gov.uk/eha](http://www.westberks.gov.uk/eha)

### Tellmi

Download this anonymous app. Suitable for 11-17 year olds and provides support for mental health.

### Time to Talk West Berkshire

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

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### Via The Edge

Via West Berkshire operate The Edge, which supports young people under the age of 18 who need support for drug and alcohol related problems.  
01635 582002  
Email: [theedge@viaorg.uk](mailto:theedge@viaorg.uk)  
<https://www.viaorg.uk/services/west-berkshire-the-edge/#>

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### 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/>

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### 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.co.uk](mailto:admin@berkshireyouth.co.uk)  
[www.wbyh.co.uk](http://www.wbyh.co.uk)

## National organisations which offer support

### Beating Eating Disorders

[www.beateatingdisorders.org.uk/](http://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](http://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](http://www.mind.org.uk)

### NHS Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

### Relate

Relationship counselling and support services  
[www.relate.org.uk](http://www.relate.org.uk)

### Rethink Mental Illness

National advice service 0300 500 0927  
Monday to Friday, 10am – 2pm  
[www.rethink.org](http://www.rethink.org)

Sane - [www.sane.org.uk](http://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](http://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

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.