Your Guide to Local Mental Wellbeing Services

Mental Health Services and Support Groups

Berkshire West Your Way R SR
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/ SR R

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 R

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 SR

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/ SR R

Talking Therapies
0300 365 2000 or email:
talkingtherapies@berkshire.nhs.uk
https://talkingtherapies.berkshirehealthcare.nhs.uk/ SR R

TuVida Berkshire Carers Hub
Support for people who are looking after someone else (a carer) 0118 324 7333
berkshire@tuvida.org www.tuvida.org/ SR R

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 SR
https://www.newburyandthatchamgreengym.org.uk/

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

Wellbeing Walks West Berkshire SR
01635 503437 or email:
walking@westberks.gov.uk
https://www.westberks.gov.uk/wellbeing-walks

West Berkshire Activity for Health R
Exercise on referral scheme
01635 31199 or
Email: steph.irfan@legacyleisure.org.uk
https://info.westberks.gov.uk/activityforhealth

West Berkshire Run Together Group SR
Beginners running groups in West Berkshire
https://info.westberks.gov.uk/runtogether
Also search on Facebook

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

Cruse Bereavement Support West Berkshire Branch
01635 523 573 SR
https://www.cruse.org.uk/

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/

Newbury Family Counselling Service SR
07717591550
Email: nfcs.manager@googlemail.com

West Berkshire Suicide Prevention Webpage SR
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/ 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/

Samaritans Newbury Branch
01635 42452 SR
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

WDP West Berkshire R SR
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 SR
https://directory.westberks.gov.uk

Your Voice/Advocacy

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

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 R SR
WDP 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@wdp.org.uk
https://www.wdp.org.uk/west-berkshire-help-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-blue-book-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.

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/ SR

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

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.

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