

LOCAL MENTAL HEALTH SUPPORT (please see your Nurse or GP for any further details)(Please also refer to www.kennet-surgery.co.uk and click on Wellbeing centre for upto date details on local services)

Talking therapies (Berkshire)

This is an NHS based counseling service based in Berkshire. They help with issues such as anxiety, depression, stress and phobias and run stress control workshops also
Telephone: 0300 365 2000 email: talkingtherapies@berkshire.nhs.uk
Website: www.talkingtherapies.berkshire.nhs.uk
Crises team number 0300 365 9999

No.5 (Reading)

Free and confidential charity providing counseling for ages 10-25
Telephone: 01189015668 Website: www.no5.org.uk

Still the hunger (Reading)

This is a Christian recovery programme for men and women suffering from emotional difficulties. Some element of self funding may be required.
Telephone: 07733 300705 Website: www.stillthehunger.co.uk

Sport in Mind (Berkshire)

This is the Berkshire mental health based charity aiming to promote mental well being through sport
Telephone: 07969 579947 Email: info@sportinmind.org
Website: www.sportinmind.org

Berkshire West Your Way

One to One support, social activity groups and peer meet ups. For people who have come out from counselling and crises team and require further support.
Telephone: 01189 660240 Website : www.together-uk.org/yourway

NATIONAL MENTAL HEALTH SUPPORT

Mind

This is a mental health charity and provides support for people with any mental health issues
Helpline: 0300 123 3393, text 86463 Website: www.mind.org

Sane

This is a UK based mental health charity providing emotional support
Helpline 03003047000 open 6pm-11pm daily Email: info@sane.org.uk
Website: www.sane.org.uk

Samaritans (ALSO LOCAL)

Free to speak to about any issues you may have
Telephone: 01189266333, Call 116123 (free) website: www.samaritans.org
Address: 59a cholmeley road, Reading, RG1 3NB

Adviza

Adviza is a registered charity inspiring people to make better decisions that help them progress in learning and work.
Telephone: 0845 408 5002 website: www.adviza.org.uk

BEREAVEMENT SUPPORT

Cruse

Bereavement counselling.
Telephone 0808 808 1677
Website www.cruse.org.uk/

Sue Ryder

Counselling for those with and affected by terminal illness. Grief counselling
Telephone 0808 164 4572
Website www.sueryder.org, email online.community@sueryder.org

ONLINE SELF-HELP COURSES

Living life to the full

Online courses/modules to help promote well being
Website: www.lltff.com

MoodGYM

Online Cognitive behaviour therapy skills training and sessions. Australian based website.
The subscription is \$39(AUD) approx. £21 for 1 years access

Website: www.moodgym.com.au