# Emotional Wellbeing West Berkshire

## Your Guide to Local Mental Health Services

### Mental Health Services and Support Groups

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading and West Berkshire Carers Hub</td>
<td>Mental Health Carers Support Group 0118 324 7333 email: <a href="mailto:ask@berkshirecarershub.org">ask@berkshirecarershub.org</a></td>
</tr>
<tr>
<td>Pulling Together for Mental Health</td>
<td>Opportunities for people with mental health issues engage in volunteering activities 01635 43933 or 07554 736580 email: <a href="mailto:vanessa.miles@cfpnewbury.org">vanessa.miles@cfpnewbury.org</a></td>
</tr>
<tr>
<td>Talking Therapies</td>
<td>0300 365 2000 or email: <a href="mailto:talkingtherapies@berkshire.nhs.uk">talkingtherapies@berkshire.nhs.uk</a> <a href="http://www.talkingtherapies.berkshire.nhs.uk">www.talkingtherapies.berkshire.nhs.uk</a></td>
</tr>
<tr>
<td>Village Agents</td>
<td>01635 49004 <a href="http://www.volunteerwestberkshire.org.uk">www.volunteerwestberkshire.org.uk</a></td>
</tr>
<tr>
<td>VCme Project</td>
<td>01635 49004 <a href="mailto:info@vcwb.org.uk">info@vcwb.org.uk</a> <a href="http://www.volunteerwestberks.org.uk">www.volunteerwestberks.org.uk</a></td>
</tr>
<tr>
<td>Eight Bells for Mental Health</td>
<td>07768 707 646 or email: <a href="mailto:newbury.eightbells@gmail.com">newbury.eightbells@gmail.com</a></td>
</tr>
</tbody>
</table>

### Counselling Services

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</thead>
<tbody>
<tr>
<td>Newbury Family Counselling Service</td>
<td>01635 521 296 <a href="http://www.newburycounselling.org">www.newburycounselling.org</a></td>
</tr>
<tr>
<td>Post Natal Depression Counselling Support Group</td>
<td>Homestart, 01635 760 310 or email: <a href="mailto:office@home-startwb.org.uk">office@home-startwb.org.uk</a> <a href="http://www.home-startwb.org.uk">www.home-startwb.org.uk</a></td>
</tr>
</tbody>
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### Depression and Bereavement

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<tr>
<th>Service</th>
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</thead>
<tbody>
<tr>
<td>Cruse Bereavement Care West Berkshire Branch</td>
<td>01635 523 573 <a href="http://www.crusewestberks.org">www.crusewestberks.org</a></td>
</tr>
<tr>
<td>Friends in Need</td>
<td>off and online support network for people living with depression <a href="http://www.friendsinneed.co.uk">www.friendsinneed.co.uk</a></td>
</tr>
</tbody>
</table>

### Physical Activity - Be active

- **Walking for Health West Berkshire** 01635 519 679 or email: walking@westberks.gov.uk www.westberks.gov.uk/physical activity
- **Sport in Mind** 07969 579 947 or email: info@sportinmind.org www.sportinmind.org
- **Newbury and Thatcham Green Gym** 0118 956 8959 or email: gg-newburyandthatcham@tcv.org.uk
- **West Berkshire Activity for Health** Exercise on referral scheme 01635 31199 or email: johnny.stokes@legacyleisure.org.uk

### Connect

- **Emotional Wellbeing West Berkshire**
- **Reading and West Berkshire Carers Hub** 0118 324 7333 email: ask@berkshirecarershub.org
- **Pulling Together for Mental Health** Opportunities for people with mental health issues engage in volunteering activities 01635 43933 or 07554 736580 email: vanessa.miles@cfpnewbury.org
- **Talking Therapies** 0300 365 2000 or email: talkingtherapies@berkshire.nhs.uk www.talkingtherapies.berkshire.nhs.uk
- **Village Agents** 01635 49004 www.volunteerwestberkshire.org.uk
- **VCme Project** 01635 49004 info@vcwb.org.uk www.volunteerwestberks.org.uk
- **Eight Bells for Mental Health** 07768 707 646 or email: newbury.eightbells@gmail.com

### Depression and Bereavement

- **Cruse Bereavement Care West Berkshire Branch** 01635 523 573 www.crusewestberks.org
- **Friends in Need** off and online support network for people living with depression www.friendsinneed.co.uk

### Are you looking after your mental health?

Try following these 5 ways to wellbeing:

- Connect
- Be Active
- Take Notice
- Give to others
- Keep learning

Check out the online hub of information for more useful support, guidance, apps and much more at:

[www.emotionalwellbeingwestberkshire.co.uk](http://www.emotionalwellbeingwestberkshire.co.uk)
People looking for mental health information might find the following websites and helplines useful

- Social Care Information Point
  www.westberks.gov.uk/scip

- Berkshire Healthcare Foundation Trust
  www.berkshirehealthcare.nhs.uk
  bht@berkshire.nhs.uk

- Books on Prescription
  readingwell@readingagency.org.uk
  www.reading-well.org.uk

- Citizens Advice Bureau
  08444 779980
  www.westberkscab.org.uk

- Hoarding Disorders UK
  Email: jo@hoardingdisordersuk.org
  www.hoardingdisordersuk.org

NHS non emergency number is 111 available 24 hours a day, 365 days a year.

- Samaritans Newbury Branch
  01635 42452
  email: jo@samaritans.org

- Smokefree Life Berkshire
  0800 622 6360 or text QUIT to 66777
  www.smokefreelifeberkshire.com

Advocacy

- Berkshire Mental Health User Group
  0118 960 5027

- Healthwatch West Berkshire
  contact@healthwatchwestberkshire.org.uk
  www.healthwatchwestberkshire.org.uk
  01635 886 210

- Support, Empower, Advocate, Promote
  0300 440 900 or email: westberkshire@seap.org.uk
  www.seap.org.uk

Support for Young People

- Time to Talk West Berkshire
  Free confidential counselling for young people aged between 11 and 25
  01635 760 331 or book an appointment at www.twtwb.org

- The Edge (Young Peoples drug and alcohol support service)
  01635 582 002 or email: theedge@westberks.gov.uk
  www.edgecrew.co.uk

- Young Minds
  www.youngminds.org.uk

MYTH: Mental health problems are rare.

FACT: Did you know that mental health problems affect 1 in 4 people.

National organisations which offer support

- Beating Eating Disorders
  www.b-eat.co.uk

- Big White Wall
  www.bigwhitewall.com

- ChildLine - www.childline.org.uk

- Eat 4 Health (weight management)
  0800 772 063
  info@eat-4-health.co.uk
  www.eat-4-health.co.uk

- Mind - www.mind.org.uk

- NHS Choices
  http://www.nhs.uk

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

- Rethink Mental Illness
  National advice service
  0300 500 927
  Monday to Friday, 10am – 2pm
  www.rethink.org

- Samaritans
  08457 909090
  www.samaritans.org

- Saneline – www.sane.org.uk

- Time to Change
  www.time-to-change.org.uk

Mental Health Crisis Team

If you are in crisis, call the 24 hour Crisis Number
  0300 365 9999

www.emotionalwellbeingwestberkshire.co.uk

This booklet has been compiled on behalf of the Mental Health Forum in conjunction with Action for People, Public Health, West Berkshire Council, Newbury and District Clinical Commissioning Group, EWB and Pulling Together. We have included details of independent organisations in good faith and cannot accept responsibility for their actions.

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