

Narcotics Anonymous (NA)

Helpline and local meetings for those to whom drugs have become a major problem. Tel. 0300 999 1212 (10am – 12pm)

National Domestic Violence Helpline

A team of highly-trained, female advisors who can help you understand options and increase safety. Tel. 0808 2000 247 (Open 24/7, 365 days a year)

No Panic Helpline

Information and support for people struggling with anxiety. Tel. 0845 967 4848 (10am-10pm, 365 days a year)

Papyrus

Confidential suicide prevention advice line for young people, open 9am-midnight every day. Tel: 0800 068 4141 Email: pat@papyrus-uk.org

Reading and West Berkshire Carers Hub

Individualised support that helps carers live life with independence, choice and peace of mind. Tel: 0118 324 7333 / Email: ask@berkshirecarershub.org

Recovery in Mind - Free, inspiring and empowering courses for adults in West Berkshire with mental health challenges. Email: helen@recoveryinmind.org

Samaritans - Talk freely with a Samaritans volunteer in a safe and confidential environment. Tel. 116 123, 24/7, 365 days a year. Email jo@samaritans.org

SANEline - Confidential emotional support, practical help and information for people with mental health problems. Tel. 0300 304 7000, 4.30pm-10.30pm, 365 days a year.

Shelter - Housing advice helpline. Tel. 0808 800 4444 (Mon-Fri: 8am-8pm; Sat-Sun: 8am-5pm)

Shout - 24/7 Textline for anyone in a crisis anytime, anywhere. Text SHOUT to 85258

Talking Therapies Berkshire - Talking Therapies is a friendly & approachable NHS service that offers support if you're coping with challenges like depression, stress, anxiety or phobias. Tel: 0300 365 2000 / Email: talkingtherapies@berkshire.nhs.uk



Berkshire West Breathing Space: Steps for Help in a Crisis

Steps to help in a crisis

For immediate help:

If you need urgent help, but it's not an emergency, call the Berkshire Mental Health Crisis Team.

Tel: **0300 365 9999**

For a medical emergency, call 999 straight away. For non-emergencies, call 111. If you are linked with a community mental health team, you can contact your care coordinator or duty worker as first port of call.

In partnership with:

NHS

Berkshire West

Clinical Commissioning Group

Useful organisations (A-Z):

Alcoholics Anonymous (AA)

National helpline and local meetings. Tel. 0800 9177 650 / Email: help@aamail.org

Beating Eating Disorders

Free helpline offering support. Open 365 days a year 9am–8pm Mon-Fri & 4pm–8pm weekends & bank holidays. Helpline: 0808 801 0677 / Studentline: 0808 801 0811 / Youthline: 0808 801 0711

Bereaved by Suicide Service (Berkshire) – Victim Support

Free and confidential specialist support, and practical help, for those bereaved by suicide in Berkshire: Tel: on 08 08 16 89 111 / Email: BBS.support@victimsupport.org.uk

Berkshire Healthcare NHS Foundation Trust

A range of mental health services accessed through the Gateway. Tel: 0300 365 2000 (Press option 4) / Email: gateway@berkshire.nhs.uk

Berkshire West Your Way

One-to-one support in the community for people with mental health issues, with groups & peer support. Tel: 0118 966 0240 / Email: berkshirewest-yourway@together-uk.org

CALM (Campaign Against Living Miserably)

Helpline for men who are feeling down, who need to talk or find support and information. Tel. 0800 58 58 58 (5pm-12am, 365 days a year) Webchat: www.thecalmzone.net/help/webchat/

Cruse Bereavement Care

Support and advice to children, young people and adults when someone dies. Tel. 0808 808 1677 (Mon-Fri: 9.30-5pm; Tue-Thurs: 9.30-5pm)

Eight Bells for Mental Health

Support to anyone who is experiencing mental health issues in Newbury, Thatcham and surrounding areas. Tel: 07387 962220 / E-mail: coordinator@eightbellsnewbury.co.uk

FRANK

Honest information about drugs. Tel. 0300 123 6600 (24/7, 365 days a year) Text: 82111. Confidential email and live chat: www.talktofrank.com/contact-frank

Hopeline

Support for Young People under the age of 35 experiencing thoughts of suicide. Tel. 0800 068 41 41, Text: 07860 039967 (Mon-Fri: 10am-10pm; Sat-Sun: 2pm-10pm) Email: pat@papyrus-uk.org

Launchpad

Free drop-in service for housing and homelessness support in Reading. Every Monday, Wednesday and Friday, 10am–2pm, at The Stables, 1A Merchants Place, Reading RG1 1DT. Alternatively call 0118 929 1111 or email: support@launchpadreading.org.uk

LGBTQ Domestic Abuse Helpline

Confidential support available Mon-Fri 10am-5pm, and Wed-Thur 10am-8pm. Tel: 0800 999 5428, Email: help@galop.org.uk

The Mix Helpline

Free and confidential support for young people under 25. Tel. 0808 808 4994. Live chat and crisis messenger: www.themix.org.uk/get-support

Mental Health Mates

Network of peer support groups meeting regularly to walk, connect and share without fear of judgement. Email: hello@mentalhealthmates.co.uk

