

Berkshire West Breathing Space

What is Breathing Space?

The Berkshire West Breathing Space service provides a welcoming and safe space for anybody 18 and over who is experiencing mental distress or a mental health crisis. We provide support and a safe space for people to go outside of normal working hours, as an alternative to using A&E or other urgent care services. We also offer virtual options for you to access support using video calls, if you cannot travel to us. Or we can arrange a telephone call if you don't have digital access.

What can I expect?

Whatever the reason for you feeling distressed or in crisis – we're here to help you. You can talk to our staff about how you're feeling or what is concerning you. We'll listen to you, and help you to develop a safety plan, including coping strategies. We'll also help you to navigate local services and opportunities that can provide further help and support.

You can also talk to our volunteer peer supporters, who have all had their own experiences of mental health crisis, and have a real understanding of what it's like. If you'd like to, you can also just sit in the Breathing Space and enjoy a break from the outside world. It's a comfortable space to relax, and refreshments are available.

When is it open and where are we located?

Berkshire West Breathing Space is hosted at Ajilon House in Reading town centre from **Friday to Monday, 5pm – 11pm, including Bank Holidays**. You can find us during these times at: **Ajilon House, 28 Friar Street, Reading, RG1 1DT** (building next to Treatz)

How to get in touch

To access support, call or text Breathing Space on Freephone: **0800 002 9091**. For all other queries, either call us, email us at berkshirewestbreathingspace@together-uk.org.

Steps to help in a crisis for immediate help:

If you are experiencing mental health crisis that is not an emergency but you need urgent help please call NHS 111.

For a medical emergency, call 999 straight away.

If you are linked with a community mental health team, you can contact your care coordinator or duty worker as first port of call.

