

# 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 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.



## 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, or send us an email at [breathing-space@together-uk.org](mailto:breathing-space@together-uk.org).

## When is it open and where are we located?

Berkshire West Breathing Space is hosted at our offices in Reading, 5 minutes from town centre. We provide our service every evening of every week including Bank Holidays from 5PM until 11PM.

You can find us during these times at:

1A Rupert Square, Reading, RG1 3HE

In partnership with:



**Berkshire Healthcare**  
NHS Foundation Trust

**together**  
FOR MENTAL WELLBEING

# Berkshire West Breathing Space



# 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.

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Background image by Jess Rees, Compass Recovery College student



# 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.

All our appointments are pre-booked. You will need to contact our team with 24hrs in advance to arrange a face-to-face appointment.

# About Together

Together is a charity who work all over the country with people who are in need of different kinds of support. We have been doing this for over 100 years working alongside people with mental health issues on their journey to leading fulfilling and independent lives.

Visit our website at  
[www.together-uk.org](http://www.together-uk.org)

