

What is the Reading Community Outreach Service?

The Reading Community Outreach Service will focus on providing mental health support in the community within Reading to improve the wellbeing of people and help build resilience and independence to help combat issues with poverty and inequality.

We look to support people with their mental health and wellbeing but also have a specific aim of providing preventative mental support to reach people from ethnically diverse communities to ensure that they have access to the right support at the right time. Our service specifically looks to work alongside people who are refugees and asylum seekers, those who may have experienced discrimination or injustice, as well and looking to ensure they are integrated into communities and supported to achieve self-sufficiency.

How to get in touch

To access support, please call us or email us:

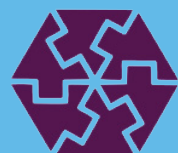
Phone: **0800 058 4414**

Email: readingcos@together-uk.org

When is it open and where are we located?

The service is open from Monday to Friday from 9am – 5pm and will have a place-based community focus. That means rather than having a set location it will be dynamic and flexible in the way Outreach Workers will reach people in their communities.

In partnership with:



Reading
Borough Council
Working better with you



Reading Community Outreach Service



What can I expect?

We provide personalised support delivered by Peer Outreach Workers, who have a lived experience of mental health themselves, who bring a genuine understanding and empathetic approach in supporting you to work towards your goals. The service will be providing 1-2-1 support of up to 9 weeks whilst meeting people in the community or providing phone and online sessions.

There will also be a group programme themed around wellbeing, developing coping strategies, self-management and facilitating peer support. You can choose how you access support – whether that's in person, online via video chat, or on the phone.

Please note this does not extend to meeting people in their homes. Our staff will meet people in the community in public places such as libraries or coffee shops. It should also be noted that the meetings our staff conduct will be specifically to provide one to one support.

Part of our support is specifically for people in Reading from the refugee and asylum seeker community. We offer specialist one to one and group support from a Peer Outreach Worker who has first-hand experience of being a refugee.

About Together

Together for Mental Wellbeing is a national charity that supports people experiencing mental distress to lead fulfilling and independent lives. Founded in 1879, today we work with approximately 4,500 people every month, at around 70 locations across England. Our services include support in the community, accommodation-based support, advocacy, and criminal justice services.

Our core ethos at Together is 'Service User Leadership'. This means that we empower people experiencing mental distress to make choices that affect their lives, lead their journey to wellbeing on their own terms and to collectively influence and improve services, organisations and society.

This means we value people as experts in what works best for them, and each individual we work with influences and shapes the support they and others receive from us. It also means we provide opportunities for people experiencing mental distress to work with Together to draw on their experiences to help us improve the quality and experience of the services that we provide.

For more information about service user leadership, or to find out more about current opportunities to work alongside us, please contact SUL@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.

