



Emotional Wellbeing West Berkshire

Your Guide to Local
Mental Health Services



Mental Health Services and Support Groups

Reading and West Berkshire Carers Hub

Mental Health Carers Support Group
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

Counselling Services

Newbury Family Counselling Service


01635 521 296
www.newburycounselling.org


Post Natal Depression Counselling Support Group

Homestart, 01635 760 310
or email: office@home-startwb.org.uk
www.home-startwb.org.uk

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


www.emotionalwellbeingwestberkshire.co.uk

 This symbol means **self referral**, get in touch directly

 This symbol means **referral**, you need to be referred by your GP.

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

Are you looking after your mental health?

Try following these 5 ways to wellbeing:



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





Your Guide to Local
Mental Health Services


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

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

MYTH: Mental health problems are rare.

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

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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