

CRANSTOUN

Empowering People, Empowering Change

Mental Health Directory

This Directory has information about the mental health services available within the local area.



If you have any questions or want help completing a referral, ask a member of the team or attend drop-in Monday to Friday 2pm – 3:30pm.

Office Number: 0118 977 2022

KEY:



Low Mental Health Support



Low to Moderate Mental Health Support



Moderate Mental Health Support



Severe Mental Health Support



Support for when you are in Crisis



One to One Support



Community or Group Support

**In case of
Emergency
dial 999**

**Please call 999 or attend the local A&E
department if in an emergency.**

Or:

**Call NHS (Non-emergency) on 111 if you
have urgent health conditions and they will
guide you to the appropriate service.**





Berkshire Healthcare

NHS Foundation Trust

Crisis Team:

Offer urgent help but it is not an emergency

They can support with:

- Experiencing a mental health crisis
- Significant mental health risks which urgently require further assessment
- Would be admitted to psychiatric hospital care without intervention
- Need intensive intervention for a safe discharge from inpatient care

Telephone Number: 0800 129 9999 or 0300 365 2000



**“It’s alright to
ask for help”**

SAMARITANS



116 123

Samaritans:

24 Hour Mental Health Support

Telephone Number: Call 116 123

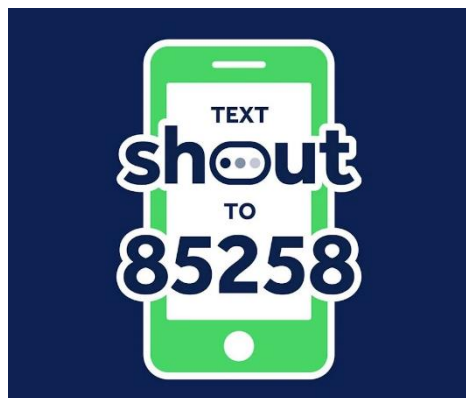
Sometimes writing down your thoughts can help:

You can Email to: jo@samaritans.org

Or write a letter to: Freepost Samaritans Letter (they try to respond within a week).

The process of writing down your thoughts and feelings can be a therapeutic process in itself so if it is not an emergency this could be very beneficial.





Shout:

A 24-Hour Mental Health Support which is free and confidential.

Just to text Shout to 85258

Shout also have resources on the website:

<https://giveusashout.org/get-help/resources/>





Wokingham Wellbeing Service (Mind):

Offering around 6 person-centered sessions for people with mild to moderate mental health problems. These sessions can take place over the phone or face to face in some GP surgeries.

Wokingham Wellbeing Service are being run by Oxfordshire Mind and is offering session around practical mental health advice as well as support around other social of lifestyle issues which affect your wellbeing.

If you are interested speak to your Keyworker about them making a referral.





Talking Therapies

Berkshire Healthcare

Talking Therapies:

*NHS treating common Mental Health like Depression,
Stress, Anxiety or Phobias.*

Telephone Number: 0300 365 2000

Email: talkingtherapies@berkshire.nhs.uk

(Mon-Thurs 8am to 8pm and Fri 8am to 5pm)

Or:

Speak to your GP who can do a direct referral for
you.





Breathing Space:

Mental Health support generally or in Crisis.

Located in central Reading and will be open from 5.00pm until 11.00pm Fridays to Mondays including Bank Holidays. Offering One to One and peer support safe space.

Must make a referral first before accessing.

Telephone Number: 0800 002 9091

Email: breathing-space@together-uk.org

Referral can be made online:

<https://www.together-uk.org/berkshire-west-breathing-space-referral/>



Depression Xpression

Depression Xpression:

Mental Health Peer Support for Reading & Wokingham.

1st Wednesday of the month: 7.00pm at the Salvation Army Hall, Sturges Road, Wokingham RG40 2HD.

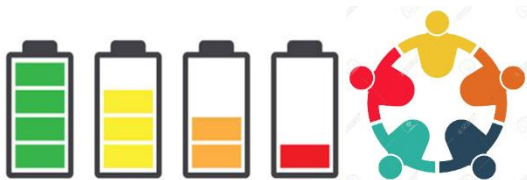
2nd Monday of the month: 7.30pm at RISC, 35-39 London Street, Reading, RG1 4PS.

Meet informally (no booking needed) every Friday morning for coffee: 11.00am – 12.30pm at The Biscuit Factory, Broad Street Mall, Reading RG1 7QE.

Online Zoom support 3rd & 4th of month at 7pm.

Online:: <https://depressionxpression.org.uk/>

Email: depressionxpression@gmail.com





SUN (Service User Network)

Community support for people with complex emotional needs

Service User Network (SUN) Group:

SUN Group offers peer support for people with a personality disorder diagnosis.

You can join SUN whether you have a formal personality disorder diagnosis or not, even if you're being supported by another service.

You can contact and self-refer yourself.

Telephone Number: 0300 365 8000

Email SUNteam@berkshire.nhs.uk



CRANSTOUN

Empowering People, Empowering Change

Cranstoun Wednesday Group:

Offering a group called 'Wednesday Wellness' which looks into a different part of wellness and mental health every week.

- Sleep Hygiene
- Meditation
- Seated Yoga

Session runs Wednesday 2pm until 4pm at The St. Paul's Church Rooms in Wokingham.

Contact:

Telephone Number for Service: 0118 977 2022

Or:

Ask your keyworker for more information





Build on Belief:

Offer an online timetable:

<https://www.buildonbelief.org.uk/bobs-online-programme>

- Activities to support recovery and mental health.
- Creative groups (Art Together, Creative Skills, Play Reading, Cooking).
- Well-being focused groups (Yoga, Mindfulness, Stretch-and-Breathe).

Complete the sign up online:

<https://buildonbelief.us10.list-manage.com/subscribe?u=465795d05908c9812df25ff4e&id=bcdoeafada>





Recovery College:

Offering free mental health and wellbeing training courses and workshops to enable people to develop their culture of empowerment and feelings of hope.

You can refer yourself online:

<https://www.wokingham.gov.uk/health/health-services-and-advice/wokingham-recovery-college/>

Or: Ask your KW for help with the referral form.

Contact Details:

Telephone Number: 0118 989 0707

Email: recoverycollege@wokingham.gov.uk





Sport in Mind:

*A mental health sports charity which deliver physical activity (sport, walking, dance and movement, gardening and exercise sessions) in partnership with the NHS – sessions are **free**.*

You can find their timetables online or ask your keyworker to print it off for you!

Contact Details:

Online Website to complete referral form:

<https://www.sportinmind.org/pages/category/join-a-session> or just drop-in to a session!





Berkshire West Your Way:

A service for people in Reading, West Berkshire and Wokingham offering support for people to lead independent and fulfilling lives.

Offering short-term 12 weeks goal-focused 1-2-1 support, peer support and groups (looking at self-management, goal setting & improving well-being).

Contact Details:

Telephone: 0118 966 0240

E-mail: berkshirewest-yourway@together-uk.org

Drop-In: At Rupert Square Office for enquiries and referrals on Mondays 10am - 12pm





Joy Platform:

The Joy Platform is an online service which is open to professionals and the wider community to see what services are available in the local area.

The Joy Platform has services and groups ranging from mental health orientated groups to befriending services and food banks.

The Platform allows you to directly refer yourself to these services simply and directly online.

Take a look on the link below:

<https://www.thejoyapp.com/>

Or for more information you can email:

alistair@thejoyapp.com

