

# Further Help and Advice from Charities and Agencies

Updated May 2020

## Charities:

*The Samaritans* – telephone and email support  
116 123 jo@samaritans.org (direct email support line) [www.samaritans.org](http://www.samaritans.org)

*Mind* – nationwide mental health signposting and information  
Signposting helpline: 0300 123 3393, text: 86463, email: info@mind.org.uk  
[www.mind.org.uk](http://www.mind.org.uk) (excellent selection of fact sheets, help-sheets etc)

*Cruse Bereavement Service* – help and counselling for bereavement and grief  
[www.cruse.org](http://www.cruse.org) [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) 0808 808 1677

*Time to Talk* – free time-limited counselling for 12-25 year olds based at offices in Newbury and also working in schools and Drs surgeries in West Berkshire  
01635 760331 <https://t2twb.org>

AA – Support for Alcoholism/Alcohol Dependency  
<https://www.alcoholics-anonymous.org.uk/>  
08009177650. [Help@aamail.org](mailto:Help@aamail.org)

*Smart Recovery* – Help and Support Groups for Addictions and Addictive Behaviour  
<https://smartrecovery.org.uk>

*Women's Aid* – domestic violence support  
Online chat service available via website: [www.womensaid.org.uk](http://www.womensaid.org.uk)

*Winston's Wish* – support and counselling for children who are grieving  
<https://www.winstonswish.org> 08088 020 021

*No. 5* – Confidential listening for children and young people  
<https://no5.org.uk> 0118 901 5668 [Info@no5.org.uk](mailto:Info@no5.org.uk)

*Christians Against Poverty* – free debt counselling  
01274 760720 [www.capuk.org](http://www.capuk.org)

*Citizens Advice Bureau* – free advice with debt/money, benefits, work, housing, law, housing  
<https://www.citizensadvice.org.uk> Adviceline: 03444 111 444

*Stonewall* – LGBTQ support  
0800 0502020 [www.stonewall.org.uk](http://www.stonewall.org.uk)

## Agencies (low-cost/means tested):

*The Willows Counselling Service*, Swindon – low-cost/means-tested long term counselling based in Old Town Swindon  
01793 426650 [willowscounselling.co.uk](http://willowscounselling.co.uk)

*Teens in Crisis*, Gloucester  
01594 372777 [ticplus.org.uk](http://ticplus.org.uk)

*IPSUM*, Swindon – formally specialist addiction agency, SWADS, now a general agency  
01793 695405 [ipsum.care](http://ipsum.care)

*Cotswold Counselling*, Cirencester  
01285 885830 [cotswold-counselling.org.uk](http://cotswold-counselling.org.uk)

*Network Counselling*, Bristol  
0117 9507271 [network.org.uk](http://network.org.uk)

### **Apps:**

*Headspace, Calm, Breathe, Smiling Mind* – well-known mindfulness / meditation apps

Additionally, the following apps have been approved by the NHS ([www.nhs.uk/apps-library](http://www.nhs.uk/apps-library)):



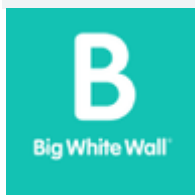
#### **Be Mindful**

An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy **£30.00**



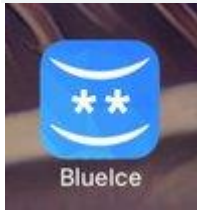
#### **Beat Panic**

Overcome panic attacks and anxiety wherever you happen to be **£0.99**



#### **Big White Wall**

Get round-the-clock support from therapists to help you cope with stress and anxiety  
**Free**



### **Bluelce**

This app helps young people manage their emotions and reduce urges to self-harm  
**Free**



### **Calm Harm**

Reduce urges to self-harm and manage emotions in a more positive way  
**Free**



### **Catch It**

Learn to manage negative thoughts and look at problems differently  
**Free**



### **Chill Panda**



Being tested in the NHS

Use breathing techniques to help you relax more, worry less and feel better  
**Free**



**Cove**



Being tested in the NHS

Create music to reflect emotions like joy, sadness and anger to help express how you feel

**Free**



**distrACT**

Quick and discreet access to information and advice about self-harm and suicidal thoughts

**Free**



**eQuoo: Emotional Fitness Game**

Use adventure games designed by psychologists to help you increase your emotional fitness

**Free, with in-app purchases**



**Feeling Good: positive mindset**

Use audio tracks to help relax your body and mind and build your confidence

**Free, with in-app purchases**



**ieso**

Connect confidentially and securely with mental health therapists using instant messaging  
**Free in some areas**



**MeeTwo**

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives  
**Free**



**My Possible Self: The Mental Health App**

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking  
**Free, with in-app purchases**



**SilverCloud**

An eight-week course to help you manage stress, anxiety and depression at your own pace  
**Free**



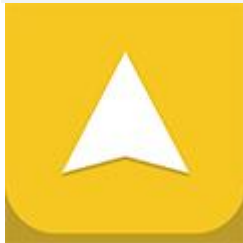
### **Sleepio**

An online sleep improvement programme, clinically proven to help you fall asleep faster  
**Free in some areas**



### **Sleepstation**

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night  
**Free with GP referral**



### **Stress & Anxiety Companion**

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts  
**Free, with in-app purchases**



### **Student Health App**

Reduce your worries, feel more confident and get the health information you need as a student

**Free**



### **Thrive**

Use games to track your mood and teach yourself methods to take control of stress and anxiety  
**Free**



## **WorryTree**

Notice, record and manage your worries using cognitive behavioural therapy techniques. Free