



Further Free or Low-Cost Mental Health Support from Agencies and Charities

Agencies (low-cost/means tested):

The Willows Counselling Service, Swindon – low-cost/means-tested long-term counselling based in Old Town Swindon

Tel: 01793 426650 <https://www.willowscounselling.org.uk/>

Riverside Counselling Service – Henley, Wallingford, Berinsfield and Didcot

Tel: 01491 876670 <https://www.riversidecounselling.co.uk/>

Teens in Crisis, Gloucester

Tel: 01594 372777 <https://www.ticplus.org.uk/>

IPSUM, Swindon - formally specialist addiction agency, SWADS, now a general agency

Tel: 01793 695405 <https://www.ipsum.care/>

Cotswold Counselling, Cirencester

Tel: 01285 885830 <https://www.cotswold-counselling.org.uk/>

Network Counselling, Bristol

Tel: 0117 9507271 <https://network.org.uk>

Charities:

The Samaritans - telephone and email support

Tel: 116 123 Direct email support line: jo@samaritans.org <https://www.samaritans.org/>

Mind - nationwide mental health signposting and information

Signposting helpline: 0300 123 3393 Text: 86463 email: info@mind.org.uk

<https://www.mind.org.uk/> (excellent selection of fact sheets, help-sheets etc)

Cruse Bereavement Service - help and counselling for bereavement and grief

Tel: 0808 808 1677 email: helpline@cruse.org.uk www.cruse.org/

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

Tel: 01635 760331 <https://t2twb.org>

Charities:

AA - support for Alcoholism/Alcohol Dependency

Tel: 0800 9177650 email: Help@aamail.org <https://www.alcoholics-anonymous.org.uk/>

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: <https://www.womensaid.org.uk/>

Winston's Wish - support and counselling for children who are grieving

Tel: 08088 020 021 <https://www.winstonswish.org>

No. 5 - confidential listening for children and young people

Tel: 0118 901 5668 email: info@no5.org.uk <https://no5.org.uk>

Christians Against Poverty - free debt counselling

Tel: 01274 760720 <https://capuk.org/>

Citizens Advice Bureau - free advice with debt/money, benefits, work, housing, law, housing

Adviceline: 03444 111 444 <https://www.citizensadvice.org.uk>

Stonewall - LGBTQ support

Tel: 0800 0502020 www.stonewall.org.uk

Apps:

[Headspace](#), [Calm](#), [Breethe](#), [Smiling Mind](#) – well-known mindfulness / meditation apps

Additionally, the following apps have been approved by the NHS

<https://www.nhs.uk/apps-library/>

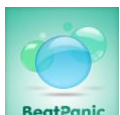


[Be Mindful](#)

An online course to help reduce stress and anxiety using mindfulness-based cognitive therapy.

£30.00

Apps:



[Beat Panic](#)

Overcome panic attacks and anxiety wherever you happen to be.

£0.99

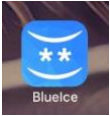
Apps:



[Togetherall](#)

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

Free



[BlueIce](#)

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

Apps:



[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