



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>

Emotional Health Academy, West Berks – for children aged 11 to 18 years

<https://info.westberks.gov.uk/>

NHS – Every Mind Matters

<https://www.nhs.uk/every-mind-matters/>

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>

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>

OK Rehab - guidance and support for people experiencing problems with substance misuse and co-occurring mental health problems

<https://www.okrehab.org/>

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

Newbury RASAS - community led organisation created to provide an information hub and an inclusive safe space for survivors who are dealing with the effects of sexual violence, and for anyone who is supporting them.

<https://www.newburyrasas.co.uk/>

Apps:

[Headspace](#)

[Calm](#)

[Breethe](#)

[Smiling Mind](#)

Well-known mindfulness / meditation apps

The following apps and online courses have been approved by the NHS – for more help see the Advice section in the [NHS App](#) or log in through the [NHS Website](#)



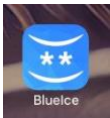
[Be Mindful](#)

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



[Togetherall](#)

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



[BlueIce](#)

BlueIce is a prescribed evidence-based app to help young people manage their emotions and to reduce urges to self-harm.



[Calm Harm](#)

Calm Harm is an app designed to help people resist or manage the urge to self-harm.



Catch It

Learn how to manage feelings like anxiety and depression. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

(Visit your app store to get the app)



[Chill Panda](#)

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



[Cove](#)

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



distract

Quick and discreet access to information and advice about self-harm and suicidal thoughts
(Visit your app store to get the app)



[eQuoo: Emotional Fitness Game](#)

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



[Feeling Good: positive mindset](#)

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



[ieso](#)

Connect confidentially and securely with mental health therapists using instant messaging



[MeeTwo](#)

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



[My Possible Self: The Mental Health App](#)

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking



[Sleepstation](#)

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night
Available free in some NHS areas



[Stress & Anxiety Companion](#)

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts

(Visit your app store to get the app)



[Student Health App](#)

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

(Visit your app store to get the app)



[Thrive](#)

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



[WorryTree](#)

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