



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 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 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 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 Info@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

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

Stonewall - LGBTQ support

Tel: 0800 0502020 <http://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/>

Focus Counselling, Bath, Frome and Wells – offering sliding scale pricing

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

Disclaimer

The information contained within this document is for information and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regime, and never disregard professional medical advice or delay in seeking it because of something you have seen on this document or through links from this document. Bramham Therapy does not endorse any of the organisations within this document and will not be held responsible for any advice given by them.
