

## National

### Organisations for Parents

#### **Gingerbread**

We provide expert advice, practical support and campaign for single parents. Whether you're experiencing separation or bereavement, or sorting out work or childcare, our tools can help.

T: 0808 802 0925

E: [info@gingerbread.org.uk](mailto:info@gingerbread.org.uk)

W: [www.gingerbread.org.uk/](http://www.gingerbread.org.uk/)

#### **PANDAS Foundation**

Information and support for anyone experiencing a mental health problem during or after pregnancy.

T: 01691 664275

E: [contact@pandasfoundation.org.uk](mailto:contact@pandasfoundation.org.uk)

W: [www.pandasfoundation.org.uk/](http://www.pandasfoundation.org.uk/)

#### **The Compassionate Friends**

An organisation of bereaved parents offering support and friendship after the loss of a child of any age.

T: 0345 123 2304

E: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

W: <https://www.tcf.org.uk/>

### Organisations for Children and Young People

#### **Kooth**

Free, safe and anonymous online support for young people.

W: [www.kooth.com](http://www.kooth.com)

#### **The Mix**

Talk to us via our online community, on social, through our free helpline or our counselling service.

T: 0808 808 4994

W: <https://www.themix.org.uk/>

#### **Childline**

Childline is here to help anyone under 19 with any issue they're going through. Our trained counsellors are here to support you. Contact via phone or 1-2-1 online chat.

T: 0800 111

W: <https://www.childline.org.uk/>

#### **Child Bereavement UK**

Supports families when a baby or child of any age dies or is dying, or when a child is facing bereavement.

T: 01494 568 900

E: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

W: [www.childbereavementuk.org/young-people/](http://www.childbereavementuk.org/young-people/)



## Local Signposting and Support Organisations



### Organisations for Adults

#### Samaritans

Offering a safe place for you to talk any time you like in your own way – about whatever's getting to you.

T: 116 123

E: [jo@samaritans.org](mailto:jo@samaritans.org)

W: [www.samaritans.org](http://www.samaritans.org)

#### Shout

Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

T: 85258

E: [info@giveusashout.org](mailto:info@giveusashout.org)

W: <https://giveusashout.org/>

## Buckinghamshire

#### Mental Health Helpline for Buckinghamshire & Oxfordshire

Call NHS 111 to reach Oxfordshire & Buckinghamshire Mental Health Helpline, for support for people of all ages. Call to find out when and where to get help and to access support from mental health professionals for a range of conditions and symptoms including anxiety, low mood, stress, worry, difficulty with relationships, crying often, feeling helpless, confusion, hallucinations or hearing voices.

### Organisations for Parents

#### FACT Bucks

Families and Carers Together in Bucks. A group of parents and professionals who meet to discuss real issues that affect children and young people with additional needs and disabilities in Buckinghamshire.

T: 07548 095363

E: [admin@factbucks.org.uk](mailto:admin@factbucks.org.uk)

W: [www.factbucks.org.uk](http://www.factbucks.org.uk)

#### Mini Mayhem

Young Parents Group. For parents under 25 years and their children. Priority given to families living within the geographical reach area of the centre. Friday 10.30am to 12pm.

T: 07824 53730 / 01494 764258

E: [amershamcc@actionforchildren.org.uk](mailto:amershamcc@actionforchildren.org.uk)

#### Autism Bucks

This site aims to inform, guide, enable and empower adults with autism and their families.

E: [autismbucks@buckscc.gov.uk](mailto:autismbucks@buckscc.gov.uk)

W: [www.autismbucks.org](http://www.autismbucks.org)

#### Carers Bucks

Supports and promotes the wellbeing of family carers of all ages and in different caring roles



## Local Signposting and Support Organisations

T: 0300 777 2722  
E: [mail@carersbucks.org](mailto:mail@carersbucks.org)  
W: [www.carersbucks.org/](http://www.carersbucks.org/)



### **Bucks Family Information Service**

Information, support, childcare and things to do for families, children and young people.  
W: [www.bucksfamilyinfo.org](http://www.bucksfamilyinfo.org)

### **Organisations for Children & Young People**

#### **Oxford Health CAMHS**

NHS mental health services & training that focus on the needs of children and young people.  
T: 01865 901951  
E: [oxfordhealth.bucksCAMHSSPA@nhs.net](mailto:oxfordhealth.bucksCAMHSSPA@nhs.net)  
W: [www.oxfordhealth.nhs.uk/camhs/](http://www.oxfordhealth.nhs.uk/camhs/)

#### **Young Carers Bucks**

Supports children and young people in Buckinghamshire aged 6-18 years old who have a caring role.  
T: 01494 463536  
E: [yc@carersbucks.org](mailto:yc@carersbucks.org)  
W: <http://www.youngcarersbucks.org/>

#### **Youth Enquiry Service**

Free and confidential support, information and counselling to young people (13-25) in the High Wycombe.  
T: 01494 437373  
E: [info@yeswycombe.org](mailto:info@yeswycombe.org)  
W: [www.yeswycombe.org](http://www.yeswycombe.org)

#### **Youth Concern**

Informal, flexible and responsive support for young people aged 12+, offering a drop-in centre, counselling, music studio, IT studio and general guidance and support.  
T: 01296 431183  
E: [admin@youthconcern.org.uk](mailto:admin@youthconcern.org.uk)  
W: [www.youthconcern.org.uk](http://www.youthconcern.org.uk)

#### **Bucks Family Network**

Counselling and therapy for individuals, schools and professionals. We support children, young people, adults and families, encouraging positive attitudes towards mental health and wellbeing.  
T: 07948 247 958  
E: [hello@bucksfamilynetwork.com](mailto:hello@bucksfamilynetwork.com)  
W: [www.bucksfamilynetwork.com](http://www.bucksfamilynetwork.com)

#### **Barnardo's Bucks**

Short term CBT based approach, counselling and groups to support CYP with mental health problems.  
T: 01494 773068  
W: <https://www.barnardos.org.uk/what-we-do/services/bucks-camhs>



## Local Signposting and Support Organisations

### Switch

Switch Bucks is an alcohol and drug service for young people in Buckinghamshire.

T: 01494 527000

E: [switchbucks@cranstoun.org.uk](mailto:switchbucks@cranstoun.org.uk)

W: [www.cranstoun.org/service/switch-bucks/](http://www.cranstoun.org/service/switch-bucks/)



### Wycombe Youth Action

Reducing social exclusion through creative and engaging projects including Street Dance, Young Roots, Wycombe Youth Forum and WY.TV.

T: 01494 525557

E: [INFO@WYCOMBEYOUTHACTION.CO.UK](mailto:INFO@WYCOMBEYOUTHACTION.CO.UK)

W: [www.wycombeyouthaction.co.uk](http://www.wycombeyouthaction.co.uk)

### Phoenix Animal Assisted Therapy

Nurturing mind, body and soul with sessions for children and adults. We offer Chill-out With Horses, Chill-out and Chat, Healing with Horses, Equine Assisted Therapy, and Memory Lane Sessions.

T: 07949 599645

E: [amy-holland@live.com](mailto:amy-holland@live.com)

W: [www.phoenixanimaltherapy.co.uk](http://www.phoenixanimaltherapy.co.uk)

### Winston's Wish

Professional therapeutic help in individual, group and residential settings. Specialist provider of support for children bereaved through homicide and suicide, as well as military families who have been bereaved.

T: 08088 020 02

W: [www.winstonswish.org.uk/](http://www.winstonswish.org.uk/)

### SAFE!

SAFE! provides support to children and families around the Thames Valley who have been affected by crime or abuse through 1-to-1 and group sessions.

- **The Young Victim Service** provides support to children aged 5 up to 18 who have been harmed by an experience of victimisation. <http://www.safeproject.org.uk/youngPeople/how-we-work.php>
- **The Building Respectful Families Service** provides support to families experiencing Child on Parent Violence. <http://www.safeproject.org.uk/youngPeople/families.php>

T: Phone: 01865 582 495

E: [safe@safeproject.org.uk](mailto:safe@safeproject.org.uk)

W: <http://www.safeproject.org.uk/index.php>

## Organisations for Adults

### Buckinghamshire Mind

We offer community-based services, ensuring everyone with a mental health problem gets access to the help they need. Our services include counselling, befriending, employment support, groups and more.

T: 01494 463364

E: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

W: [www.bucksmind.org.uk](http://www.bucksmind.org.uk)



## Local Signposting and Support Organisations

### Healthy Minds Bucks

NHS service offering easy access to talking therapies, support and employment advice.

T: 01865 901600

W: [www.oxfordhealth.nhs.uk/healthyminds](http://www.oxfordhealth.nhs.uk/healthyminds)



### Prevention Matters

Support for regaining your confidence, independence and getting out and about if you are: Struggling to remain independent in your own house, having difficulty getting out and about, feeling lonely and isolated, feeling anxious or lacking confidence or recovering from an illness.

T: 01296 484322

W: <https://www.connectionsupport.org.uk/buckinghamshire/projects/prevention-matters/>

### Relate

Relationship and family counselling.

T: 01628 625320

W: [www.relatemtb.co.uk](http://www.relatemtb.co.uk)

### One Recovery Bucks

Supporting those affected by drugs and alcohol in Buckinghamshire.

T: 0300 772 9672

W: [www.onerecoverybucks.org](http://www.onerecoverybucks.org)

**For more information and other services please see the [Bucks Mind Guide to Mental Health Services](http://www.bucksmind.org.uk/buckinghamshire-mind-guide). In association with Oxford Health NHS Foundation Trust, this is a directory of services, apps and other help available to anyone who is worried about their own mental health and well-being or that of a friend or relative.**

[www.bucksmind.org.uk/buckinghamshire-mind-guide](http://www.bucksmind.org.uk/buckinghamshire-mind-guide)

## East Berkshire

### Organisations for Parents

#### Home-Start

Home-Start Bracknell Forest offers parent-to-parent support, enabling families to get back on track.

T: 01344 860025

E: [office@hsbf.org.uk](mailto:office@hsbf.org.uk)

W: <https://homestartbracknellforest.org.uk/>

#### Family Information Service

A free and impartial information and signposting service, relating to childcare and other services that support parents and carers of children and young people.

W: <https://www.bracknell-forest.gov.uk/children-and-family-services/family-information-service>

#### Autism Berkshire

Evidence-based courses are suitable for parents and carers of autistic children aged 5- 9 and 10- 16 who already have an autism diagnosis or are on the Berkshire CAMHS waiting list for an autism assessment.



## Local Signposting and Support Organisations

T: 01189 594 594

E: [contact@autismberkshire.org.uk](mailto:contact@autismberkshire.org.uk)

W: <https://www.autismberkshire.org.uk/east-berkshire-autism-advice/>



### GEMS

Pre and post assessment support for Autism and ADHD. Parent Helpline and workshops for Parent/carers, children, young people and adults 25+

T: 01753 373 244

E: [gems.4health@nhs.net](mailto:gems.4health@nhs.net)

W: <https://www.gems4health.com/>

## Organisations for Children and Young People

### CAMHS Berkshire Healthcare

NHS service providing support and treatment for CYP with mental health difficulties, whose symptoms are having a significant impact in their day to day lives.

T: <https://cypf.berkshirehealthcare.nhs.uk/contact-us/get-in-touch/>

W: <https://cypf.berkshirehealthcare.nhs.uk/our-services/children-and-adolescent-mental-health-services-camhs/>

### Number 22

A Charity providing free and confidential counselling to adults and young people in Windsor, Maidenhead and Slough, supporting those in distress where clients can feel valued and heard.

Age 11+

T: 01628 636661

E: <https://number22.org/enquiry-form/>

W: <https://number22.org/>

### Youthline

Youth Counselling in Bracknell Forest, for ages 11+ to 25, plus parent/carers and professionals.

T: 01344 311200

E: [ask@youthlineuk.com](mailto:ask@youthlineuk.com)

W: [www.youthlineuk.com](http://www.youthlineuk.com)

### Children and Family Services

Free impartial information and guidance about services for children, young people and families.

W: <https://www.bracknell-forest.gov.uk/children-and-family-services>

### SAFE!

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- **The Young Victim Service** provides support to children aged 5 up to 18 who have been harmed by an experience of victimisation. <http://www.safeproject.org.uk/youngPeople/how-we-work.php>
- **The Building Respectful Families Service** provides support to families experiencing Child on Parent Violence. <http://www.safeproject.org.uk/youngPeople/families.php>

T: Phone: 01865 582 495

E: [safe@safeproject.org.uk](mailto:safe@safeproject.org.uk)

W: <http://www.safeproject.org.uk/index.php>



## Local Signposting and Support Organisations

### Organisations for Adults



#### Talking Therapies Berkshire

Talking Therapies is our friendly and approachable NHS service that offers support if you're coping with challenges like depression, stress, anxiety or phobias.

T: 0300 365 2000

E: [talkingtherapies@berkshire.nhs.uk](mailto:talkingtherapies@berkshire.nhs.uk)

W: <https://talkingtherapies.berkshirehealthcare.nhs.uk/>

#### Number 22

A Charity providing free and confidential counselling to adults and young people in Windsor, Maidenhead and Slough, supporting those in distress where clients can feel valued and heard.

T: 01628 636661

E: <https://number22.org/enquiry-form/>

W: <https://number22.org/>

#### Walk for Wellbeing Berkshire - Sport in Mind

Free sports and physical activity for people of all fitness levels, designed to promote mental wellbeing.

T: 07341267740

E: [laura.brooks@sportinmind.org](mailto:laura.brooks@sportinmind.org)

W: <https://www.walkingforhealth.org.uk/walkfinder/walk-for-wellbeing-berkshire-sport-mind>

#### HealthMakers

Long term condition self-management courses and advice. Helping you better manage your long-term health condition and improve your quality of life. For adults 18+, registered with a GP in East Berks.

E: [HealthMakers@berkshire.nhs.uk](mailto:HealthMakers@berkshire.nhs.uk)

W: <https://www.berkshirehealthcare.nhs.uk/get-involved/our-patient-participation-and-groups/join-healthmakers/>

#### The Dash Charity

Helping individuals and families affected by domestic abuse with confidential advice and support. Specialising in BME, complex needs and mental health, ill health, LGBT, pregnancy and substance misuse.

T: 01753 549865

E: <https://thedashcharity.org.uk/contact-us/>

W: <http://thedashcharity.org.uk/>

#### Friends in Need

Friends in Need in Windsor, Ascot and Maidenhead for over 18s. We are a friendly peer support group who want to help you manage your depression and anxiety, through uplifting, fun and free of charge activities.

T: 01494 463364

E: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)

W: <https://www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/>

