STUDENT WELLBEING - OUTSIDE SUPPORT

Newbury College

Are you experiencing any of the following?

FEELING LOW /ANXIETY/DEPRESSION/ BULLYING/BEREAVEMENT/DRUGS & ALCOHOL ADDICTION/SUICIDAL THOUGHTS/SELF-HARMING/EATING DISORDERS/DOMESTIC ABUSE

Unsure who to turn to for help? Please see resource list below.

EMERGENCY HELP AND SUPPORT

If it is an emergency call 999 straight away

NHS Mental Health Crisis Team, if you need urgent help, but its not an emergency, you can call 0300 365 0300 or 0300 365 9999

Samaritans: 08457 90 90 90 suicidal thoughts /struggling to cope

NON-URGENT ADVICE AND SUPPORT

CAMHS: 01635 295555 www.cypf.berkshirehealthcare.nhs.uk Mental Health Support.

Time2Talk Counselling: 01635 760331office@t2twb.org(Newbury/Thatcham/Hungerford)

Talking Therapies Counselling: 0300 365 2000 www.talkingtherapies.berkshire.nhs.uk

YPI Counselling: 01256-423-878 office@ypicounselling.co.uk (Basingstoke)

NO5 Counselling: 0118 901 5668 no5.org.uk (Reading)

Frank: 0800 77 66 00 frank@talktofrank.com Drug Abuse

The Edge: 01635 582002 theedge@westberks.gov.uk Drug & Alcohol service.

Swanswell: 0300 003 7025 www.swanswell.org Drug & Alcohol services

Cruse Bereavement Care : 01635 523573 www.crusewestberks.org

Daisy's Dream: 01189 934 2604 www.daisysdream.org.uk

BEAT: 0845 634 1414 www.b-eat.co.uk Eating Disorders

Harmless : info@harmless.org.uk www.harmless.org.uk Self-Harm support.

BullyingUk 0808 800 2222 www.bullying.co.uk Bullying support

Childline: 0800 1111 Advice & support for all children and young people.

ADAS : 0800 731 0055 OR EMERGENCY 0808 200 0247 Domestic Abuse help