

Useful Contacts

Referral to the Early Response Hub for a family under level2 of West Berkshire Threshold Document. Safeguarding concerns CANNOT be made via this digital form:

ERH landing page: <https://www.westberks.gov.uk/ERH>

ERH digital referral form: <https://www.westberks.gov.uk/early-response-hub-referral>

PARENTING AND FAMILY SUPPORT			
My Family Plan	Consultation and Advice on setting up a My Family Plan or if a MFP has become 'stuck'		www.westberks.gov.uk/mfp-consultation-request
Family Group Conference – for internal use within CFS only	Family Plans	01635 503400	Email: FGC@westberks.gov.uk Email is for duty advice only FGC referral form on CD
Family Hubs Referral up to 5yrs	Early years support Stay and play sessions Lead on MFP's Emotional and MH support Baby massage	0118 945 6157 01635 503990 01635 31143 01488 682628	Central Family Hub - Sharon.pearce2@westberks.gov.uk , 01635 503990 East Family Hub - joanne.roberts@westberks.gov.uk , 0118 9456157 West Family Hub - slawson@victoriapark.w-berks.sch.uk , 01635 31143 All Family Hubs - familyhubs@westberks.gov.uk , 01635 503990 Hungerford Area and Family Centre - MBeasley@hungerfordnursery.w-berks.sch.uk , 01488 682628 www.westberks.gov.uk/familyhubs
Homestart	Speech & Language Family Support Poverty Support Practical in home help	01635 760310	
Family Information Service	Telephone and on line directory service	01635 503100	www.fis.westberks.gov.uk
Family Line	Support for adult family members – advice and guidance	0808 802 6666, text: 07537 404282	Email: familyline@family-action.org.uk
STOP parenting Schools can also refer	10 week programme Parents of teens Check directly for next group running (normally term time)	01635 519797	Complete referral form and send to Polly.phillipson@westberks.gov.uk Amber.Clarke1@westberks.gov.uk
NSPCC	Report abuse Support for parents Advice & guidance	0808 800 5000 (adults) 0800 1111 (children)	www.nspcc.org.uk email: help@nspcc.org.uk
The Cowshed	Free one off donation of clothes, shoes etc	0118 9345120	www.thecowshed.org referrals@cowshed.org
2 year nursery funding	Application form	01635 519714	Email: enquiries@familyresourcecentreuk.org

PACT (Parents & Children Together)	Adoption Support & Family Support Domestic Abuse, Groups, Employment & Benefits Support	0300 456 4800	www.pactcharity.org
Child Accident Prevention Trust	Website on the issue of child safety. home and out in the community (road safety		www.capt.org.uk
Berkshire Fire and Rescue	They can offer a safe and well visit to homes if there are concerns in place or you think the home does not have adequate fire safety in place. This is for eligible residents, the link will take you to the form whereby you can see the eligibility		www.rbfrs.co.uk/your-safety/safety-at-home/book-a-safe-and-well-visit/
Educafé	Support for diverse and ethnic communities Job support/accessing services/café	01635 936211	Colline Watts and Clare Middleton
Newbury Cancer Centre – The Rosemary centre	Holistic therapy, financial assistance, volunteer support	01635 31542	www.newburycancercare.org.uk
National Sleep Helpline	Run by a team of specialist trained sleep advisors to offer strategies and recommend services that could help	03303 530 541 Mon, Tues, Thurs 7pm-9pm Mon & Wed 9am-11am	
PIP – Positive Intervention Programme (Run by YOT in YP's school)	1:1 direct work when YP is on the cusp of offending Send Katy's email address to school for them to refer		Kathryn.Ardagh-Walter1@westberks.gov.uk Check with Katy first that she covers the YP's school

CHILD ON PARENT VIOLENCE

WIC Course (Who's in Charge)	8 week programme for parents with children aged 12-18. Run by YOT – check for next group before referring as they don't hold referrals	01635 553600	Complete referral form and send to Michele.clarke@westberks.gov.uk Amber.Clarke1@westberks.gov.uk
Building Respectful Families (BRF) Programme from SAFE	YP aged 9-18 for child on parent violence intervention Via referral form	01865 582495 08001337938	Referral form to be sent to safe@safeproject.org.uk www.safeproject.org.uk

	Also offer sibling support through their young victims project		
PEGS	Parenting support, drops ins, peer support. Parents can self refer via the website		hello@pegssupport.com www.pegssupport.com

ADDITIONAL NEEDS – CHILDREN AND YOUNG PEOPLE

Kelly Evans ASC Family advisor	Parenting support. Formal diagnosis needed (although sometimes will support when on the pathway if she has capacity)		Kelly.Evans1@westberks.gov.uk
West Berks ASD/ADHD Service	Parent/carer support & workshops Pre-diagnosis support	0118 959 4594 (option 1)	www.autismberkshire.org.uk email – contact@autismberkshire.org.uk
Home - West Berks PDA Support Group	Resources for Pathological Demand Avoidance (PDA)		https://westberkspdasupportgroup.co.uk/ Check out facebook for meetings
Parenting Special Children	Courses, workshops, advice, support	0118 9863532	www.parentingspecialchildren.co.uk Parenting Special Children – Ruth Pearse (Lead) ruth@parentingspecialchildren.co.uk
National Autistic Society	Helpline No longer have support workers in West Berkshire	07748 880725	westberkshire@nas.org.uk www.autism.org.uk
Sunshine & Showers Group	Support for families – group/ drop in setting and outreach	01635 503646/ 07423 587786	Email: Kelly.Evans1@westberks.gov.uk
EDIT: Pre-school teacher counsellors	Early intervention for children 0-5 with additional needs Developmental assessment required	01635 503652	learningsupportteam@westberks.gov.uk karen.bartlett1@westberks.gov.uk 01635 503646
SENDIASS	Advice and Support for families with children 0-25	0300 303 2644	www.westberks.gov.uk/westberkshire/directory/service www.directory.westberks.gov.uk
West Berks Youth Forum	Social group for SEN young people 15-25.		Contact Name Eisha Contact Position Youth Participation Worker E-mail Youthforum@westberks.gov.uk
West Berkshire	Support for parents who have	07305 551082	Email: info.at.wbpcf@gmail.com

Parent Carer Forum	children with additional needs		
West Berkshire sensory needs service	Support for any age child who has a diagnosed sensory need	01635 503704	Email: sensoryneeds@westberks.gov.uk
Thatcham Youth Group	<p>Vision Youth Club – aged 7-11 Fridays</p> <p>The Zone Youth Club aged 11-14+ Mondays</p> <p>At Moorside Community Centre <i>RG19 4RE</i></p>		info@thatchamyouth.org.uk https://www.thatchamyouth.org.uk/
Therapeutic Thinking Team	<p>Team of educational Psychologists, and SEMH Practitioners. Support pupils to meet their Social Emotional and Mental Health (SEMH) Needs. Will accept referrals from schools but good to ask the families to make it</p>	07585 986658	<p>Dr Beth Cartwright, Senior Educational Psychologist: beth.cartwright@westberks.gov.uk</p> <p>TTST@westberks.gov.uk</p>
Camp Mohawk Highfield Lane. Crazies Hill. RG10 8PU	Multi-functional day centre for special needs (need to register to use)	0118 940 40 45	www.campmohawk.org.uk
Thomly Hall Menmarsh Road. Worminghall. HP18 9JZ	<p>Residential offering youth clubs, social groups, cooking clubs and private bookings</p> <p>“For all people with all abilities”</p>	01844 338380	www.thomley.org.uk
ASD Family Help Charity	The ASD Family Help charity is a ‘User Led’ independent and voluntary group that offers support, advice and activities for individuals on the autistic spectrum and/or other learning disabilities, their		<p>www.asdfamilyhelp.org</p> <p>Rachael – rachael@asdfamilyhelp.org – 07542 766953 Child & Families Activities Project Manager</p>

	parents, carers or professionals UK.		
Swings and Smiles	<p>Play facility for children with additional needs Sibling Support Outreach Support</p> <p>Building Resilience programme via ERH – children aged 3-11 with an additional need either pre or post diagnosis</p>	<p>01635 285170</p> <p>Email CD link to Marie Llewellyn on WBC email</p>	<p>Email: office@swingsandsmiles.co.uk www.swingsandsmiles.co.uk Copy any referrals to Sara East sara@swingsandsmiles.co.uk Professional or self referral using the online registration form</p>
Watermill Theatre	Free ASD drama group (don't have to have a diagnosis) 8-12yrs and 12-16yrs	01635 570927	outreach@watermill.org.uk

EMOTIONAL AND COUNSELLING SUPPORT – CHILDREN AND YOUNG PEOPLE

Young Carers	Assessment required Activities & mentoring support	01635 503090	Referral via YC's webpage on intranet ERH can refer by ticking on the ERR
Emotional Health Academy	Support for mental health – up to 18 Self or professional referral Parenting groups	01635 503200	www.westberks.gov.uk/eha
Minded for Families	Parenting support and advice for families who have young people with mental health issues		www.mindedforfamilies.org.uk
VIA drug and alcohol support	Substance Misuse support for adults Self or professional referral	0300 303 4554	<ul style="list-style-type: none"> • Attend in service and complete referral (1 Station Road, Newbury, RG14 7LP) • Call the service on 0300 303 4554 and complete referral over the phone • Go to West Berkshire Referral - via (viaorg.uk) and complete the form, this can be as a self-referral or by someone else (if the client has given consent for this)
YOT	Youth offending team	01635 553600	yot@westberkshire.gov.uk
Criminal Justice Liaison and Diversion Service	We are an assessment and signposting service for young people involved or at risk of becoming involved in the criminal justice system.	0300 365 5555 Option 3	<p>LiaisonandDiversionBerks@berkshire.nhs.uk</p> <p>Email: helen.smith@berkshire.nhs.uk Mobile: 07870484406</p>
Berkshire Youth	Berkshire Youth supports youth leaders and young people aged 10 to 18 through challenging life	0118 909 0927 01635 889764	<p>www.berkshireyouth.co.uk www.wbyh.co.uk</p>

	transitions/events to help them make the right choices, grow resilience and mature as individuals and members of society through Offers mentoring and advice.		
KICKS programme	football/mentor programme		Paul Brown <PBrown@readingfc.co.uk>
SAFE	Self or professional referral 8-18 years old Victim of crime/ bullying/ assault	0800 133 7938	www.safeproject.org.uk
MIND	Telephone and on line support	Contact via online	www.mind.org.uk
Trust House	Specialise in sexual abuse and trauma for men, women and children	0118 584033	0118 950 2835 or email office@trusthouse.org.uk www.trusthousereading.org (referral form on website)
ThinkUKnow	Online advice and guidance – online safety, health relationships, CE risks and guidance		Thinkuknow.co.uk www.internetmatters.org/hub/guidance/snapchat-safety-a-how-to-guide-for-parents/
MENCAP	Children services 0-18 Support, care, advice & guidance Clubs and residential Family advisory service	01635 41464	www.wbmencap.org
Young Minds	Support for young people & their parents – online, helpline, text service	0808 802 5544 (parents)	www.youngminds.org.uk
Time to Talk	Free youth counselling 11-25 years old	01635 760331	Email: hello@t2twb.org www.t2twb.org
Help yourself	This is online support for over 16, under 16's can access this through referral with parents' consent.		
Kooth	Online mental health support – chat facility & daily journal		www.kooth.com
Shout	MH 24/7 crisis text service	741741	www.crisistextline.org
Sport in Mind See website for up to date info	Activities for children and young people in WB	07570807853	0118 947 9762 youth@sportinmind.org www.sportinmind.org
Alumina	On line self-harm support aged 14-19 (6 weekly sessions)		www.selfharm.co.uk helloalumina@youthscape.co.uk
Papyrus	Prevention of young suicide	0800 068 4141 9am-midnight daily	www.papyrus-uk.org
Barnardo's	Helpline for BAME		www.barnardos.org.uk/helpline
Helios	Accessible through CAMHS/GP		www.healios.org.uk admin@healios.org.uk or call 0330 124 4222

	Online emotional wellbeing and mental health support for 10-18 year olds. Includes app "mind ninja"		
Calm Harm	It's a Mobile App called <i>Calm Harm</i> , it's designed to help people reduce their engagement in Self-Harm Behaviours.	Calm Harm mobile app on app store	https://calmharm.co.uk/
Spotlight UK	Helpline, mentoring, counselling, activities Care packages	07804880072 (Louisa Riley) for care packages	West Berkshire manager: mollie@spotlightuk.org www.spotlightuk.org admin@spotlightuk.org 01256 242330
Starting Point	Mentoring Service 11-25 year olds	0118 9952160	www.startingpoint.org.uk startingpoint@themustardtree.org
The Mix	Essential support for under 25's	0808 808 4994	www.themix.org.uk
School Nurses	Advice line 0300 3650010 (9-4.30 daily)		
Sexual Health Nurse	Young people's service	0118 3227202	www.Safesexberkshire.nhs.uk

DOMESTIC ABUSE

Berkshire Women's Aid	24 hour helpline	0808 801 0882	www.berkshirerewomensaid.org.uk
Berkshire Women's Aid – complex needs	They must also be experiencing three of the following complex needs: Homelessness or problems with housing. Low level offending and re-offending. Problematic substance misuse. Mental ill health. Money/debt management. Unemployment. Domestic abuse and/or physical or sexual abuse	Referral form on shared drive	www.berkshirerewomensaid.org.uk
National Centre Domestic Violence	Helpline, for emergency legal support relating to DA	0800 970 2070 Text: 60777	www.ncdv.org.uk office@ncdv.org.uk
National Domestic Abuse Helpline	Helpline run by Refuge Provide advice, guidance, legal help & to access a refuge	0808 2000 247	www.nationaldahelpline.org.uk
Victim Support	Helpline, women's aid, men's helpline, rape crisis, BME, FGM support	0808 168 9111	www.victimsupport.org.uk Relay UK app

Safe Lives	At SafeLives, we provide research, training and support to frontline domestic abuse services and professionals – works with professionals not families		www.safelives.org.uk info@safelives.org.uk
Flag DV	Free legal advice & guidance for Domestic Abuse victims Phone line:- Mon/Wed/Fri – 11am to 1pm	0808 2000 247	www.flagdv.org.uk
A2 Dominion (WBDAS)	Self or professional referral Helpline/ outreach/ courses/ refuges	0800 731 0055	Email: DAS@a2dominion.co.uk www.reducingtherisk.org.uk
A2 app Live responder 9-10am 6-7pm	Advice, signposting, resources and to request further helpline support	Called 'cook assist'	Download on Android or IOS
Brightsky app	Offers information for people concerned about domestic violence; Hides behind a weather app Links to resource Use to log incidents		Download in app store
BounceBack4Kids	Children & Parents separate courses. Play therapy. 1-1	0300 4564800	www.bounceback4kids.org email: BB4K@pactcharity.org Carly 07545659740
Victims First	Short & Long term support for rape, sexual abuse, exploitation & modern slavery	0300 1234 148	www.victims-first.org.uk On line referral
Browns DA and exploitation counselling service	For men/women Over 18 Live in Berkshire History or current abuse	Referral in DA folder in IDrive	sobia@brownscs.co.uk
GALOP	LGBTQ+ anti-violence charity	0800 999 5428	www.galop.org.uk help@galop.org.uk
Hourglass	DA support for older people & adult children towards parents	0808 818 8141 24/7 Text: 07860052906	www.wearehourglass.org/domesticabuse
Respect	Work with male victims & perpetrators	0808 802 4040	www.respect.uk.net
Freedom Programme	For male perpetrators		www.freedomprogramme.co.uk/men.php
Men's Advice line	Advice for male victims	0808 801 0327	www.mensadvice.org.uk
Mankind	Confidential helpline for male DA victims, supporters, friends etc	01823 334244	www.mankind.org.uk

HOUSING

Shelter UK	Advice, support and advocacy, eviction support		www.england.shelteruk.org
Better Care Fund Project	Support at home service for over 65s	01189 358244	Email: westberksprg@redcross.org.uk
Housing Options	Advice/ applications/ homelessness support	01635 519530	Email: housing@westberks.gov.uk www.westberks.gov.uk
Sovereign Housing	Tenancy support – tenancy sustainment	0300 5000926	www.sovereign.org.uk

	officer (help with benefits/ASB/moves CAAS Sovereign Housing representative	Jenny McCartney	On internal WBC email
Community Support Hub	Advice on local organisations	01635 503579	westberksbct@westberks.gov.uk
A2 Dominion Housing	Tenancy support	0800 432 0077	www.a2dominion.co.uk
Citizens Advice	Face to Face/ online Phone support/ drop in, Outreach	08444779980 01635 516605 (outreach)	www.westberkscab.org.uk
<u>Economic/financial abuse:</u> Surviving economic abuse & The Financial support line	offer advise to professionals supporting victims- they are piloting a new Financial Support Line Casework Service for victims The Financial Support Line; provides a safe space for the victim-survivor to discuss their financial situation and allow them to prioritise issues and move forward with economic safety	08081968845 Monday–Friday, 9am–5pm	https://survivingeconomicabuse.org/what-we-do/financial-support-line/ The Financial Support Line for Victims of Domestic Abuse (moneyadviceplus.org.uk)

GRANTS & ASSISTANCE

Community Baby Bank	Distribute free baby items to families in need	WBC babybank – Facebook page	Email: wbcbabybank@gmail.com being checked
Essential Household Goods Scheme	Complete referral form. (This is answered by Community Furniture Project)	01635 43933	Email: ehgs@cfpnewbury.org
Healthy start	Support to buy baby formula, milk, fruit, veg and free vitamins	0300 3307010	www.healthystart.nhs.uk
Foodbank Vouchers	Voucher codes can be given so physical voucher not required In Thatcham, Newbury and Hungerford Help through hardship line:	07955 626621 0808 2082138	www.trusselltrust.org www.westberks.foodbank.org.uk
First Days	Charity donations to new-born families in need	0118 921 9338	www.firstdays.net
School uniform costs.	Help with School uniform costs.	gov.uk website	Get help with school uniform costs - GOV.UK (www.gov.uk)

Household Support Fund (only for utilities, clothing, food etc)	For care leavers & young carers (open to YC or not)		Info to come from Steph
Greenham Trust	Has a pot of money that other charities/organisations can apply to		Info to come from Steph
Furniture Project			
Newbury Lions	Prof. referrals only to apply for help with anything		welfare@newburylions.org.uk
7Stars Charity	Funding looks to prioritise support for young people, aged 16 and under, across the United Kingdom who are surviving abuse, living with the effects of addiction, at risk of homelessness, or caring for a loved one as a young carer. Grants for individuals represented by a safeguarding, legal, social or outreach referee. Grants are to promote happiness, offer opportunity, or fulfil potential.		https://the7starsfoundation.co.uk/

FINANCIAL GUIDANCE & ADVICE

Christians Against Poverty	Self or professional referral – online or by phone not by email	0800 328 0006 or 07307 209636	www.capuk.org
Supporting Families Employment Advisor	Advice and support for adults on benefits and out of work (9.30 – 2.30 term time)	07584 601512	Email: Natalie.tombs@westberks.gov.uk natalie.tombs@dwp.gov.uk
Helen Dean	Reducing energy bills (Connecting communities in Berkshire)	0118 9612000 0773 8887612	www.ccberks.org.uk helen.dean@ccberks.org.uk

FAMILY TIME AND CARE ARRANGEMENTS, SEPARATION ADVICE AND GUIDANCE

CAFCASS	Ensuring voice of the child in family court	Only if already in court process	www.cafcass.gov.uk
Family Time Centres			www.naccc.org.uk
CAB			www.citizensadvice.org/uk/family/ending-a-relationship

Separated Families	Advice and support for families going through separation		www.separatedfamilies.info
Family Lives	Helpline, on line resources,	0800 800 2222	www.familylives.org.uk
Advice now	Advice and guidance for court, housing, contact arrangements, residency		www.advicenow.org.uk
Gingerbread	Contact and maintenance advice & support, how to support children		www.gingerbread.org.uk
Child Law Advice	Specialist advice on child law and education.	0300 330 5480	www.childlawadvice.org.uk

GENDER IDENTITY SUPPORT

Mermaids	Online, phone support, young people & parents		www.mermaidsuk.org.uk
Genderbread	On line resource to support young people		www.genderbread.org.uk
Young Minds	Guide for parents		www.youngminds.org.uk
NHS – TransUnite Gender Identity Clinic	Comprehensive resource for people searching for support	0208 938 7590	www.gic.nhs.uk Email GIC@nhs.net
Terence Higgins Trust	Support, advice and information for Trans and non-binary people	0808 802 1221	www.tht.org.uk Email info@tht.org.uk
Stonewall	Information and support for LGBT communities and allies		www.stonewall.org.uk info@stonewall.org.uk
Mindline trans +	Emotional and mental health support helpline for anyone identifying as trans, non-binary, gender variant, and their families, friends, colleagues and carers. Offered by Mind Somerset but is available nation wide.	0300 330 5468 Fri 8pm-midnight	www.mindlinetrans.org.uk
Support U	Thames Valley support for the LGBTQ+ and allies	0118 3219111	www.supportu.org.uk Email:support@suuportu.org.uk

EDUCATION

Emotionally Based School Avoidance (Schools make referrals)	Forum of professionals who discuss cases and support Children who aren't attending school due to anxiety etc	Tel: 01635 503657 / 07385 936482	Jackie Smith Emotionally Based School Avoidance (EBSA) Coordinator Jackie.Smith3@westberks.gov.uk
Elective Home Education	Advice, guidance and monitoring	01635 519797	Email: Caroline.cleghorn@westberks.gov.uk

PARENTAL, FAMILY CONFLICT & MEDIATION

Relate	mediation and counselling support for all family members	0333 257 4042	www.relate.org.uk Relate require families to self-refer. Relate family mediation helps people who are going through a separation or divorce to resolve issues that arise at that time, such as finance, property, pensions and arrangements for children. Mediation is not relationship counselling but helps devise a plan of action to sort out the practicalities. Relate charge £90 per person for up to 45-minute meeting individually, or a joint QSM (Quick Start to Mediation) for 90mins which is £180 per person. Relate mediators will assist in developing options, often leading to solutions not yet considered. This process is cheaper and quicker than going down the legal route with both of the clients having to instruct Solicitors and incurring these costs. For those that reach a successful outcome it generally takes between 1-3 meetings. They are very experienced in conducting meetings via webcam and Zoom works really well for this process. If you are on benefits you may be eligible for legal aid. We are unable to support legal aid cases currently but the link will direct you towards organisations that can help: https://www.gov.uk/check-legal-aid .
Resolve	Family relationship support	0118 959 7420	www.resolvemediation.com email: info@resolvemediation.com
Young people and family conflict Neighbourhood disputes School bullying Workplace bullying			
Berkshire Mediation	Parental mediation service	0118 9571159	www.berkshirefamilymediation.org.uk info@berksfm.co.uk
Reducing parental conflict course for parents – Triple P Family Transitions	5 week course for parents who are separated/divorced and are experiencing parental conflict with their co parent	01635 503400	rpc@westberks.gov.uk
Separ 8	Co-parenting app (Free App)		https://separ8.co.uk/tips-advice/co-parenting-apps-which-one-to-choose/

Daisy's Dream	Groups, 1-1 and family support where a parent is terminally ill or had died. This includes SGO's	0118 9342604	www.daisysdream.org.uk
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POST ADOPTION/SPECIAL GUARDIANSHIP ORDER SUPPORT

Family Placement Team – SGO support	Offering support via FPT difficulties that SGO carers are having around family time/behaviour/identity can be directed to SGOsupport		sgosupport@westberks.gov.uk
Adopt Thames Valley	Post adoption support	01865 323121	Email: atv.permanencesupport@oxfordshire.gov.uk www.adoptthamesvalley.co.uk

BEREAVEMENT COUNSELLING – ADULTS

Sands	Loss of child bereavement		www.sands.org.uk
Pregnancy loss support	Support groups and counselling		www.willowssupportgroup.co.uk/ www.sayinggoodbye.org/ www.tommys.org/baby-loss-support
Cruse Bereavement	helpline, 1:1 , group	0808 808 1677	www.cruse.org.uk
Anna Freud	National centre for children and families – resources and courses	(0)20 7794 2313	www.annafreud.org/bereavement info@annafreud.org

ADULT MENTAL HEALTH SUPPORT

Recovery in Mind	Free courses & resources		www.recoveryinmind.org
Talking Therapies	GP or Self-Referral	0300 365 2000	www.talkingtherapies.berkshire.nhs.uk
Silver Cloud	Adults mental health support online CBT based		www.silvercloudhealth.com/uk
NHS	Online free wellbeing quiz and support plan		www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/
Sport in Mind	Sporting activities in WB		www.sportinmind.org
We Stand (was MOSAC)	We stand offers practical and emotional support to non-abusing parents, carers and families of sexually abused children. We Stand free, confidential helpline covers the whole of the UK.	Helpline: 0800 980 1958 (Freephone) or 020 8293 9990	Website: www.westand.co.uk
Trust House	Sexual trauma counselling	0118 9584033 0118 950 2835 (for general advice)	www.trusthoureading.org office@trusthouse.org.uk support@trusthouse.org.uk
Samaritans	24/7 telephone support	116 123	www.samaritans.org

Berkshire West Your Way – Leading UK MH charity	<ul style="list-style-type: none"> • Community support • Individually tailored one-to-one support • Peer support • Social networking • Volunteering 	0118 9660240	berkshirewest-yourway@together-uk.org
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ADDICTION SUPPORT

GamCare	Helpline or online Referral forms can be used	0808 8020133 Referral no: 0118 996 0131	Email: berkshire@gamcare.org.uk
Al-Anon	Support for family members who have someone with drug/alcohol issues Helpline and groups	0800 0086 811	www.al-anonuk.org.uk
Alateen	Support for children with parents with substance misuse issues. Helpline & groups	020 7593 2070	www.al-anonuk.org.uk/alateen
Nacoea	For children & young people with parents who have substance misuse issues	0800 358 3456	www.nacoea.org.uk
Hoarding Disorders UK	Direct work and support in the home for families with hoarding issues	07950 364798	www.hoardingdisordersuk.org Email: info@hoardingdisordersuk.org
Westminster Drug and alcohol service	Drug and Alcohol support	0300 303 4554	Johanna.Leigh-Smith1@westberks.gov.uk works Mon and Tues in CAAS and available to do consultations or get advice www.west.berkshire@wdp.org.uk west.berkshire@wdp.cjsm.net

PTSD SUPPORT

PTSD UK	Assessment & therapy Suggests getting GP to refer		www.ptsduk.org
SANE	Out of hours support for over 16s	0300 304 7000 Or text 07984 967 708	Email:support@sane.org.uk www.sane.org.uk

EATING DISORDER SUPPORT

NHS website	Advice & guidance of how to seek help and support		www.nhs.uk
Anorexia and Bulimia Care	Support for both young people and parents/carers Helpline service	03000 11 12 13	www.anorexiabulimiicare.org.uk
Young Minds		0808 802 5544 (parents)	www.youngminds.org.uk/eatingdisorders

SUPPORT FOR PARENTS IN PRISON

PACT	Befriender service. Peer support groups, family support, helpline	0808 808 2003	www.prisonadvice.org.uk www.prisonfamilies.org
Children Heard and Seen	Parenting support, mentors, targeted interventions (can self-refer)	07557 339258	www.childrenheardandseen.co.uk Email:info@childrenheardandsenn.co.uk

NICCO	National information service on children of offenders		www.nicco.org.uk
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