

. Please be aware that due to the impact of COVID-19 some services will be delivered differently (via phone or video link where possible). This document is for internal use and not designed to be shared directly with the general public.

Service	Description	Cohort	Referral link
<b>Talking Therapies</b>	Can support people with mild/moderate anxiety and depression including phobia, health anxiety, stress, worry and sleep difficulties. Support is online or video/teleconference.	17+ registered with a GP in East Berks	<a href="https://talkingtherapies.berkshirehealthcare.nhs.uk/">https://talkingtherapies.berkshirehealthcare.nhs.uk/</a> or call 0300 365 2000
<b>Silvercloud (Talking Therapies Instant Access)</b>	Silvercloud is a free online NHS service supporting adults within Berkshire who may be struggling with stress, sleep issues and low mood and anxiety.		Please follow the link to sign up: <a href="https://forms.berkshirehealthcare.nhs.uk/TalkingTherapies/OnlineTherapy.aspx">https://forms.berkshirehealthcare.nhs.uk/TalkingTherapies/OnlineTherapy.aspx</a>
<b>Friends in Need</b>	Provides peer support and activities for people that are lonely, anxious or depressed.	18+ registered with a GP in East Berks	Friends in Need East Berkshire and Buckinghamshire [Closed Facebook Group]: <a href="#">CLICK HERE</a>
<b>CPE</b>	Single point of referral for secondary mental health services.	18+ registered with a GP in East Berks	0300 365 0300
<b>Mental Health Crisis Team</b>	Mental health crisis support within 4 hours.	18+ registered with a GP in East Berks	Call the mental health crisis team/Common point of Entry on: 0300 365 0300 or for emergencies call 999.
<b>Perinatal</b>	Specialist assessment and treatment service for women experiencing mental health problems during pregnancy and up to 2 years post-partum	18+ registered with a GP in East Berks	0300 365 0300
<b>CMHT</b>	Joint health and social care mental health teams for working age adults with severe mental illness, requiring specialist intervention from multi-disciplinary team.	18+ registered with a GP in East Berks	0300 365 0300
<b>OPMH</b>	Memory Clinic, CMHT and Home Treatment for older people.	65+ registered with a GP in East Berks	0300 365 0300
<b>Slough Advice Centre</b>	Support & Advice for finances, relationships, benefits etc.	16+ in the respective locality area	<a href="https://sloughadvicecentre.co.uk/">https://sloughadvicecentre.co.uk/</a> or call 0344 515 1380
<b>Younger people with Dementia</b>	Provides support to carers and younger people 65 or under with dementia	65 years or under registered to a GP in East Berks	Email <a href="mailto:contact@ypwd.info">contact@ypwd.info</a> or call 0118 207 2880
<b>Slough Dementia Care Advisor</b>	Information, Advice, Support and Signposting for people over 65 with dementia	65+ registered with a GP in East Berks	Call Angela Graham - 01753 635 210 or email <a href="mailto:SloughOPMH@berkshire.nhs.uk">SloughOPMH@berkshire.nhs.uk</a>
<b>Alzheimer's Society</b>	Provides Information, Advice, Support and Signposting covering all of East Berkshire	65+ registered with a GP in East Berks	Email <a href="mailto:dswberkshire@alzheimers.org.uk">dswberkshire@alzheimers.org.uk</a> Or call 0333 150 3456
<b>Alzheimer's Dementia Support</b>	Groups and befriending services for people dementia. Also provides advice and support covering all of East Berkshire	65+ registered with a GP in East Berks	<a href="mailto:info@alzheimersdementiasupport.co.uk">info@alzheimersdementiasupport.co.uk</a> or call 07516 165647
<b>Register a patient as vulnerable for meds, food shops etc.</b>	Practical support for the most vulnerable	Registered with a GP in East Berks	<a href="https://sloughcvs.org/covid19/">https://sloughcvs.org/covid19/</a> or call 01753 944198
<b>HealthMakers</b>	Long term condition self-management courses and advice (including fibromyalgia, chronic pain and medically unexplained symptoms)	18+ registered with a GP in East Berks	Email: <a href="mailto:HealthMakers@berkshire.nhs.uk">HealthMakers@berkshire.nhs.uk</a>
<b>Shout – National Crisis text service</b>	24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if young people are struggling to cope and need immediate help. Can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying, relationship challenges.	All age service	<a href="http://www.giveusashout.org">www.giveusashout.org</a> Text: <a href="tel:0800762728">SHOUT to 85258</a>
<b>Samaritans</b>	Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.	All age service	<a href="http://www.samaritans.org">www.samaritans.org</a> Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> or call 116 123 (24 hours a day)