

Your transition pack

Helping you get ready for
your next steps after CAMHS



Contents

Holly's Story	3
What is transition?	4 – 5
What's different about adult services?	6 – 7
Who's in the team?	8 – 9
About our services	10 – 14
Top Tips for managing anxiety	15 – 17
My Workbook Pages	18 – 20
Community support	21 – 28
Drug and Alcohol support	29 – 31
Who to call in a crisis	
Back cover	

Holly's Story



Hello, my name is Holly, and I am a Lead Lived Experience Practitioner within Berkshire Healthcare. Once, I was sat where you are now; about to transition from CAMHS to adult mental health services, simply because I was getting older. The transition from one service to another can be a daunting one; especially if you have felt safe or comfortable where you are.

There might also be other **big changes** going on in your life right now, and that can make this transition even more challenging. However, we want you to know that we are here to **support you** during this time and have created this information booklet to help you understand what will happen next.

One of the biggest differences between CAMHS and adult services is that you will now get **more choice**; that is, you will make decisions about **your own care** (where you are able to) rather

than your parents or guardians making these decisions on your behalf. Another change from CAMHS to adult services is the type of environments you might find yourself in, especially if you need to spend some time in hospital. You might also find the staff treat you differently, as the rules around consent for children and adults differ.

What does not change from CAMHS to adult services, however, is our care for you and **your wellbeing**. What drives us all is a desire to help those who need us, and to help everyone achieve Recovery – whatever that looks like for them. We hope you find the information in this pack useful and, if you still have any questions, we welcome you to reach out via CMHLivedExperience@berkshire.nhs.uk.

The journey into adulthood can be a challenging time but it can also open up **new opportunities**; we hope to support you on this journey as best we can.

[Scan to hear Holly speak more about transitions](#)



<https://l.lead.me/be8gPn>

What is transition?

You may have heard people starting to use the word transition and wonder what they mean.

A transition is the process of preparing, planning, and moving. In this case – from children's to adult's mental health services as you turn 18.

Depending on your needs you might transition from CAMHS into Secondary care. These are adult mental health services such as a Community Mental Health Team (CMHT).

Or you may be transitioning from CAMHS into Primary care. These are community-based services like your GP.



My thoughts on transition

Use this page to write down anything about transition that worries you and any questions you want to ask.

Thoughts from young adults who have recently transitioned



"Transitioning from children to adult services is a chance to positively use the extra responsibility and have more control in your recovery" (ED, aged 23, transitioned in 2017)



"It feels absolutely terrifying, but there are still some amazing people in adult services" (EC, aged 20, transitioned in 2020)



"Even though it may feel like the support levels have dropped, there are still so many ways to access support, for example: utilising crisis lines, your GP, and mental health charities" (LO, aged 19, transitioned in 2022)

"Transition is a lot less scary than expected, the adult mental health workers are generally understanding of the fact that you are 17 or 18" (ZI, aged 17, transitioned in 2022)

- I understand why I am transitioning to adult mental health services
- I understand my information from CAMHS will be transferred to adult services

What could be different in adult services?

Differences

Making decisions about your own care that will contribute to your recovery journey

How to prepare

Know what works well for you whilst staying open minded and willing to explore different treatment options and techniques

More responsibility regarding managing appointments

Ensure you have all the right contact details, and know how to make the appointment and maintain communication with the healthcare team if you cannot attend

Less time with clinicians

Come with an idea of what you would like to talk about to ensure you get the most out of your appointment

More structured approach. Appointments may seem less flexible

Ask questions. Understand the plan from your healthcare professionals' point of view to help manage your expectations of them and your care

Unfamiliar clinical environments

It's important that you feel comfortable in your surroundings. Ask to look around pre/post appointment if required. Take a soothing item along with you to help comfort/distract you e.g. a book or some music

Less involvement from your Parent or Carer

Ensure your care worker is aware of your needs and level of involvement you want from your parent/carer

Uncertainty regarding wait list time-scale

Don't be afraid to keep chasing your appointment with the service, but also utilise other local support services available to you whilst you wait (see pages 21-31)

You might find yourself surrounded by service users who are a lot older than you

Remember that people of all ages will be accessing the adult mental health services. This will seem unfamiliar at first, but they are there for the same reason as you – to get support. As always, treat the people around you with respect, and talk to your key worker with any concerns.

Who's in the team?



Named Workers

My job is to communicate with you, your referrers, relatives, carers, and other health and social care professionals to coordinate your care.



Community Connectors

My job is to work with you to set wellbeing goals and put the steps in place for you to achieve them. I will help you find and access local community groups, charities, and services. If you need my support, I can come with you while you settle in. My encouragement and support will empower you to achieve the goals you set for yourself.



Psychological Therapists

My job is to determine which psychological therapies will help you feel less distressed and promote long term wellbeing. I work with people with a wide range of mental health issues such as anxiety, depression, addiction, psychosis and more.



Mental Health Practitioners

My job is to support you in your recovery by providing brief psychological interventions. I can help you learn skills to manage overwhelming emotions, address issues with sleep, build your confidence and problem-solving skills. I can also help coordinate any medicines you may require working alongside the mental health pharmacists.



Lived Experience Practitioners (LExPs)

My job is to draw upon my own lived experience and recovery journey to support your recovery. I have personal experience of mental health challenges, either through my own direct experience of mental distress or through caring for someone else. I will listen compassionately, understand you and inspire hope, demonstrating that recovery is possible.



Community Mental Health Teams (CMHTs)

Our job is to work with you to review your safety plan as part of your treatment, and make sure you know how to access urgent mental health support in your community.



General Practitioners (GPs)

My job is to treat all common medical conditions and if needed, refer you to hospital or other medical services for specialist or urgent treatment. I'm the first point of contact if you need any help, if you've been discharged from services but you're starting to feel worse, get in touch.



Social Prescribers/Wellbeing Advisors

Our job is to link you to sources of appropriate, non-clinical support in the community. We support people with loneliness, social isolation, housing, drug and alcohol (advocacy), peer support and finance issues. We are part of a wider multidisciplinary team of people from physical health, mental health, primary care and social care.

About our services



There are lots of different services within Berkshire Healthcare that you might come across. Here is an overview of a few key Mental Health services we provide.

Community Mental Health Team (CMHT)

Our CMHTs provide support for people who need support to manage their mental health and develop skills to aid their recovery.

Our team will work with you to identify treatment options, plan your safety and make sure you know how to access urgent mental health support in your community if you need it.

Where are they?

We have 6 CMHT locations across Berkshire, here you can find the details of each one:

Slough

New Horizons
Purser's Court
Slough
Berkshire
SL2 5BX
Call 01753 690 950



Bracknell

Church Hill House
51-52 Turing Drive
Bracknell
Berkshire
RG12 7FR
Call 0118 904 6800

Windsor, Ascot and Maidenhead

Nicholson house
Nicholson Walk
Maidenhead
Berkshire
SL6 1LD
Call 0118 904 7300



West Berkshire

Hillcroft House
Rookes Way
Thatcham
Berkshire
RG18 3HR
Call 0118 904 3200



Reading

Prospect Park House
Prospect Park Hospital
Honey End Lane
Reading
Berkshire
RG30 4EJ
Call 0118 960 5612



Wokingham

The Old Forge
Peach Street
Wokingham
RG40 1XJ
Call 0118 904 4800

Find out more about each location including facilities and parking information at Berkshirehealthcare.nhs.uk/our-sites/

Talking Therapies

Support for: Low mood, anxiety, and stress

NHS Talking Therapies Berkshire is a friendly service for people aged over 17 with common mental health problems such as low mood, anxiety, and stress.

Three ways to refer yourself:

1. Call **0300 365 2000**, weekdays 8am-8pm (until 5pm on Fridays)
2. Sign up online at Talkingtherapies.berkshirehealthcare.nhs.uk
3. Ask your GP or health professional to refer you

Early Intervention in Psychosis (EIP)

Support for: Psychosis

Our Early Intervention Team can provide specialist care to people aged 14-65 who have been diagnosed with psychosis by a healthcare professional.

You can contact us directly or ask your GP to refer you. We'll arrange an assessment for you within two weeks. Three ways to refer yourself:

1. Call **0300 365 2000** (Press option 4)
2. Email gateway@berkshire.nhs.uk
3. Call our EIP team **0118 904 6399**

Berkshire Eating Disorder Service (BEDS)

Support for: Eating Disorders

BEDS is a specialist service that can help you better understand your relationship with food and why you're making certain decisions about eating. We can offer a range of treatment options based on your needs.

You need to be aged 18 or over and be registered with a GP in Berkshire to access our service.

Your GP or healthcare professional can refer you to BEDS.

Mental Health Integrated Community Service (MHICS)

Support for: Significant mental ill health

MHICS provides specialised mental health support within the community, focussing on recovery and resilience. We offer support to people over the age of 18 living with difficult challenges with your mental health and your life, such as:

- You live with a significant mental illness such as Bipolar, Schizophrenia, Psychosis, or OCD
- You have life events or circumstances that are significantly contributing to poor mental health e.g., financial worries, relationship breakdowns or housing issues
- You have difficulty engaging with other mental health services

Your GP or healthcare professional can refer you to MHICS.

Berkshire Trauma Stress Service (BTSS)

Support for: Trauma related issues

BTSS provides support to people who have experienced a trauma and are coping with Post-Traumatic Stress Disorder (PTSD) or Complex Post-Traumatic Stress Disorder (C-PTSD).

We provide trauma focussed therapy in either one-to-one or in a group setting. This therapy looks at understanding and coping with PTSD, developing compassionate resilience, and working on trauma memories.

Your GP or healthcare professional can refer you to BTSS.

Community Rehabilitation Enhanced Support Team (CREST)

Support for: Complex and Severe Mental Health Difficulties

Depending on your needs, our team of specialists can work with you to learn the skills and techniques you need to live a happy, independent life outside of hospital.

This may include building your emotional resilience, creating a community support network, Helping you to access physical health care or offering brief interventions and therapies.

Your GP or healthcare professional can refer you to CREST.

Intensive Management of Personality Disorders and Clinical Therapies (IMPACTT)

Support for: Personality Disorders

We conduct specialist assessments about difficulties which may be related to personality disorder and offer two evidence-based treatments known as Dialectical Behaviour Therapy (DBT) and Mentalisation Based Treatment (MBT).

These treatments typically involve group sessions and individual sessions and can last up 18 months.

Your local Community Mental Health Team (CMHT) can refer you to IMPACTT.

Service User Network (SUN)

Support for: Personality disorders and emotional regulation difficulties

SUN provides support for people living with an emotionally unstable personality disorder, or if you're struggling with different parts of your personality such as your emotions, impulsivity, self-worth, or relationships.

We provide help through our community peer support groups across Berkshire. You don't need a formal diagnosis to attend the SUN group.

You can refer yourself to SUN by calling 0300 365 8000 or emailing SUNTeam@berkshire.nhs.uk

Adult Autism Service

Support for: Autism assessments

We provide assessments for people over the age of 17 who have difficulties communicating and relating to others. The assessment will determine if these issues could be caused by autism spectrum disorder (ASD). Please note we only offer assessment, and not a detailed treatment.

Your GP or healthcare professional can refer you for an assessment with the Adult Autism Service.

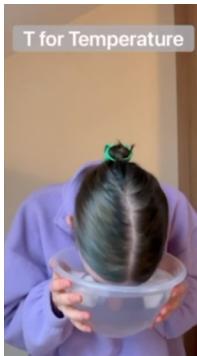
Top Tips for your transition

We've collected some helpful tips from young adults who have been through exactly what you're going through.



Feeling anxious, try the TIPP technique.

T is for Temperature – lower your temperature to lower your heart rate



I is for Intense exercise – release anxious energy in a healthy way

P is for Paced breathing – a few minutes of focused breathing can help you feel calmer

P is for Paired muscle relaxation – tensing and releasing muscles in the body helps you feel more grounded

Note: The TIPP technique is not advisable for people with a heart condition. If you have a physical condition or an eating disorder, please talk to your GP before trying this technique.

Scan to watch Lydia demonstrate the technique



<https://l.lead.me/be8gSr>

Useful links

Our ORCHA App Library can help you find approved healthcare apps to help you manage your mental health



<https://l.lead.me/be8gTr>

NHS Every mind matters have some great self-care tips for young people



<https://l.lead.me/be8gUg>

A message from a mental health service user

"Hi, I'm Jess and not so long ago, I was in the exact same position as you. So, I know how daunting it can be moving from one service to the next. The adult mental health services do work differently, but just like CAMHS, there is still a system in place to support you. You are not alone, and you are still cared for.

At the moment, you might be feeling overwhelmed or anxious about your transition, and this is completely understandable. My advice would be to remember the actions PAT.

P is for process. Take time to process the information in this pack, knowledge is power.

A is for ask. If there's anything you aren't sure about, ask the people around you, they are there to help.

T is for talk. Talk to your friends, family or carers about how you're feeling so they can support you.

Good luck with your transition, keep moving forward. You can do this!"

Jess, Mental health service user.

Scan to watch Jess' video



<https://l.lead.me/be8gVS>



My Workbook Pages

Take this space to list any concerns you may have around the transition from Children's services.

This is an opportunity for you to be honest about how you are feeling and write down anything that is worrying you. This will also provide you with some short-term goals that we can support you with before you move on.

My checklist

Here are a list of goals to work towards during your transition to set you up for success once you move on. Tick them off as and when you feel confident with them. You can also use these as talking points with your healthcare professionals to get the information you will need.

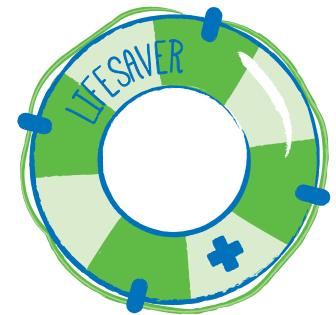
- I know which service (if any) I will transition to
- I know the name of my new worker is:.....
- I've had a meeting with my current worker and new service
- I'm confident I know what support is available to me while I am transitioning between services
- The people I would like involved in my transition are:.....
- I have been given information about, and understand how, adult mental health services work and how they differ from young people's mental health services
- I know someone I can talk to when I am struggling:.....
- I understand my right to confidentiality
- I am ready to attend appointments by myself
- If I don't feel comfortable attending appointments by myself, I'd liketo come with me
- I can book my own appointments
- I can order and collect my own prescriptions
- I am independent at home. For example, I can prepare a meal for myself
- I can call/contact GP/hospitals/clinic myself if there is a query about my condition and/or therapy
- I can/am learning to drive or I can use public transport to access services/my community
- I know how to access services for advice e.g., on relationships, physical and sexual health, or parenting
- I understand that I will make decisions about my mental health treatment alongside the healthcare team
- I have thought about my next steps regarding education or employment
- I can tell education staff/employer about my condition and ask them for support

What support do I need?

There may be things on the checklist that you are unable to tick off and that's ok. Use this space to make a note of any support we can offer to help you feel comfortable and confident with this change.

Community support

In addition to the support you can access from Berkshire Healthcare NHS, there are many local charities, services and groups that may also be able to help.



Autism Berkshire Available across Berkshire

Autism Berkshire offers informal fortnightly online get-togethers open to young autistic adults aged under 30, with or without a diagnosis, who live in Berkshire. This is a friendly and supportive setting for you to chat, share issues and ideas and get advice in a relaxed atmosphere. Join online every other Thursday, between 6pm and 8pm.

To request places at any of these sessions, please email adult.support@autismberkshire.org.uk saying which date or dates you would like to attend or leave a voicemail message on **01189 594 594**.



Breathing Space, Together for Mental Wellbeing

Available in Reading

Breathing Space is a safe space that offers crisis support, one-to-one support, peer support, support in the community & volunteering. If you live in Wokingham, Reading or West Berkshire you can access this service between 5pm-11pm every day of the week (including bank holidays).

Find them at Ajilon House, 28 Friar Street, Reading, RG1 1DT

Or get in touch by emailing breathing-space@together-uk.org or call **0800 002 9091**.

Berkshire Vision

Available across Berkshire

This group of visually impaired young adults meet regularly to spend quality time together and take part in activities which encourage independence and build confidence, supporting their transition into adulthood. The group is for young adults aged between 18 and 35 who have a visual impairment. Parents, carers or friends are welcome, or to promote independence wherever possible, volunteers are available to offer support. Some examples of outings and activities include group mini-breaks, theatre trips with behind-the-scenes tours, cookery sessions, meals out, animal encounters, concerts, discos, bowling etc.

Find out more at Berkshirevision.org.uk/18-35-social-groups

Contact them by emailing info@berkshirevision.org.uk or call 0118 987 2803.

Bucks Mind

Available across East Berkshire and Buckinghamshire

Buck Mind is a charity that delivers mental health support. They promote wellbeing and recovery; and offer talking therapies and support in times of crisis.

Find out more about what they offer at bucksmind.org.uk/ services. If you would like to talk through which service is right for you, **please call 01494 463 364** or email info@bucksmind.org.uk

Compass Recovery College

Available in Reading

Compass Recovery College deliver recovery focused workshops designed to help people understand mental health challenges and teach skills for self-management. Some topics include:

- Introduction to Anxiety
- A Good Night's Sleep
- Introduction to Depression
- Problem Busting for Less Stress
- Living well with our voices
- Wellbeing, Self-Care and Resilience

Find out more at compassrecoverycollege.uk

Get in touch by email compass.opportunities@reading.gov.uk or call 0118 937 3945

Happiness Hub

Available in Bracknell

The Happiness Hub is a collaboration of services offering mental health and wellbeing advice and support to those living in and around Bracknell Forest aged 18 years and over.

Find out more by searching Happiness Hub on Bracknell-forest.gov.uk or via social media



Let's Connect Wellbeing Network

Available in Reading, Wokingham and Newbury

Let's Connect is a social network designed to help people connect with each other, organisations and services along with the opportunities in the community. There are three groups running in Reading, Newbury and Wokingham.

Find out more by searching Let's Connect at Berkshirehealthcare.nhs.uk

Get in touch by email LetsConnect@berkshire.nhs.uk or call 0300 365 4440

Mad Millennials

Available nationally

Mad Millennials (MM) is the UK's first non-profit organisation dedicated to supporting the millennial generation's mental health and wellbeing. By raising awareness, they aim to de-stigmatise the issues themselves, whilst being relevant and transparent.

Mad Millennials offers:

- Digital content and resources
- Peer support groups
- 1:1 wellbeing sessions
- Face to face interaction at our events

Find out more at madmillennials.org.uk or via our social media





Peers2Pals

A peer support group bringing 17-25 year olds together to improve mental wellbeing and build social connections.

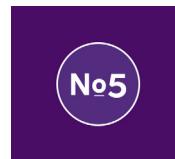
Peers2Pals is a friendly and welcoming peer-to-peer social support community where young people can connect and take part in activities to help improve their wellbeing.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting.

Our activities are based on the Five Ways to Wellbeing:
to connect, be active, to take notice, to learn, to give.

We have a mixture of virtual and face-to-face activities for members to get involved in.

If you would like more information or to join the group, please contact:
Ansa Khan, Team Lead, on 07496 874882 or email ansa.khan@bucksmind.org.uk



No.5

Available in Reading & Wokingham

No.5 offer free, confidential, one-to-one counselling which offers a safe place for you to be listened to, without judgement, to help you understand your thoughts and feelings.

Their young adults counselling service aims to help you make sense of what you're going through and support you with the difficulties you're experiencing. You can talk about whatever you like to a counsellor; they will not tell you what to do, judge, or criticise you, just support you.

**Find out more at
no5.org.uk/counselling**

**Get in touch by email info@no5.org.uk
or call 0118 901 5668**



Recovery in Mind

Available across West Berkshire

Recovery in Mind provide free mental health education. Their courses are created and delivered by mental health professionals alongside people with lived experience of mental illness; peer trainers. A bitesize introduction to the course is available to make sure it's right for you. Followed by the full 'Welcome to Recovery' course which is five weekly sessions, 2.5 hours each. Courses are available in person or online.

Find out more and get in touch at recoveryinmind.org



Safe Haven, Mental Health Matters

Available across East Berkshire

Safe Haven is an out of hours walk in service offering mental health support for anyone over the age of 18. If you are feeling distressed or overwhelmed and the places you'd usually go for help aren't available, Safe Haven can help. They offer a 24/7 helpline as well as in person support between 5pm and 11pm Thursday – Sunday.

Find them at 54 High Street, Slough, SL1 1EL

**Or get in touch by emailing east.berkshirehaven@nhs.net
or call 07790 772 863**



A recovery college for hope, inspiration & growth

ATTENDING STEPPING STONES IS COMPLETELY FREE AND OPEN TO ANYONE AGED OVER 18, WHO LIVES, STUDIES OR WORKS IN THE BOROUGH OF BRACKNELL FOREST.



Stepping Stones is an independent charity and entirely self-referring. We can help anyone experiencing challenges to their mental, physical, emotional or general wellbeing.

So, while some of our students have diagnosed conditions, many do not. We're all here to learn and support each other.

We offer an exciting range of FREE courses and workshops. We work together in small groups in a calm, compassionate learning environment where everyone feels safe and respected.

Simply register your details with us, either online or in person at the college or over the phone. Once your registration has been accepted you are free to sign up to our Courses or Workshops.

"You can't go back and change the beginning, but you can start from where you are and change the ending"
C.S.LEWIS

Contact Us

01344 300333

info@steppingstonesrecovery.com

www.steppingstonesrecovery.com

Stepping Stones Collaboration for Recovery and Wellbeing is a Charitable Incorporated Organisation. Registered charity number: 1189763

SAMARITANS

Samaritans Available nationally

Every 10 seconds, Samaritans responds to a call for help.

We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis.

We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives.

We offer listening and support to people and communities in times of need.

Contact a Samaritan today: call 116 123 or email jo@samaritans.org



Time to Talk

Available across West Berkshire

Time to talk is a charity which aims to promote the mental health and emotional wellbeing of young people aged 11-25.

They do this primarily through our free counselling services at Broadway House and in local schools and GP surgeries. They also develop and deliver talks, seminars and courses and work very closely with relevant local organisations and signpost people to other services, information and support where appropriate.

They currently have around 30 trained counsellors and are supporting over 500 young people each year with more than 5,000 sessions.

Find out more at t2twb.org

Get in touch by email hello@t2twb.org or call 01635 760331



The Bracknell Forest Community Network

Available in Bracknell Forest

The Bracknell Forest Community Network (BFCN) offers community support for people with mental illness with a focus on preventing relapse. The service offers a person-centred approach to mental health as recovery is about people staying in control of their lives despite their mental health challenges. They can provide short-term term one-to-one support, relationship and confidence building, anxiety management, group activities, peer support programmes and much more.

For more information and a self-referral form please email:
BFCN@bracknell-forest.gov.uk



Wokingham Recovery College

Available in Wokingham

Wokingham Recovery College offers free mental health and wellbeing courses, workshops and support groups. Whether you have never accessed support for your wellbeing or tried various services before, we hope that you can find something which empowers you to find new ways of responding to difficult experiences. Wokingham Recovery College is a safe space where you can be yourself, free from judgement.

Find out more by searching [Wokingham recovery college at Wokingham.gov.uk](#)

Get in touch by email recoverycollege@wokingham.gov.uk or call 0118 989 0707



Young Minds

Available nationally

Young Minds are a charity dedicated to supporting the mental health of young people in the UK. They provide information tips and real life stories for young people, as well as a free textline offering 24/7 support.

Find out more at youngminds.org.uk

Use the Shout textline by texting YM to 85258

Drug and Alcohol support

Addiction can have a huge impact on your day-to-day life. There is lots of support available in Berkshire if you need help to manage drug and alcohol issues.

Bracknell

New Hope

Where is it? Units 16/17 Market Street, Bracknell

What do they offer? Group and 1-1 support, support for family and friends, needle exchange & opiate prescribing.

How do I get in touch? Email [New.hope@bracknell-forest.gov.uk](mailto>New.hope@bracknell-forest.gov.uk) or call 01344 312 360

Windsor & Maidenhead

Cranstoun RBWM

Where is it? Reform Road, Maidenhead, Berkshire, SL6 8BY

What do they offer? Assessments, information and advice, harm reduction including needle exchange, BBV testing and inoculations, naloxone, health and wellbeing checks, access to detox and rehab detox package, 1-1 and group sessions.

How do I get in touch? Email rbwmaadmin@cranstoun.org.uk or call 01628 796 733



Slough

Turning Point

Where is it? 27 Pursers Court, Slough, SL2 5DL

What do they offer? Individual recovery plans, group support. 'What About Me' programme available for young people up to the age of 21 which focuses on the impact of parental alcohol addiction.

How do I get in touch? Visit turning-point.co.uk
or call 01753 692548

West Berkshire

WDP

Where is it? 1 Station Road, Newbury, Berkshire, RG14 7LP

What do they offer? Advice and information, drop in appointments, 1-1 sessions with a recovery practitioner, support groups, BBV screening and Hep B vaccines, needle and syringe exchange, prescribed medications, community alcohol detoxes.

How do I get in touch? Email west.berkshire@wdp.org.uk
or call 0300 303 4554

Reading

Change, Grow, Live

Where is it? 127 Oxford Road, Reading, RG1 7UU

What do they offer? Harm reduction, opiate replacement prescribing, community detoxes, counselling, emotional support, supported access to mutual aid, support in accessing training, employment and housing.

How do I get in touch? Email lynn.taylor@cgl.org.uk
or call 0118 955 7333

SOURCE

Where is it? Civic Offices, Bridge Street, Reading, Berkshire, RG1 2LU

What do they offer? Support for people aged 18-25, confidential assessments, links to substitute prescribing services, care plans, 1-1 sessions, help to access healthcare services, signposting for young persons' services, stop smoking service, C-card registration.

How do I get in touch? Email source@brighterfuturesforchildren.org
or call 01189 373641

Wokingham

Cranstoun RBWM

Where is it? 38 Station Road, Wokingham, RG40 2AE

What do they offer? Assessments, information and advice, 1-1 sessions, group work, recovery planning, prescribing services and drug testing, detox and rehab support, needle syringe programme, BBV testing, naloxone distribution. A dedicated service for young people (Here4YOUth).

How do I get in touch? Email wokinghamreferrals@cranstoun.org.uk
or call 0118 977 2022



Who to call in a crisis

If you feel you're at risk of harming yourself or others, please call 999 straight away.

If you need urgent help, but it's not an emergency, you can call our Mental Health Crisis Teams...

If you are 17-18 years old and still part of CAMHS, contact:

- Mental health support team on 0300 365 1234 8am-10pm Monday-Friday
- Outside of these hours, call freephone 0800 129 9999
- 0300 365 1234 for the CAMHS duty worker that day
- Childline for free on 0800 11 11 – open 24/7

If you are 18+ and transitioned into Adult Mental Health Services, contact:

- Mental health crises team Call 0800 129 9999
- Talking Therapies on 0300 365 2000
- Out of hours GP Call NHS 111



If you have been discharged back into primary care, contact:

- Your GP
- Out of hours GP - Call NHS 111
- Samaritans 24/7 116 123
- Sane Line, call 0300 304 7000 (open 4.30pm - 10.30pm every day)