Do you need Urgent Medical or Mental Health help?

If you do then it is crucial that you contact the right person and that is most likely to be your GP. Your GP will know where to get you the specialist help you need.

When your GP surgery is closed their answerphone will direct you to the right place or you can call:

NHS 111
You can call 111 when you need medical help fast but when it’s not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

If you or anyone else is in immediate danger or harm then please call the Police or Ambulance Service on 999.

Need support?
If you want to talk to someone about how you feel, what you’re experiencing or how to deal with someone else’s behaviour, you can contact NHS 111 or the Samaritans.

The Samaritans
The Samaritans offer a 24-hour telephone helpline. You can also contact them via email and letter.
Telephone: 08457 90 90 90

Talking Therapies
Berkshire
A friendly, approachable service that helps people with anxiety, depression, stress and phobias

Please call 0300 365 2000 inform them that you are from Clarence Medical Centre, Windsor but would like to bee seen at The Health Centre, Royal Holloway
Introduction:
- Are you worried about things in your life?
- Are you feeling down?
- Are you having difficulty sleeping?
- Are you struggling with your mood?
- Are you struggling to cope with a physical health problem?
- Are any of these stopping you from doing things in your everyday life?
- Would you like some help with the difficulties you are experiencing?

If the answer to any of the above is yes then Talking Therapies might be for you.

Problems we help with include:
- Anxiety
- Depression
- Phobias
- Stress

What is Talking Therapies?
We have a team of advisors and therapists who can help you overcome life's difficulties and problems, or manage them better.

We are friendly and approachable, so it's easier for you to find someone who can help.

We offer easy access to a range of proven therapies including cognitive behavioural therapy (CBT) and counselling.

Our therapies are effective in helping you learn the skills to help overcome life's difficulties.

Who is the service for?
We are here to help adults 18 and over from across Berkshire.

We encourage referrals from older adults and minority ethnic groups. A translation service is available.

What are the benefits?
- We will support you to learn the skills you need to overcome your difficulties.
- You will be able to cope with life's problems better.
- You will feel understood and supported.

What do you need to do next?
You can either ask your GP or healthcare professional to refer you or you can contact us directly.

We will arrange for you to speak to someone about your problems and discuss suitable options.

To find out more
Please feel free to contact us:

Telephone: 0300 365 2000

Text: ‘Talk’ and your postcode to 07500 915968
Website: www.talkingtherapies.berkshire.nhs.uk