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| **Samaritans*** Tel: **116 123** (24 hrs.’ 7 days a week, from any phone)
* Reading Branch: 01189 266333
* [www.samaritans.org.uk](http://www.youngminds.org.uk/admin/sections/530/www.samaritans.org.uk)

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. | **Child Line*** Free phone **0800 1111** (24 hours)
* www.childline.org.uk

Child line is the UK’s free helpline for children and young people. It provides confidential telephone counselling service for any child with a problem. It comforts, advises and protects. |
| **No5 Young People’s Counselling and Information*** 2-4 Sackville Street - RG1 1NT
* Counselling Phone: 0118 901 5668
* Admin Phone: 0118 901 5649
* E-mail: Get in touch

Opening Hours are:Mon, Wed, Thurs,Fri 16.00 – 21.00Tuesday 10.00–13.00 / 16.00–21.00Sat/Sun Closed | **The Edge**Young People's Drug and Alcohol Service for West Berkshire* Tel:(01635) 582002
* theedge@westberks.gov.uk

Rapid Support If a young person contacts us and need immediate support, wherever possible we will support you. If you are feeling desperate and feel you need help, you don't have to cope alone, we may be able to help you get through those difficult times.  |
| **Berkshire Womens Aid** * [www.**berkshirewomensaid**.org.uk/](http://www.berkshirewomensaid.org.uk/)
* Tel: 0118 950 4003

BWA works against domestic abuse and violence, providing advice, counselling and places of safety in Reading, Wokingham and Bracknell, Berkshire UK. | **Source - Young People’s Drug & Alcohol Service*** Email source@reading.gov.uk
* Phone: 0118 901 5666

SOURCE - Young People's Drug and Alcohol Service Source provides advice, information, support and treatment to young people (under 18 years). |
| **B-EAT youth helpline*** Youth line: 0345 634 7650 (Monday-Wednesday 1pm-4pm)
* Email fyp@b-eat.co.uk

Information, help and support for anyone affected by eating disorders. | **Life Signs**[**www.lifesigns.org.uk**](http://www.lifesigns.org.uk)Information and support around self-harm. |
|  www.kooth.com (for 11-25 year olds)Kooth provides users with a free, confidential, safe and above all anonymous way to ask for help. | Image result for young minds logowww.youngminds.org.uk**Call** (for general enquiries about YoungMinds): **020 7089 5050****Email:** For general enquiries: ymenquiries@youngminds.org.uk  |



**Useful contacts if you need to talk to someone…**