

Traumatic Stress Service

Charities and communities

Berkshire Women's Aid

Support for people experiencing domestic abuse. BWA provide Outreach and IDVA support across Reading, Wokingham and Bracknell local authority areas.

Call 0118 950 4003

berkshireromensaid.org.uk/outreach

British Red Cross Refugee Support

Help for anyone, anywhere in the UK and around the world, when they need if crisis strikes.

Call 0300 333 5393

redcross.org.uk

Citizens Advice Bureau

Provides support and advice on benefits, work, finances, housing, law and courts, immigration and health

Call 03444 111 444

citizensadvice.org.uk

Cruse Bereavement Care

Offers support, advice and information to children, young people and adults when someone dies.

Call 0808 808 1677

cruse.org.uk

Help for Adult Victims Of Child Abuse (HAVOCA)

HAVOCA is run by survivors for adult survivors of child abuse. They provide support (groups and online resources), friendship and advice for any adult whose life has been affected by childhood abuse. The closest support group is in Basingstoke.

havoca.org

ManKind

Offers support and advice for men who have experienced or are experiencing domestic abuse.

Call 01823 334 244

mankind.org.uk

Mind

Offers support over the phone from 9am-6pm Mon-Fri for people needing help with mental health problems, medication, and advocacy. They also offer advice for PTSD

Call 0300 303 5999

mind.org.uk

mind.org.uk/PTSD

PTSD UK

Support and information for anyone experiencing PTSD

ptsduk.org

Reading Refugee Support

Help for Refugees and Asylum Seekers looking to rebuild their lives

Call 01189 505 356

rrsg.org.uk

The Samaritans

Offers 24-hour support over the phone for people experiencing feelings of distress or despair.

Call 116 123

samaritans.org

**How to
contact us**

**If you need to contact us
or require further information...**

Call: 0118 929 6400

www.berkshirehealthcare.nhs.uk

