**Telephone Numbers – Bracknell Support Services (in no particular order)**

**Mental Health**

Crisis Resolution and Home Treatment Team (CRHTT) NHS – 0300 365 9999

Samaritans (Bracknell, Wokingham, Ascot and surrounding area) – 0330 094 5717 (national 24 hrs a day 08457 909090) 116 123 (free phone)

Community Health Team (Mental Health Services) – 01344 823333

Berkshire Healthcare Talking Therapies (not in emergency) – 0300 365 2000

Youthline (counselling for young adults (up to 18?) – 01344 311200

SANEline (out of hours mental health charity) – 0304 304 7000 or leave a message and they will get back on 07984 967 708

MIND – 0300 123 3393 (9-6 Monday to Friday)

**Domestic Abuse**

Berkshire Women’s Aid – 0118 950 4003

Domestic Abuse National Helpline – 0808 2000 257 (24 hours)

Thames Valley Police 999 (in emergency / abuse in4progress) and use 55 after connection from a mobile once answered and police can listen in, cannot trace location though) 101 if non urgent

Men’s advice line – 0808 801 0327

Mankind Initiative – 01823 334 244

Refuge Thames Valley – 0800 221 8186

Domestic Violence Assist – 0800 195 8699

GALOP (LGBT+) community abuse line – 0800 999 5428

**Others**

Victims First (Help victims who have been subjected to crime) 0300 1234 118

National Stalking Helpline 0808 802 0300

Childline (run by NSPCC) all things children and young adults (u16 I think) – 0800 1111

Alcoholics Anonymous - 0800 9177 650

Narcotics Anonymous - 0300 999 1212

Cocaine Anonymous - 0800 612 0225

Sign Health (for deaf and hard of hearing abuse etc. uses British sign language – 0203 947 2601

Berkshire Sexual Health (Assault and Rape NHS) – 0300 130 3036

Young Mond Parents Network – 0808 802 5544 (9.30 t0 4.30 Monday to Friday