

# Local Mental Health Support Services Available

## NHS Counselling Service Bracknell

Talking Therapies 0300 365 2000

### Individual counsellors (all reportedly registered with British Association of Counsellors & Psychotherapists)

Private Counsellors	
Claire Jones	<a href="mailto:c.e.jones@sky.com">c.e.jones@sky.com</a> , 07770365112
Aldine Iqbal	<a href="mailto:aldineiqbal@gmail.com">aldineiqbal@gmail.com</a>
Bracknell & Wokingham Counselling and Psychotherapy Service, specialise in Couples, Trauma, PTSD (post traumatic stress disorder) and Rape.	<a href="http://www.paththerapy.co.uk">www.paththerapy.co.uk</a> 01344 723151
Diane Taylor (Sandhurst)	01344 774861
Jenny Foster (Crowthorne) specialising in Pregnancy and Birth Related issues. Has nurse and midwifery background	07748 992 7957 <a href="mailto:jenny.m.foster@icloud.com">jenny.m.foster@icloud.com</a>
Karen Warriner and Sara Thompson	<a href="http://www.coachhousecounselling.net/">http://www.coachhousecounselling.net/</a> 07740 565131

### Organisations

- Youthline (Bracknell) 311200 - free counselling service for 8 – 24 year olds
- ARC (Wokingham) 0118 9776710 – free counselling for all ages
- Samaritans (Bracknell) 455556
- 3 Counties Counselling Service 0844 800 2792 (£35, concessions available)
- Kooth: Youth Online Counselling: <https://kooth.com/>
- Samaritans 116123 (24 hrs free telephone support)

### Specialist Services

- Relate (Relationship guidance – Bracknell) 0118 9893100
- Cruse (Bereavement counselling – Bracknell) 01344 411919
- <https://www.daisysdream.org.uk/> (Child Bereavement) 0118 9342604
- Victim Support (crime victims & witnesses) 01344 411411
- Mothertongue Multi-Ethnic Counselling & Listening (Reading) 0118 9015749
- Child Autism Support Group (9-18 years): <https://goo.gl/6fZ1gZ>
- Special Educational Needs Support: <https://goo.gl/T5SzGW>

### Associated Services:

- Bracknell Forest Carers Support: <https://goo.gl/N923Mh>
- Friends in need (peer to peer support) 07964376951 or [debbie.workmann@bucksmind.org.uk](mailto:debbie.workmann@bucksmind.org.uk)
- Sport In Mind – Mental Wellbeing - 07341 267 740 [info@sportinmind.org](mailto:info@sportinmind.org)
- Hoarders support: Jo Cooke 07950 364798 [jo@hoardingdisordersuk.org](mailto:jo@hoardingdisordersuk.org)
- Debt Counselling (fast and responsive) 0800 328 0006 <https://capuk.org/>