

WHO CAN I TALK TO?



You can talk to any staff member, or go to the STAR Centre. You can drop in OR you can email them: worried@highdown.reading.sch.uk

Sexual abuse

Trust House (Reading)

Support Line: 0118 958 4033

Email: office@trusthoureading.org

NSPCC Childline

Helpline: 0800 111

www.childline.org.uk

No5 Counselling Service (Reading)

Confidential counselling for young people

Phone: 0118 901 5668

E-mail: info@no5.org.uk

Anxiety UK

Charity providing support if you've been diagnosed with an anxiety condition.

Phone: 08444 775 774 (Mon-Fri, 9.30am-5.30pm)

Website: www.anxietyuk.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

Website: www.mind.org.uk

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)

Website: www.ocduk.org

Berkshire Women's Aid Domestic Abuse

Helpline: 0118 950 4003

www.berkshirewomensaid.org.uk/contact-us/

LGBT Helpline

Phone: 0300 330 0630

10am-10pm every day

chris@switchboard.lgbt

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Papyrus

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141

Website: www.papyrus-uk.org

Rethink Mental Illness

Support for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

Website: www.rethink.org

Eating disorders - Beat

0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

Bereavement

Daisy's Dream (Berkshire)

0118 934 2604

www.daisysdream.org.uk

Rape Crisis

To find your local services phone: 0808 802 9999

(Website: www.rapecrisis.org.uk)

Victim Support

Phone: 0808 168 9111 (Mon-Fri, 8pm-8am.)

Website: www.victimsupport.org

NSPCC Female Genital Mutilation Helpline

Telephone: 0800 028 3550

Email: fgmhelp@nspcc.org.uk