

TALKING THERAPIES

Talking Therapies is a friendly and approachable NHS service in Berkshire supporting local communities and schools over the last ten years.

Struggling with self-harm and/or suicidal thoughts can be a common symptom when we are feeling low or stressed; if there is any indication that someone is at risk we will contact the school safeguarding lead.

If you have any questions and would like to speak to a member of the Talking Therapies team please do not hesitate to contact us via the below:

Email – talkingtherapies@berkshire.nhs.uk

Contact Number – 0300 365 2000

Problems such as anxiety, depression, stress and phobias are very common. **Talking Therapies** is a free and friendly service that helps people with these problems. We also offer support to people struggling with low mood or worry who have long-term physical health conditions such as diabetes, heart disease and respiratory problems. You can [refer yourself to Talking Therapies](#) now by calling 0300 365 2000, or ask your GP or healthcare professional to refer you.