

**Slough Turning Point YP Service – What to do around Christmas if you’re in need of support.**

**Merry Christmas!!** 😊 If you need support around Christmas here are some useful contacts for you to contact to support you and help keep you safe:

* Berkshire Healthcare NHSFT – **0300 365 0300 – Slough Crisis Team (Mental Health)**
* 0845 769 7555 - Alcoholics Anonymous
* 0300 999 1212 – Narcotics Anonymous
* **0800 1111 – Childline**
* **Samaritans Slough – 01753 531011** - offer you a safe place to talk any time you like about whatever’s getting to you. You do not have to be suicidal they can support you to explore you’re options, understand your problems better or just be there to listen.
* **SANEline – call 0300 304 7000** - provide a confidential out of hours mental health line (from 4:40pm – 10:30pm), providing support, guidance and information to young people aged over 16 who is affected by mental illness, including family, friends or carers. They are open every day of the year.
* **KOOTH** – provide safe and anonymous online counselling support to young people with a range of issues such as feeling alone, mental health and self-image and coping after suicide. They are online on Monday – Friday from 12pm – 10pm and on Saturdays and Sundays from 6pm – 10pm. Access via their online link: <https://kooth.com/>
* **Number 22** – provide free and confidential counselling to young people aged 12 – 25 and those who care for them through an appointment based service for however long they need it for. Their aim is to protect physical and mental health and to relieve distress of young persons and others. They also provide an outreach service so they can meet you were ever it suits you - call them on **01753 842444 or 01628 636661.**
* **FRANK –** Offer friendly confidential advice and information about drugs and alcohol. Either **call 0800 776600** (lines open 24/7, text 82111 if you require a quick answer to a specific question, have an online live chat from 2pm – 6pm any day of the week or email frank@talktofrank.com
* **Emergency services – 999 for an emergency**
* 111 – Non-urgent medical assistance.
* 101- Non-emergency – report an incident or crime.

**Additional/Alternative steps:**

* Contact your own GP
* Speak to a trusted professional/responsible adult

Contact myself for support information and advice around substances and support with reducing your use.

**Ishmael Connor – 07811025031**

Email: ishmael.connor@turning-point.co.uk

**Slough Turning Point – 01753 692548 – 27 Pursers Court, Slough, SL2 5DL**

**Email:** start@turning.point.co.uk

* Self help - <https://www.turning-point.co.uk/services/slough>
* Self referral link: <https://www.turning-point.co.uk/services/drug-and-alcohol-support/self-referral>
* Professional referral link: <https://www.turning-point.co.uk/services/drug-and-alcohol-support/professional-referral>