



Frimley Health  
NHS Foundation Trust

**Macmillan Cancer Information and Support Centre at  
Wexham Park Hospital - Tel: 0300 615 4886**

**E-mail: [fhft.macmillan.information@nhs.net](mailto:fhft.macmillan.information@nhs.net)**

**Macmillan Cancer Navigators at  
Frimley Park Hospital - Tel: 0300 613 3535**

**E-mail: [fhft.macmillan.cancernavigators@nhs.net](mailto:fhft.macmillan.cancernavigators@nhs.net)**

A drop-in centre at Wexham Park Hospital providing a wide range of free information to help people with cancer, their friends, families, and carers. We offer cancer patients general support, practical advice and referrals to wellbeing and benefit services.

**(Due to COVID-19 services may change - please check with providers directly for latest information)**

## Mental Health Support Information Sheet

<b>Agency</b>	<b>Contact Details</b>
<b>Macmillan Cancer Support</b> Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.	Tel: 0808 808 0000  <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
<b>Berkshire</b>	
<b>Mental Health Intergrated Community Service</b>	Tel: 0300 365 2000 Patients will be guided to appropriate resources supporting mental or physical health problems, loneliness, debt, or other issues.
<b>Slough Borough Council Social Care Team.</b> Assessment of needs for adults and carers.	Tel: 01753 475111  Online enquiry form <a href="http://www.slough.gov.uk">www.slough.gov.uk</a>
<b>Child &amp; Adolescent Mental Health Service (CAMHS)</b>	<a href="http://www.berkshirehealthcare.nhs.uk">www.berkshirehealthcare.nhs.uk</a>  Tel: 01753 635645/46 (Slough, WAM) Tel: 0118 949 5060 (Bracknell & Wokingham)

<p><b>South Central Veteran's Service</b> Offering help and support to all former members of all ranks of the British Armed Forces.</p>	<p>Tel: 0118 929 6400 CPE: 0300 365 0300  <a href="http://www.berkshirehealthcare.nhs.uk">www.berkshirehealthcare.nhs.uk</a></p>
<p><b>Talking Therapies</b> Helping people with anxiety, depression, stress and phobias.</p>	<p>Email: <a href="mailto:talkingtherapies@berkshire.nhs.uk">talkingtherapies@berkshire.nhs.uk</a>  <a href="http://www.talkingtherapies.berkshire.nhs.uk">www.talkingtherapies.berkshire.nhs.uk</a></p>
<p><b>UP Group</b> Support group in Windsor for people experiencing mental health problems.</p>	<p><a href="http://www.upgroupwindsor.com">www.upgroupwindsor.com</a>  Contact via Facebook</p>
<p><b>Alzheimer's Dementia Support</b> Constructive practical guidance and a wide range of services to help people in the community of Windsor, Maidenhead, Ascot, Slough and Langley.</p>	<p>Tel: 07516 165647  Email: <a href="mailto:terri.hall@alzheimersdementiasupport.co.uk">terri.hall@alzheimersdementiasupport.co.uk</a>  <a href="http://www.alzheimersdementiasupport.co.uk">www.alzheimersdementiasupport.co.uk</a></p>
<p><b>Thrive - Berkshire</b> Charity using gardening to bring about positive changes in the lives of people living with disabilities or ill health who are isolated, disadvantaged or vulnerable.</p>	<p>Tel: 0118 988 5688 Client Number 0118 988 4844 <b>E-mail:</b> <a href="mailto:info@thrive.org.uk">info@thrive.org.uk</a>  <a href="http://www.thrive.org.uk">www.thrive.org.uk</a></p>
<b>Buckinghamshire</b>	
<p><b>Healthy Minds Bucks</b> Support for people with a GP in Buckinghamshire with long term mental health issues and emotional difficulties. Also pre bereavement counselling.</p>	<p>Tel: 01865 901600  Text TALK and your name to 07798 667169  <a href="http://www.oxfordhealth.nhs.uk">www.oxfordhealth.nhs.uk</a></p>
<p><b>Lindengate</b> - Supporting people with a range of mental health needs, including depression and dementia through specialised gardening activities.</p>	<p>Tel: 01296 622443  E-mail: <a href="mailto:info@lindengate.org.uk">info@lindengate.org.uk</a>  <a href="http://www.lindengate.org.uk">www.lindengate.org.uk</a></p>

<b>Surrey &amp; Hampshire</b>	
<b>Health Surrey</b> – Signposting services across the county for adults and children	<a href="http://www.healthysurrey.org.uk/mental-wellbeing">www.healthysurrey.org.uk/mental-wellbeing</a>  Tel: 0801 802 5000 SMS Text: 07537 432411 Contact by online webform.  Crisis Helpline : 0800 915 4644 SMS : 07717 989024
<b>Mind Matters Surrey</b> – providing talking therapies and support to adults	<a href="http://www.mindmattersnhs.co.uk/">www.mindmattersnhs.co.uk/</a>  Tel: 0300 330 5450
<b>Organisations in Surrey providing Talking Therapies (NHS free service)</b>	DHC Talking therapies - 01483 906392 Centre for Psychology – local office via website IESO Digital Health – 0800 0745560 We are with you – <a href="http://www.wearewithyou.org.uk">www.wearewithyou.org.uk</a> TalkPlus - <a href="https://www.talkplus.org.uk/">https://www.talkplus.org.uk/</a>
<b>National</b>	
<b>Alzheimer’s Society</b> Information to help you understand dementia and what to expect, and practical advice and support.	Tel: 0333 150 3456  <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
<b>Dementia UK</b> Specialist one-to-one support and expert advice for people living with dementia.	Tel: 0800 888 6678 Email: <a href="mailto:helpline@dementiauk.org">helpline@dementiauk.org</a>  <a href="http://www.dementiauk.org">www.dementiauk.org</a>
<b>The Advocacy People</b> Supporting you with any issues you have with your mental health care and treatment.	Tel: 0330 440 9000  Text PEOPLE and then your message to: 80800 Email: <a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a>  <a href="http://www.theadvocacypeople.org.uk">www.theadvocacypeople.org.uk</a>
<b>Creative Support</b> Providing you with a service if you have a mental health need.	Tel: 0161 236 0829 Email: <a href="mailto:enquiries@creativesupport.co.uk">enquiries@creativesupport.co.uk</a>  <a href="http://www.creativesupport.co.uk">www.creativesupport.co.uk</a>
<b>MDF The Bipolar Organisation</b> Practical advice and information. 93 local support groups available including Slough Farnham and Guildford.	Email: <a href="mailto:info@bipolaruk.org">info@bipolaruk.org</a>  <a href="http://www.bipolaruk.org">www.bipolaruk.org</a>  Contact via Chatbox or Facebook <b>(Currently via Zoom)</b>

<p><b>Rethink Mental Illness</b> Helping people affected by mental illness by challenging attitudes, changing lives.</p>	<p>Tel: 0808 801 0525 <a href="http://www.rethink.org">www.rethink.org</a></p>
<p><b>Sane</b> Working to improve quality of life for anyone affected by mental illness.</p>	<p>Tel: 0300 304 7000 (Temporary Covid number 07984 967708) Email: <a href="mailto:support@sane.org.uk">support@sane.org.uk</a> <a href="http://www.sane.org.uk">www.sane.org.uk</a></p>
<p><b>Mind</b> Providing advice and support to empower anyone experiencing a mental health problem. Offices in Aylesbury, High Wycombe and Chesham and Woking</p>	<p>Tel: 0300 123 3393 <a href="http://www.mind.org.uk">www.mind.org.uk</a> Buckinghamshire MIND : Tel: 01494 463364 Email: <a href="mailto:info@bucksmind.org.uk">info@bucksmind.org.uk</a> <a href="http://www.bucksmind.org.uk">www.bucksmind.org.uk</a>  Woking MIND: Tel: 07860 340739 Email: <a href="mailto:info@wokingmind.org.uk">info@wokingmind.org.uk</a></p>
<p><b>Young Minds</b> Improving the emotional wellbeing and mental health of children and young people.</p>	<p>Tel: 0808 802 5544 9.30am-4pm Mon-Fri <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>

Author		Macmillan Cancer Information and Support Centre	
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For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

**Frimley Park Hospital**  
Telephone: 0300 613 6530  
Email: [fhft.pals@frimleypark.nhs.net](mailto:fhft.pals@frimleypark.nhs.net)

**Wexham Park & Heatherwood Hospitals**  
Telephone: 0300 615 3365  
Email: [fhft.pals@wexhampark.nhs.net](mailto:fhft.pals@wexhampark.nhs.net)

<p><b>Frimley Park Hospital</b> Portsmouth Road Frimley Surrey, GU16 7UJ</p>	<p><b>Heatherwood Hospital</b> London Road Ascot SL5 8AA</p>	<p><b>Wexham Park Hospital</b> Wexham Slough Berkshire, SL2 4HL</p>
<p><b>Hospital switchboard:</b> 0300 614 5000</p>		<p><b>Website:</b> <a href="http://www.fhft.nhs.uk">www.fhft.nhs.uk</a></p>

### Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.