

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

E-mail: fhft.macmillan.information@nhs.net

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

E-mail: 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)

Psychological & Counselling Support Information Sheet Berkshire, Bucks, Oxfordshire and Middlesex

Agency	Contact Details
<p>Macmillan Cancer Support Offering free confidential advice, support and information with access to appropriate up-to-date resources and online communities.</p>	<p>Tel: 0808 808 0000 www.macmillan.org.uk</p>
<p>Macmillan BUPA Counselling Service A free counselling and emotional support service for patients who have, or have had cancer, who are experiencing high emotion, anxiety or depression. 6 sessions 1-2-1</p>	<p>Tel 0808 808 0000 to request referral to the service</p>
Berkshire	
<p>Macmillan Counselling Service Appointments by referral for Wexham Park Hospital patients and their families in need of support. Free service</p>	<p>Tel: 0300 615 4886 Email: fhft.macmillan.information@nhs.net</p>
<p>Talking Therapies Berkshire A friendly, approachable service over the phone for anxiety, depression, stress and phobias. Free service</p>	<p>Tel: 0300 365 2000 Email: talkingtherapies@berkshire.nhs.uk www.talkingtherapies.berkshire.nhs.uk</p>
<p>Relate MTB – Berkshire Cancer Counselling Available to people in Berkshire affected by a cancer diagnosis. Locations in Maidenhead or Windsor Chargeable service – Bursary available on proof of low income</p>	<p>Tel: 01628 625320 Email: enquiries@relatemt看.co.uk www.relatemt看.co.uk/contact</p>

<p>Friends in Need (Windsor, Ascot Maidenhead, Slough & Bracknell) Helping you manage depression and anxiety with fun and activities. Referral required Free service</p>	<p>Tel: 07496 874882 Email: ansa.khan@bucksmind.org.uk www.bucksmind.org.uk</p>
<p>Number 22 Confidential counselling to adults and young people supporting those in distress where clients can feel valued and heard. Free service</p>	<p>Tel: 01628 636661 Online self-referral form www.number22counselling.org</p>
<p>Slough Advice Centre A website offering a directory of information and advice services in Slough. Free service.</p>	<p>Tel: 0344 515 1380 Email: slough@shelter.org.uk www.sloughadvicecentre.co.uk</p>
<p>Mind Garden Therapy - Reading Counselling, psychotherapy and psychology for individuals and couples. Chargeable service</p>	<p>Tel: 01189 070420 www.reading-counselling.co.uk</p>
<p>Thames Hospice - Windsor Emotional and psychological support to palliative care patients and their relatives in Berkshire. (Polish speaker available) Free service</p>	<p>Tel: 01753 842121 www.thameshospice.org.uk</p>
<p>Older People's Mental Health Liaison Team Supporting inpatients who are experiencing extreme stress, depression and anxiety. GP referral required. Free service</p>	<p>Tel: 0300 365 2000 Email: eastberkshirepsychologicalmedicine@berkshire.nhs.uk</p>
<p>Family Friends in Windsor and Maidenhead Free and confidential support for families with children aged 0 to 13 years that are facing difficult times. Free service</p>	<p>Tel: 0300 800 1005 Email: info@family-friends.org.uk www.family-friends.org.uk</p>
<p>HealthMakers – East Berkshire NHS self-management courses aimed at adults 18+ who are living with a long term health condition and living in East Berkshire. Free service</p>	<p>Online form www.berkshirehealthcare.nhs.uk/healthmakers</p>
<p>Youthline A counselling service for young people attending secondary school, and young adults up to the age of 25 across the area of Bracknell Forest. Free service</p>	<p>Tel: 01344 311200 Email using online form www.youthlineuk.com</p>

Buckinghamshire & Middlesex & Oxfordshire	
<p>South Bucks Counselling A professional and confidential one to one service to adults based in High Wycombe. Chargeable service.</p>	<p>Tel: 01494 440199 Email: enquiries@southbuckscounselling.orgg www.southbuckscounselling.org</p>
<p>Butterfly House, South Bucks. Community Day Hospice. Counselling and emotional support and therapies for patients, couples and their families. Free services. Donations welcome.</p>	<p>Tel: 01494 552755 Email: counselling@sbhospice.org.uk www.sbh.org.uk</p>
<p>Relate Macmillan Cancer Counselling Bucks Counselling for individuals, couples and families living with cancer. Referral required from a healthcare professional (via video during COVID) Free Service</p>	<p>Tel: 01296 427973 Email: enquiries@relatemt看b.co.uk www.relatemt看b.co.uk</p>
<p>Relate MTB - Bucks Providing relationship counselling including family, children/young people. Sexual therapy. Chargeable service</p>	<p>M'Head, Windsor, Slough 01628 625320 Aylesbury, Princes Ris. 01296 427973 Chesham, High Wyc, Chalfont St Peter 01494 791180 Email: enquiries@relatemt看b.co.uk</p>
<p>Communicare Counselling Service – Uxbridge Middlesex An affordable counselling and psychotherapy service for adults Chargeable service</p>	<p>Tel: 01895 256056 Email: ccsenquiry@btinternet.com www.communicarecounsellingservice.co.uk</p>
<p>Asian Family Counselling Service Counselling for all members of the South Asian communities above the age of 16 based in Southall, Middlesex. Chargeable service</p>	<p>Tel: 0208 574 0912 Email: afcs@btconnect.com www.asianfamilycounselling.org</p>
<p>Lynda Jackson Centre Mount Vernon Hospital, Northwood, Middlesex Counselling and psychotherapy for cancer patients being treated at Mount Vernon. Free service</p>	<p>Tel: 020 3826 2555 www.ljmc.org</p>
<p>Maggie's Oxford Experienced professionals addressing a complex range of psychological issues through a range of therapeutic approaches. Free service</p>	<p>Tel: 01865 751882 Email: oxford@maggies.org www.maggiescentres.org</p>

National	
Samaritans Confidential support for people who are despairing or suicidal. Lines are open 24 hours a day. Free service	Tel: 116 123 (Free) Self Help App Email: jo@samaritans.org www.samaritans.org
UK Council for Psychotherapy National register of psychotherapists and psychotherapeutic counsellors.	Tel: 0207 014 9955 www.psychotherapy.org.uk www.berkshire-counselling-service.co.uk
British Association for Counselling and Psychotherapy Association for Counsellors and Psychotherapists with searchable database of qualified counsellors.	Tel: 01455 883300 Email: bacp@bacp.co.uk www.bacp.co.uk
National Counselling Society An accredited register of national counsellors	Tel: 01903 200666 Email using online form www.nationalcounsellingsociety.org
IESO Digital Health Beat anxiety and depression with online CBT on the NHS. Chat with a therapist from home. Free NHS Service	Tel: 0800 074 5560 Email: info@iesohealth.com www.iesohealth.com

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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: 01276 526530
Email: hft.pals@frimleypark@nhs.net
Heatherwood Hospital
Telephone: 01753 633365
Email: hft.pals@heatherwood@nhs.net
Wexham Park Hospital
Telephone: 01753 633365
Email: hft.pals@wexhampark@nhs.net

Frimley Health NHS Foundation Trust
Frimley Park Hospital
Portsmouth Road
Frimley
Surrey
GU16 7UJ

Hospital switchboard:
01276 604604
Website: www.hft.nhs.uk

Frimley Health NHS Foundation Trust
Heatherwood Hospital
London Road
Ascot
SL5 8AA

Hospital switchboard:
01344 623333
Website: www.hft.nhs.uk

Frimley Health NHS Foundation Trust
Wexham Park Hospital
Wexham
Slough
Berkshire
SL2 4HL

Hospital switchboard:
01753 633000
Website: www.hft.nhs.uk

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