

Winter Blues? You are not alone



Many of us find winter a difficult time of year.

Here are some top tips to brighten the darker days!



1

Stay connected to others and reach out when you are low



2

Keep as active as you can and eat healthily



3

Do something you enjoy every day however small



4

Remember there are people you can talk to



5

Remember spring is coming!



There are people and places to visit if you need help, advice or someone to talk to. The following pages list some useful Slough and nationally based contacts.

- Visit **Safe Haven** for emotional support and information if you are in crisis. Calls and messages are monitored during opening hours. Messages can be left outside these times and will be repounded to. Call: 07790 772863 (5-11pm daily)
Email: east.berkshirehaven@nhs.net Opening hours: Thursday-Sunday, 5-11pm
Address: 54 High Street, Slough, SL1 1EL

- **Samaritans** who provide a free 24 hour telephone support service. Call: 116 123

- **5 Ways to wellbeing:** Visit www.mind.org.uk for information and support about looking after your mental health.

- **Talking Therapies** offer support with common challenges like low mood, stress and anxiety. Call 0300 365 2000 or visit talkingtherapies@berkshire.nhs.uk. Your GP can also refer you.

- Contact **Slough Community Connectors** for information and help to find community activities and support. Call: 01753 251387 (Mon-Fri 8am-4pm)
Email: communityconnectors@sloughcvs.org.uk

- **Slough Community Directory** provides lots of information about local community groups and services to help you stay connected including singing, gardening, exercise and litter picking groups. sloughhealth.org

- **Slough Treatment, Advice and Recovery Team (START)** is a free, confidential service for anyone who is concerned about their own or someone else's substance use. The service is dedicated to promoting wellbeing and recovery from addiction when you feel ready to take those steps. START also provides evening, weekend as well as drop in sessions in various locations across Slough.
Address: 27 Pursers Court, Slough SL2 5DL
Call: 01753 692548 Email: START@turning-point.co.uk
Website: www.turning-point.co.uk/services/slough

- Contact **Citizens Advice East Berkshire** if you are worried about benefits, work or need support with debt and money management or want housing information. The Slough Advice line Freephone 0808 812 7022 Mon-Fri 10am to 4pm. Alternatively, you can use National Citizens Advice Webchat www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/ usually available 9am to 5pm, Monday to Friday. If there are no advisors available the option to send an email instead becomes available.

- Contact **Health and Wellbeing Slough** for support and help to stop smoking, for weight management, to prevent falls for older people, and to access free NHS health checks. Call 01753 373646 or 0800 0614734 Email: info.hws@nhs.net
Web: healthandwellbeingslough.co.uk
healthandwellbeingslough.co.uk/referral-form/

More health information

- **Pharmacy:** They are qualified healthcare professionals, offering valuable advice and support for health concerns.
www.frimleyhealthandcare.org.uk/which-service-do-you-need/more-on-community-pharmacy-services

- **Contact 111:** If you have symptoms but are not seriously unwell.
Call 111 or visit 111.nhs.uk

- **General Practice:** Provides range of health services including medical advice, vaccinations, examinations, and treatment and can also refer to other NHS services. Get in touch for routine/same day appointments between 8am-8pm, evenings and weekends. You may be offered a telephone or face-to-face consultation as needed.

- **Slough Urgent Care Centre:** is a service this winter, open seven days a week, from 8am-8pm, at Priors Close, Slough. Call your local GP practice or 111 for an appointment. You may be redirected to this service if you attend A&E. A number of walk-in appointments are available however, booking is strongly recommended to avoid waiting times.

- **Accident and Emergency:** is a service for serious or life-threatening emergencies only.

- **Self-care:** Many health issues can be managed with self-care. You can find good advice online through the NHS website (www.nhs.uk) or for children visit Frimley Healthier Together (frimley-healthierttogether.nhs.uk).

- **Other health information** please visit www.frimleyhealthandcare.org.uk/

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