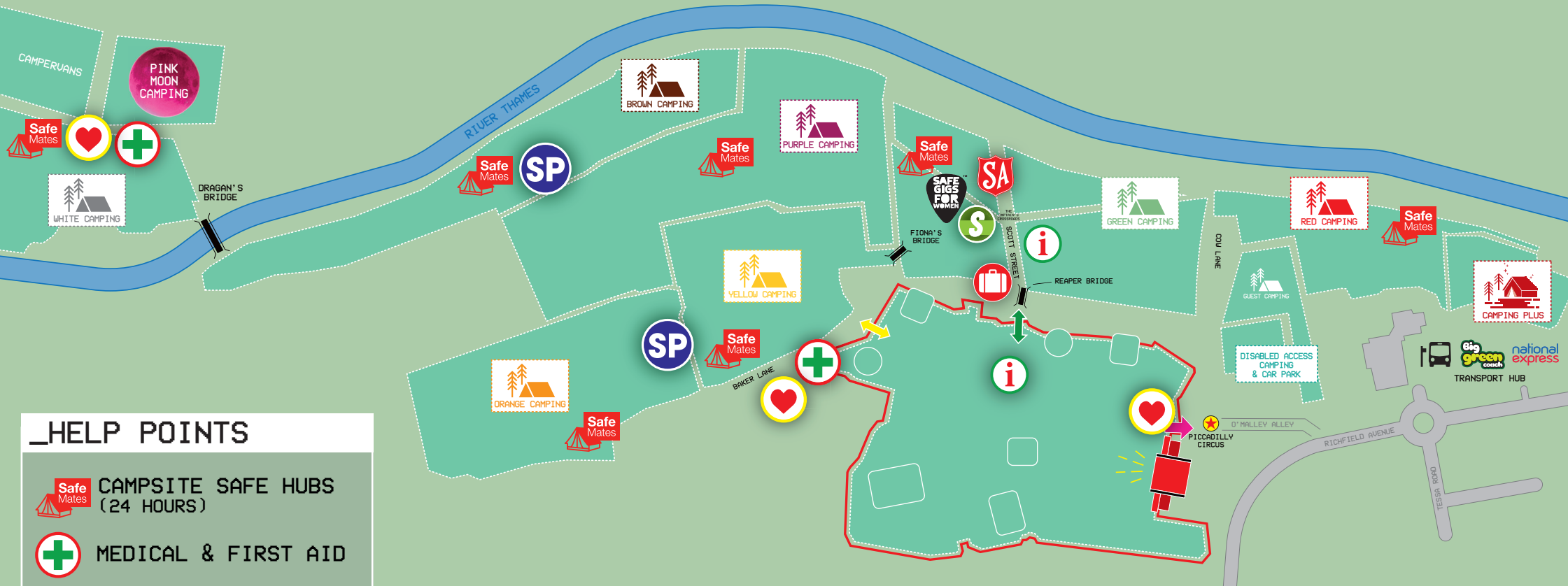


READING 2019 _HELP MAP

WORRIED ABOUT SOMEONE OR SOMETHING? FED UP? OVER INDULGED? WE ARE HERE TO HELP & NO JUDGEMENTS WILL BE MADE



_HELP POINTS

-  CAMPSITE SAFE HUBS (24 HOURS)
-  MEDICAL & FIRST AID
-  INFORMATION
-  SAFE GIGS FOR WOMEN
-  SALVATION ARMY
-  SAMARITANS
-  STREET PASTORS
-  WELFARE (TLC)

_OPEN 24H

-  **SAMARITANS:**
Samaritans will give you the time and space to talk things through, so you can find a way through any problems. You can talk to us any time you like, in your own way, about whatever's getting to you and in complete confidence.
-  **SALVATION ARMY:**
Providing a listening ear in confidence. Affordable drinks and hot food too.
-  **STREET PASTORS:**
Safe places for people feeling overwhelmed or who just need somewhere to go & sit. Feeling vulnerable or just fed up? Go speak to them. Grab a bite to eat. They also patrol the campsites.

-  **THE BRITISH RED CROSS 'SAFE HUBS':**
The British Red Cross are running Safe Mates hubs throughout all campsites. They provide a safe friendly space for people to come and ask for help and support or just have a chat.
-  **FESTIVAL MEDICAL SERVICES:**
Medical points where you can go for help at any time of day or night.
-  **WELFARE (TLC):**
Our friendly team of staff from TLC Welfare are dedicated caring professionals who offer information, advice, health, wellbeing and emotional support. We will be open 24hrs from when you arrive until 1pm Monday 26th and are located in Yellow Campsite on Baker Lane and in the Main Arena.

_IS IT AN EMERGENCY?

SPEAK TO THE CLOSEST STEWARD OR SECURITY & ASK FOR HELP

-  **SAFE GIGS FOR WOMEN:**
Talk to them about sexual harassment, no matter your gender.
-  **SAFE STORAGE & LOST PROPERTY:**
Festivalgoers can leave their bags and valuable items at this facility if they don't want to take it into the arena.