

BRISTOL Local mental health and wellbeing resources:

NB this is not an exhaustive list

Wellaware Local information database for health, wellbeing and community services (big and small) in Bristol and South Gloucestershire.

Website: www.wellaware.org.uk **Freephone: 0808 808 5252**

VitaMinds NHS funded 'talking therapy service for Bristol, S. Glos and North Somerset. Self-referral or through GP, range of wellbeing courses, therapy and counselling for people aged 16 years upwards.

Tel: 0333 200 1893 **Website:** www.vitahealthgroup.co.uk/BNSSG

Off The Record (Bristol and S Glos) Young person's support service, counselling, groups, advice Services Booking Line: **0808 808 9120** SMS Text: **0789 688 0011** Young People's Email: confidential@otrbristol.org.uk

Website: www.otrbristol.org.uk/services

Bristol Mind Local mental health charity offering information and signposting, advocacy, counselling and out of hours telephone support-line. Also hosts a variety of self-help groups open to anyone living in the former Avon area. **Tel: 0117 9080370** **Website:** www.bristolmind.org.uk

Changes Bristol Local groups providing a safe, non judgemental and empathetic place for people to talk about their lives and gain support towards their recovery. Meetings are free, no referral necessary & open to anyone in distress. **Website:** www.bristolchanges.org.uk

Age UK Bristol Comprehensive range of information and support for older adults **Tel no.** 0117 929 7537 **Website** www.ageuk.org.uk/bristol

Bristol Mental Health Partnership (formerly provided by AWP) referral only NHS mental health services accessed through GP. Includes Early Intervention Service for Psychosis (under 35 year olds). New service from September 2014 delivered by a local partnership of providers.

www.bristolmentalhealth.org

S. Glos: Avon and Wiltshire Mental Health NHS Trust, AWP Referral only secondary mental health services **Website:** www.awp.nhs.uk

Self Injury Self Help local support group for 18 years upwards who self-harm. **Email:** sishbristol@gmail.com **Website:** www.sishbristol.org.uk

NHS UK Well-being information and links to related topics and support. Has a library of phone apps supporting mental health and wellbeing
<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Out hours support and crisis intervention:

24/7 Support & Connect - immediate emotional and practical support helpline provide by trained counsellors, NHS funded. Translators available if English not first language. Tel **0800 0126549**. **Textphone users dial 18001 followed by 0800 0126549**. If you are 17 or under please call the Children and Young People's helpline via Avon and Wiltshire Partnership SPA line on 0300 303 1320.

Our Frontline is for care workers health staff and keyworkers offers round-the-clock one-to-one support, by call or text,, plus resources, tips and ideas to look after your mental health. Text FRONTLINE to 85258 call 0300 131 7000

The Samaritans 24/7 support for anyone in emotional distress. Helpline, text & email support. **Tel:** 116123 or **email** jo@samaritans.org

Website: www.samaritans.org

Shout 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.
Text 85258

MindLine Bristol Mind's out of hours telephone listening support service every night 8pm to midnight. **Freephone:** 0808 808 0330

Self Injury Support National support and resources for girls and women who self harm. For support text TESS on 0780 047 2908 or [email TESS](mailto:TESS)
Telephone support **0808 800 8088** www.selfinjurysupport.co.uk

Bristol Crisis Service mental health crisis [telephone triage and referral/signposting service](#), **24/7** provided by **Bristol Mental Health Partnership** **Tel: 0300 555 0334**

kooth.com young person's online counselling and support service available each day of the year up to 10 pm www.kooth.com

ChildLine Telephone, email, text support and advice for children and young people 24 hours 7 days a week **Tel:** 0800 11 11 www.childline.org.uk

Silver Line a new 24hr helpline for older people who are feeling alone and isolated **Tel: 0800 470 8090**

SARSAS Somerset and Avon Rape and Sexual Abuse Support: information and support for girls, boys, women and men who have survived rape or sexual abuse **Helplines:** 0808 801 0456 (girls and women) 0808 801 0464 (boys and men) www.sarsas.org.uk

Wellbeing Resources Bristol and S Glos. area Updated FEB 2021