

Local mental health and wellbeing resources: Gloucestershire *NB this is not an exhaustive list*

Lets Talk Gloucestershire's talking therapies service (IAPT).

Self referral or through your GP, access to range of wellbeing courses, therapy and counselling for people aged 16 years upwards. Wellbeing and self help advice on web site and over the phone. Service works with people with a wide range of issues including: anxiety, depression, PTSD, trauma, suicidal thinking

Tel: 0800 073 2200 Opening times: Monday to Friday – 8:00 am to 8:00 pm

Website: www.talk2gether.nhs.uk

Gloucestershire Health and Care NHS Trust www.ghc.nhs.uk/

The specialist mental health services **NB** usual access is via referral by GP

Headquarters address: Gloucestershire Health and Care NHS Foundation Trust
Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth
Gloucester GL3 4AW Tel: 0300 4218 100

See web site for [useful contacts](#) section or [how to contact the mental health trust](#) if enquiry is not urgent. Recommend that you speak to your GP in the first instance.

Crisis Resolution and Home Treatment Team are available 24 hours a day and can be contacted on: Tel. 0800 169 0398.

Crisis Resolution and Home Treatment service covers:

- Option 1 for Stroud and Cotswolds
- Option 2 for Gloucester and Forest
- Option 3 for Cheltenham, Tewkesbury and North Cotswolds

General Support

Your Circle: Gloucestershire Healthy Living and Learning local authority website listing resources to support mental and emotional wellbeing for all ages
<https://www.yourcircle.org.uk/Information/Mentalhealth/>

SupportLine - confidential emotional support for children, young people and adults by phone; also click on 'problems' section for online advice www.supportline.org.uk/

Young Minds. Wellbeing Resilience and Mental Health Language and Evidence Based Practice

Age UK National advice line www.ageuk.org.uk/services/age-uk-advice-line/
Age UK Advice Line: Tel. 0800 678 1602 Lines are open 8am-7pm, 365 days a year.

Out hours support and crisis intervention:

Our Frontline is for care workers 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

Gloucestershire Health and Care NHS Trust see overleaf

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

Silver Line a new 24hr helpline for older people who are feeling alone and isolated

Tel: 0800 470 8090

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

Hopeline UK for young people at risk of suicide, and anyone concerned about a young person at risk of suicide: **free phone** 0800 068 41 41 (Weekdays 10am-10pm, weekends 2pm-10pm and Bank Holidays 2pm-5pm) **or text** Hopeline on 07786 209697 or **Email:** pat@papyrus-uk.org

Gloucestershire Self Harm Helpline **Helpline: 0808 801 0606 FREE**

Opening Times: 5.00pm-10 pm every evening/night all year

Webchat and text 0753 741 0022 www.gloucestershireselfharm.org.

Self Injury Support for women and girls. **TESS** text & email support service for women and girls who self injure - up to age 25. **Text:** 07800 472 908 or **email** TESS

Website: www.selfinjurysupport.org.uk

Suicide Crisis Centre High Street Cheltenham, available to anyone in the Gloucestershire area who is suicidal. Offers intensive face to face support and continues to support over the longer term on a less intensive basis.

Contact: 0797 5974 455 www.suicidecrisis.co.uk