

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

North Somerset Local Authority for local information database of all mental health related services

Website: www.n-somerset.gov.uk/my-services/adult-social-care-health/health-wellbeing/look-after-your-mental-health/mental-health-services

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

Avon and Wiltshire Mental Health NHS Trust, AWP

Referral only secondary mental health services **Website:** www.awp.nhs.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/>

Age UK Advice Line: 0800 678 1602 Lines are open 8am-7pm, 365 days a year.

Out hours support and crisis intervention:

Our Frontline is for care and health workers 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

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.

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

AWP Mental Health Trust 24/7 Response Line

Telephone: 0300 303 1320

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](#)
Telephone support **0808 800 8088** www.selfinjurysupport.co.uk

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