

## Local mental health and wellbeing services: *NB this is not an exhaustive list*

**Wellaware** Local information database for health, wellbeing and community services (big and small) in South Gloucestershire, Bristol and Bath & North East Somerset.

**Website:** [www.wellaware.org.uk](http://www.wellaware.org.uk) **Freephone: 0808 808 5252**

**'One You'** health and wellbeing advice; local and national links to resources for all ages  
**Website:** [www.oneyou.southglos.gov.uk](http://www.oneyou.southglos.gov.uk)

**'Mind You':** S Glos emotional health resources and services for children and young people, info for young people, carers and professionals includes crisis response  
**Website:** [www.southglos.gov.uk/mind-you](http://www.southglos.gov.uk/mind-you)

**South Gloucestershire Council** for advice and information on supporting children's wellbeing, local services, who to contact about a mental health issue, safeguarding children and vulnerable adults **Tel:** 01454 868 006 **Website:** [www.southglos.gov.uk](http://www.southglos.gov.uk)

**VitaMinds** local IAPT service for **Bristol, S. Glos and North Somerset** Self-referral or via GP, access to range of wellbeing courses, therapy and counselling for people 16 years upwards. **Tel:** 0333 200 1893 [www.vitahealthgroup.co.uk/BNSSG](http://www.vitahealthgroup.co.uk/BNSSG)

**AWP S. Glos (Avon and Wiltshire Mental Health NHS Trust)**, referral only NHS mental health services accessed through GP. Includes Recovery Teams; Intensive Support; Early Intervention Service for Psychosis (under 35 year olds). [www.awp.nhs.uk](http://www.awp.nhs.uk)

**Bristol Mind** Local mental health charity offering information and signposting, advocacy, counselling and out of hours telephone support-lines. 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](http://www.bristolmind.org.uk)

**Changes** Local peer led 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. Zoom support groups during Covid-19 **Website:** [www.bristolchanges.org.uk](http://www.bristolchanges.org.uk)

**Age UK South Gloucestershire** Benefits Advice, Day Care, Foot care, Gardening, Handyman, IT/computer training, Traders register, Visiting/Befriending. 67 High Street, Thornbury, BRISTOL, BS35 2AW **Telephone: 01454 411707**

**Self Injury Self Help** support group for anyone 18 years upwards who self-harms.  
**Email:** [sishbristol@gmail.com](mailto:sishbristol@gmail.com) [www.sishbristol.org.uk](http://www.sishbristol.org.uk)

**SARSAS** Somerset and Avon Rape and Sexual Abuse Support: information and support for girls, boys, women and men who've survived rape or sexual abuse [www.sarsas.org.uk](http://www.sarsas.org.uk)

**Helplines:** 0808 801 0456 (girls and women) 0808 801 0464 (boys and men)

**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 of hours support and crisis intervention:**

**South Gloucestershire GP on call service:** phone NHS 111 Based at Cosham Hospital, also out of hours GP service at Southmead Hospital

**South Glos Safeguarding Adults\_** a vulnerable adult is someone who is at risk if they did not receive appropriate health and social care support based on their level of disability and ability to protect themselves. This includes carers, **Tel: 01454 864 325**

**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

**Shout** 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. A place to go if struggling to cope and needing immediate help. **Text 85258**

**The Samaritans** 24/7 support for anyone in emotional distress. Helpline, text & email support. **Tel:** 116123 or **email** [jo@samaritans.org](mailto:jo@samaritans.org) **Website:** [www.samaritans.org](http://www.samaritans.org)

**kooth.com** young person's online counselling and support service available each day of the year up to 10 pm [www.kooth.com](http://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](http://www.childline.org.uk)

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

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

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