

Swindon Local mental health and wellbeing

resources: NB this is not an exhaustive list

Swindon LIFT Psychology Service

NHS funded talking therapy service for Swindon. Provides support to adults experiencing mental health difficulties and offer a range of courses that teach people how to manage conditions such as anxiety, low mood, and stress. Self-referral or through GP, range of wellbeing courses, therapy and counselling for people aged 16 years upwards.

Tel: 01793 836836 Website: <https://lift-swindon.awp.nhs.uk/>

IPSUM Supporting Wellbeing and Stability – a Mental Health and Wellbeing

Centre supporting Swindon and the surrounding area. Offer a range of therapeutic interventions including Counselling and Arts psychotherapies.

Tel: 01793 695405 Website: <https://www.ipsum.care/>

Swindon & Gloucestershire Mind Local mental health charity providing advice, support, and services to empower anyone experiencing a mental health problem. **Tel: 01793 432031** Website: www.sgmind.org.uk

Self Harmony Counselling (for those engaging in self harm or self injury) from Swindon & Gloucestershire Mind **Tel: 01793 432031 Email: admin@sgmind.org.uk**

Avon and Wiltshire Mental Health Partnership NHS Trust

Mental health services in Bath and North East Somerset, Swindon and Wiltshire (BSW) are provided by Avon and Wiltshire Mental Health Partnership NHS Trust, which is often referred to simply as AWP. Referral only secondary mental health services. To find out more about what's available across BSW, or to ask a question about a service, contact AWP by visiting the **website: www.awp.nhs.uk**

Citizens Advice Swindon - independent charity providing free, confidential and impartial advice and campaign on big issues affecting people's lives

Tel: 08082787813 Website: www.citizensadviceswindon.org.uk/

Age UK Wiltshire - Comprehensive range of information and support for older adults

Tel: 0808 169 2424 Website: www.ageuk.org.uk/wiltshire/

Cruse Bereavement Care - Swindon & District

Tel: 01793 619933 Email: swindon@cruse.org.uk Website: www.cruseswindon.org

Kooth is an online counselling service for children and young people living in Bath and North East Somerset and Swindon. Free, safe and anonymous support.

Website: www.kooth.com

Out of The Can Plus LGBTQ+ Youth Group in Swindon

Email: ootc@hotmail.co.uk Website: www.outofthecan.org/

CALM (Campaign Against Living Miserably) Mental health information and support for men. Suicide prevention service. Tel: **Nationwide 0800 58 58 58 lines open 365 days until midnight** Website: <https://www.thecalmzone.net/>

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/>

NHS Every Mind Matters Your Mental Health Plan - Get a free action plan with simple steps to help you look after your mental health. Tips and advice www.nhs.uk/mental/health

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

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**

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)

Tel: **0808 800 8088** Website: www.selfinjurysupport.co.uk

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

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

Survivor Pathway to find out about services for people sexually assaulted or abused go to <http://www.survivorpathway.org.uk/>

Avon and Wiltshire Mental Health Partnership NHS Trust crisis

line If you are currently experiencing a mental health crisis or supporting someone in crisis, e call the Avon and Wiltshire Mental Health Partnership NHS Trust crisis line: **0300 303 1320**. In an emergency, please dial 999. Find out more at the AWP website: <http://www.awp.nhs.uk/advice-support/24-hour-support/>