

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

**Local Clinical Commissioning Service:** directory of local services launched in May 2020 <https://bswccg.nhs.uk/your-health/hospital-care/mental-health-services>

**NHS library** of phone apps and other resources e.g. support wellbeing, self-help for anxiety, depression and suicide prevention etc. <https://www.nhs.uk/apps-library/>

**Children and young person's signposting and online counselling service** The number to phone: **01865 903777 (9am – 5pm) and 01865 901000 (5pm – 11pm)**. <https://www.onyourmind.org.uk/>

**Wiltshire IAPT Service** (*IAPT: Improving Access to Psychological Therapies, national model*) <https://iapt-wilts.awp.nhs.uk/> Web site has other useful links to local services

IAPT is self-referral (online or over the phone) or through GP. Offers a 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 e.g. anxiety, depression, PTSD, trauma, suicidal thinking

**South Wiltshire: Tel:** 01722 820267 [www.iapt-wilts.awp.nhs.uk](http://www.iapt-wilts.awp.nhs.uk)

**Opening times:** Monday to Friday – 9:00 am to 1:00 pm, 2:00 pm to 4:30 pm

Wiltshire IAPT Service, Heathwood, Fountain Way Hospital, Wilton Road, Salisbury, Wiltshire, SP2 7FD

**Kennet and North Wiltshire: Tel:** 01380 731335 **Text:** 07825 598659

[www.iapt-wilts.awp.nhs.uk](http://www.iapt-wilts.awp.nhs.uk) **Opening times:** Monday to Friday – 9:00 am to 5:00 pm

Wiltshire IAPT Service, Green Lane Hospital, Devizes, Wiltshire, SN10 5DS

**Swindon** LIFT Psychology Tel 01793 836836 Email: [lift.psychology@nhs.net](mailto:lift.psychology@nhs.net)  
<https://lift-swindon.awp.nhs.uk>

2<sup>nd</sup> Floor, Old Town Surgery, Curie Avenue, Swindon SN1 4GB

## Specialist or secondary mental health services: Wiltshire

### Avon and Wiltshire Partnership Mental Health Trust

[www.awp.nhs.uk/about-us/teams-locations/](http://www.awp.nhs.uk/about-us/teams-locations/)

For advice and support call Trust switchboard number on 01225 325680.

**NB Secondary mental health service: usually accessed via referral by GP.** Services for individuals experiencing an acute mental illness or a potentially enduring mental illness that impacts significantly on day-to-day functioning and may involve risk to self (occasionally others).

Community services examples: Adult Recovery Services; Complex Intervention Team (CIT); Early Intervention for Psychosis; Intensive Services; Learning Disability; Primary Care Liaison.

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## General Support

**Wiltshire MIND** Phone [01225 706532](tel:01225706532) <https://www.wiltshiremind.co.uk/>

Part 1st/2nd Floor, 21-23 High Street. Melksham SN12 6JY

**Offers:** 'You in Mind: peer support groups happening around the locality; Adult and young people's Counselling Service; Information and advice telephone service

**SupportLine** - confidential emotional support for children, young people and adults by phone; focus on trauma; click on 'problems' section for online advice

[www.supportline.org.uk/](http://www.supportline.org.uk/)

**Young Minds** phone and web site information and support. Service for parents worried about children or young person. <https://youngminds.org.uk/>

**CALM (Campaign Against Living Miserably)** <https://www.thecalmzone.net/>

Nationwide 0800 58 58 58 lines open 365 days until midnight

Mental health information and support for men. Suicide prevention service

**Age UK Wiltshire** [www.ageuk.org.uk/wiltshire/contacts/](http://www.ageuk.org.uk/wiltshire/contacts/)

Comprehensive range of information and support for older adults

**Devises:** T: 01380 727 767 Salisbury T: 01722 335 425

## Out hours information and crisis support:

**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:** 116 123 **FREE CALLS** **email** [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

**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

**Mental Health 24/7 Response Line-** advice and signposting for anyone worried about their own/someone else's mental health. Interpreters available **Tel** 0300 303 1320.

**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)

**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)

**Self Injury Support** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Resources, information, phone, text & email support service for women and girls who self-injure **Helpline** 0808 800 8088 **Text:** **07800 472 908** or email **TESS**

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

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