

Local mental health and wellbeing resources:

Bristol and South Gloucestershire

NB this is not an exhaustive list

Wellaware Local information database for health, wellbeing and community services (big and small) in Bristol and South Gloucestershire.

Website: www.wellaware.org.uk **Freephone:** 0808 808 5252

Vita Minds: Local IAPT service for Bristol, South Glos, and North Somerset. Accessible by self-referral or through your GP, access to a range of wellbeing courses, therapy, and counselling for people aged 16 years upwards. **Tel:** 0333 200 1893 **email:** refer.BNSSG@nhs.net **Website:** <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/>

Off The Record (Bristol and S Glos) Young person's support service, counselling, groups, advice **Services Booking Line:** 0808 808 9120 **Text:** 0789 688 0011 **Young People's Email:** confidential@otrbristol.org.uk **Website:** www.otrbristol.org.uk/

Bristol Mind Local mental health charity offering information and signposting, advocacy, counselling and out of hours telephone support-line. **Tel:** 0117 980 0370 **Website:** www.bristolmind.org.uk

Changes Bristol Local 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. **Website:** www.bristolchanges.org.uk

Age UK Bristol Comprehensive range of information and support for older adults **Tel** no. 0117 929 7537 **Website** www.ageuk.org.uk/bristol

Bristol Mental Health Partnership (formerly provided by AWP) referral only NHS mental health services accessed through GP. Includes Early Intervention Service for Psychosis (under 35 year olds). **Website:** www.bristolmentalhealth.org

S. Glos: Avon and Wiltshire Mental Health NHS Trust, AWP
Referral only secondary mental health services **Website:** www.awp.nhs.uk

Self Injury Support: support and resources for girls and women nationwide who self harm. For support **text:** TESS on 0780 047 2908, **call:** 0808 800 8088, or **visit:** www.selfinjurysupport.co.uk for webchat.

Self Injury Self Help local support group for women and men (18 years upwards) who self-harm. Also monthly Wellbeing Workshops open to anyone (self harm does not have to be a personal issue).

Email: sishbristol@gmail.com **Website:** www.sishbristol.org.uk

Out of hours support and crisis intervention:

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

kooth.com young person's online counselling and support service available each day of the year up to 10pm Website: 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 Website: www.childline.org.uk

MindLine Bristol Mind's out of hours telephone listening support service. 8pm to midnight, Wednesday to Sunday Freephone: 0808 808 0330

Silver Line free 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 0454 (boys and men) Website: www.sarsas.org.uk

Bristol Crisis Service out of hours telephone triage and referral/signposting service provided by Bristol Mental Health Partnership for individuals in mental health crisis, their family/friends, professionals, and the voluntary sector. Available 7 days a week Tel: 0300 555 0334

Bristol Sanctuary a safe place to go during a crisis out of hours. Call from 5pm to arrange a place for the same evening. Opening hours: 7pm to 2am, Friday to Monday. Tel: 0117 954 2952 Address: 1 New Street, St Jude's, Bristol, BS2 9DX.