

About Bristol Mind

Bristol Mind is a mental health charity for people in Bristol and surrounding areas. We promote wellbeing and recovery through a range of services.

We recognise that each individual is a resource for their own recovery: many of our staff, volunteers, and trustees have themselves experienced the impact of emotional and mental distress.

Bristol Mind aims to promote a positive view of mental health and to provide services that are accessible, relevant, and empowering to the people using them.

Although affiliated to national Mind, Bristol Mind is an independently registered and funded charity.

If you would like further information on any of the services offered by Bristol Mind, please don't hesitate to get in touch.



Our Services 2021

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35 Old Market Street
Old Market
Bristol
BS2 0EZ

bristolmind.org.uk
T: 0117 980 0370
e: admin@bristolmind.org.uk

Follow us on social media



Helplines & Information

Mindline - 0808 808 0330

A confidential freephone Bristol area helpline providing a safe place to talk if you, or someone you know, is in distress. One of our trained volunteer listeners can talk things through with you - or we can just listen.

The helpline is open every night from 7pm to 11pm.

Mindline Trans+ - 0300 330 5468

A confidential, non-judgmental UK-wide mental health support helpline for people who identify as transgender, agender, genderfluid, non-binary, or anyone exploring their gender identity. We also support family and friends, and can signpost you to other services and resources.

The helpline is open Mondays and Fridays, 8pm - midnight.

Information Service - 0117 980 0370



A local-rate daytime helpline providing information on mental health issues and signposting to local mental health services for people in the Bristol area.

The helpline is open from 9:30am to 3:30pm Mondays to Fridays, and can also be reached by email.

Counselling

Meeting Minds Shielded Counselling

We have a dedicated counselling service for people who are shielding due to the pandemic. We are primarily looking to provide this in certain wards in Bristol city and those identified as higher risk, such as BAME residents and older individuals.

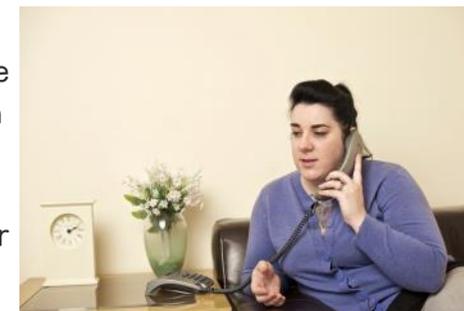
Meeting Minds

Our team of therapists and trainee counsellors provide one-to-one therapy for adults in Bristol city at an affordable rate dependent on disposable household income. We offer up to 16 weeks (4 months) of counselling. We also offer dedicated LGBTQ counselling, which is also available to North Somerset and South Gloucestershire residents.

Other Support Services

Hate Crime Service

We form a part of the Bristol Hate Crime and Discrimination service, working with Brandon Trust, Bristol Law Centre, Bristol Mediation, OTR, and SARI. Bristol Mind has a dedicated caseworker for victims of mental health related hate crimes.



Advocacy Services

Supporting individuals to have a voice about the issues that are impacting on their lives. Our [Outreach Advocacy](#) service helps to speak up for people living in the community. [Independent Mental Health Act advocates](#) work for people admitted to hospital, and [Independent Mental Capacity Act advocates](#) work with those who lack capacity to make decisions that have a life-changing impact.

BME Advocacy

Bristol Mind runs a BAME advocacy service. We provide an IMHA (Independent Mental Health Advocacy) service for those who are detained under the Mental Health Act and we also provide a general advocacy service for informal service users and for those who are in the community.



Training

We offer high quality training to raise awareness of mental health, and to develop skills in responding to emotional distress and promoting wellbeing and recovery. Our skilled trainers can work to create bespoke courses for your organisation, or deliver an accredited course such as Mental Health First Aid. Open access courses are also periodically available.

Mind Without Borders

Greenspace Wellbeing Project

Mind without Borders Greenspace Project is exclusively for Refugee and Asylum Seekers who would like to just get outside in a safe, quiet space with others, to cook together over the campfire, make some crafts and get in touch with the seasons. The group meets every Thursday at St Werburghs City Farm, Boiling Wells. For more information email



Georgia.Spooner@bristolmind.org.uk

Women Without Borders

Women without borders is a support group for women and pre-school aged children from multicultural backgrounds. Reducing isolation and improving mental wellbeing by participating in activities together, such as baking, sharing recipes, and arts and crafts creating the opportunity for support and emotional wellbeing. The group runs weekly on a Friday morning. For more information email Negat.Hussein@bristolmind.org.uk

Meeting Minds Without Borders Refugee

Counselling

Meeting Minds Without Borders is a free counselling service for adult male Asylum Seekers and Refugees who live in Bristol. We aim to provide a safe and confidential space where individuals experiencing mental and emotional distress can come to talk about their feelings. For more information, email refugee.counselling@bristolmind.org.uk