

# Mental Health Support in Bristol and South Glos

## General

### Websites

- **Your Local GP/GP out of hours, 111 or 999**
- **Young Minds** - Offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person **up to 25 years of age**, including ADHD, Autism and Aspergers. <https://youngminds.org.uk/find-help/get-urgent-help/> **Telephone: 0808 8025544**
- **Kooth-** <https://www.kooth.com/> online counselling and wellbeing platform for children and young people. **11-19 age range, up to 25 (if linked with universities)**
- **Childline** - Free and anytime you can talk to us about anything. No problem is too big or too small. Call us free on **0800 1111** or get in touch online. However you choose to contact us, you're in control. It's confidential and you don't have to give your name if you don't want to. **Up to age 19**
- **Samaritans** - Free, confidential emotional support for those experiencing despair, distress, self harm or suicidal feelings. For any age <https://www.samaritans.org> **Telephone 116 123**
- **Help Counselling** - Counselling for children and young people ages **9-25 years old. (minimum contribution £3 per session)** <https://www.help-counselling.org.uk>
- **Anna Freud Self Care** - List of strategies which help self care <https://www.annafreud.org/on-my-mind/self-care/>.
- **The mix** - <https://www.themix.org.uk/> Support service for **anyone under 25** for information on various topics (breakups, mental health, homelessness or money) Available: 1-2-1 chat, free helpline available 4pm-11pm (**0808 808 4994**), Crisis messenger (support in the moment of crisis).
- **One you-** Useful website with useful apps and resources for mental health topics ranging from anxiety to tips on how to drink/smoke less. <https://www.nhs.uk/oneyou/about-one-you/>

- **Shout** - UK free and confidential 24/7 text service for anyone in crisis. Text SHOUT to **85258**.
- **LOTTY** - Free confidential text and online service for young people aged between **11-25**. Young people can text on **07786202040** or start a live chat on <https://116sms.com/livechat?srv=aVVOxjKXO6r2RkydjoWf> . Available from 2pm-10pm on Mondays, Wednesdays and Fridays and from 2pm-7pm on Tuesdays and Thursdays.
- **Changes** - Providing support groups for people (**over the age of 18**) suffering mental distress. No GP referral needed. For more information - tel: **01179411123**, email: [info@changesbristol.org.uk](mailto:info@changesbristol.org.uk) Website: <http://www.changesbristol.org.uk/>
- **WomanKind** - <https://www.womankindbristol.org.uk> Therapy centre supporting women in Bristol with professional counselling, group psychotherapy, befriending and a helpline service. **18+** Telephone helpline (**0117 916 6461**) available from 10am-3pm and 8pm-10pm on Mondays and Tuesdays. From 10am-3pm on Wednesdays, From 10am-12pm on Thursdays and Fridays. Webchat available on Monday (8am-10pm), Thursday and Friday (10am-12pm). Email: [helpline@womenkindbristol.org.uk](mailto:helpline@womenkindbristol.org.uk)
- **Creative youth network:** <https://www.creativeyouthnetwork.org.uk/> works with young people experiencing barriers, helping them to build relationships and access programmes that can help them reach potential specifically in the creative arts. Also offer support with getting a job, writing CVs and has 4 youth clubs in Bristol and surrounding areas. **Varying ages for different services ranging from 11-25.**
- **Bristol Mindline:** <https://bristolmind.org.uk/help-and-counselling/mindline/> **0808 808 0330** is an out of hours confidential listening service running from Weds-Sun 8pm-midnight. Mind line provides a safe place to talk if you, or someone you know, is in distress. We can also give information about mental health support services available in your area that could help you. You can talk things through with one of our trained volunteer listeners. Or we can just listen. You don't have to tell us your name.
- **OneYou:** A service to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life. <https://www.nhs.uk/oneyou>
- **Barnardo's HYPE Service** - <http://barnardos.org.uk/hype.htm> - A service which aims to empower young people aged **11-21** to share their experience of health services to allow positive change to services. Young people can become a young health champion and get involved in creating new projects and ideas,

help choose new staff to work in mental health services, make films and presentations for service leaders.

- **Oasis Talk**- <https://www.oasis-talk.org/self-help/> - offers self-help guides on depression, sleeping, improving self-esteem, relaxation.
- **Bristol Nightline** - confidential, impartial and non-advisory listening and information service to students of University of Bristol. From 8pm- 8am by phone and 8pm- midnight by IM (01179266 266) <http://bristol.nightline.ac.uk/>.

## **Apps**

- **Headspace** - <https://www.headspace.com>. You can learn to meditate and live mindfully. There are hundreds of themed sessions on everything from stress and sleep to focus and anxiety. Headspace kids is available with exercises grouped into 5 and under, 6-8 and 9-12, as well as the normal Headspace app.
- **CALM** - <https://www.calm.com>. Calm is the #1 app for meditation and mindfulness. Lower stress and sleep better with 100+ guided meditations.
- **CBT Thought Diary**  
<https://apps.apple.com/gb/app/cbt-thought-diary/id1010391170>. Track your mood and analyse negative thought patterns.
- **Dayilo** - <https://apps.apple.com/gb/app/daylio-journal/id1194023242> Mood diary app free and simple app to use that helps you track your mood and the activities you have done each day so you can start to see what helps you feel good, what doesn't and how you can make changes to improve your wellbeing!
- **SAM** - <http://sam-app.org.uk/> An application to help you understand and manage anxiety. The app has been developed in collaboration with a research team at UWE Bristol.
- **Stressheads** - <https://www.themix.org.uk/apps-and-tools/stressheads>  
Don't stress it. Beat it. Created by the Mix support service.. App allows you to grow a stress head and eventually remove the stress head from the screen (interactive stress relief game). Access advice at the same time how to manage stress.
- **Motimator** - <https://www.themix.org.uk/apps-and-tools/our-apps/motimator>  
App which provides daily motivational advice and tips to help achieve a career goal. Created by the Mix support service.
- **Wish Fund**- <https://www.themix.org.uk/apps-and-tools/our-apps/wishfund>  
App which helps manage finances and take control of what you are spending. App was built by Money Advice Service.
- **Elefriends** - <https://www.elefriends.org.uk/>

App created by Mind - Free (**over 17s only**) supportive online community which promotes a safe place to listen to other people's experiences and share your own.

- **Silvercloud** - <https://uk.silvercloudhealth.com>  
Supportive App which involves programmes, tools and tips to help manage wellbeing and other topics (anger, life balance, communication, sleep and relaxation etc.)
- **Smiling Mind**: a free app with tonnes of mediation and mindfulness exercises tailored to different age ranges and topics such as relationships, stress, sleep, thoughts, emotions and managing change. <https://www.smilingmind.com.au/>
- **Grateful** - gratitude diary app that reminds you each day to positively reflect on what's happened in the day, prompts included to help you along the way, you can add photos as well.
- **The ReachOut WorryTime App**: Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut WorryTime interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day. This means you can deal with worries once a day, rather than carrying them around with you 24/7  
<https://schools.au.reachout.com/articles/reachout-worrytime> .
- **What's up**: What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds!
- **BASE**: BASE is an app designed by Solent NHS Trust's Child and Adolescent Mental Health Brookvale youth Mental Health Service to help manage stress and anxiety. Stress affects everyone and is a completely normal reaction that people experience when feeling overwhelmed by situations they cannot manage. Stress and anxiety is very hard to control and sometimes we are unaware of what can cause our stress levels to go up. By learning more about how and why we experience anxiety at different times and in different situations we can be less fearful.
- **MindShift**: Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app

designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

- **Better help** <https://www.betterhelp.com> - online counselling - weekly fee of around £35 but are able to use them whenever you need as often as you like.  
**18+**
- **Big White Wall** - <https://www.bigwhitewall.com/v2/LandingV2.aspx?ReturnUrl=%2f> Online service where you can get round the clock support. Only available for bristol uni students.
- **Catch it app** - A free app for anyone who struggles with feelings like anxiety, depression, anger and confusion. <https://www.nhs.uk/apps-library/catch-it/>
- **Fear tools - Anxiety kit** - A free app which is helpful for those suffering from Generalised Anxiety Disorder, Phobias, and Social anxiety disorder.
- **Emoodji** - Free app for the ups and downs of university life (Exam stress, homesickness). App tracks mood.

## Parents and guardians

- **Bourne Family project** - <http://www.bournefamilyproject.org> - offers parenting support courses, **play therapy (children aged 3-14years)** and **counselling (anyone over the age of 18)** - contribution of £10 (individual) or £15.00 (couple)). Call: **01179478441**
- **Parentchannel.tv** - <https://www.familylives.org.uk/how-we-can-help/parentchannel-tv>
  - free online video service to support parents and carers of children from ages 0-19, collection of videos addressing day to day questions and concerns spanning wellbeing, behaviour and learning.
- **Teenage Brain** - <https://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/> Interactive website explaining the teenage brain via neuroscience and psychology and how brain changes can help explain the mysteries of the teen years.
- **Family lives UK** - <https://www.familylives.org.uk/>
  - Offers support and advice to families - A forum community where families can share dilemmas, experiences and issues with others. Confidential helpline - **0808 800 2222** Open: Mon- Fri 9am-9pm, Sat- Sun 10am- 3pm. Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk).
- **Mermaids UK** - <https://www.mermaidsuk.org.uk/resources-for-parents.html>

- Parent forum for advice and support.
- **HappyMaps** - <https://www.happymaps.co.uk/> Website for parents who are worried about their child's behaviour or mental health. Advice and information on various topics (anxiety, self harm, bullying, coping with divorce, autism, ADHA and gender dysphoria).

## Self harm

### Services

- **SISH Bristol (Self-injury self help)**: Bristol based community organization for **18+** years for both men and women. <http://Www.sishbristol.org.uk> - Run by volunteers, emails/phones checked a couple of times a week.
- **Self-injury support**: information and support for girls and women who self harm. Email and web chat available via: <https://www.selfinjurysupport.org.uk>  
Telephone help line - **0808 800 8088**
- **Harmless** - <http://www.harmless.org.uk>. User led and provides support, information and training to people who self-harm, their friends and family
- **NSPCC** - Useful tips surrounding self-harm to help **parents**  
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>
- **TESS** - Text and email support service - for women and girls in the UK affected by self-harm. Text service available on Tuesdays, Wednesdays and Thursdays from 7pm-9:30pm. Tel: **07537432 444**. Email and web chat available: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### Apps

- **Calm Harm** - <https://www.nhs.uk/apps-library/calm-harm/>. Calm Harm is an app designed to help people resist or manage the urge to self-harm.
- **DistrACT** - <https://www.nhs.uk/apps-library/distract/>. The distrACT app gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts.

## Suicide

- **Stay Alive** - This app is a pocket suicide prevention resource for the UK. Packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. **Website**

[https://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)

- **HOPEline UK - Youth Suicide Prevention Advice** - <https://papyrus-uk.org/hopelineuk/> Confidential helpline service and website offering support and advice to anyone **under 35** who is having suicidal thoughts or anyone which is worried about a young person who may be having thoughts of suicide. Helpline : **0800 068 4141**, text : **07786209697** or email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- **Staying Safe** - online resource with information and support regarding suicidal thoughts. <https://stayingSAFE.net/>
- **Mind** - Online resource with information on how to support someone feeling suicidal. <https://www.mind.org.uk/media/5452271/how-to-support-someone-who-feels-suicidal-2017.pdf>
- **National Suicide Prevention Alliance** - Online resource for support/how to cope with suicidal thoughts. [https://www.nspa.org.uk/resources/?resource\\_category=providing-individual-support](https://www.nspa.org.uk/resources/?resource_category=providing-individual-support)

## Young men

- **Campaign Against Living Miserably (CALM)** - <https://www.thecalmzone.net/> Website for young men seeking support and information on various issues (abuse, alcohol and drugs, depression ect). Also, information and resources for individuals who are worried about a young person. CALM helpline for information or support, open 5pm-midnight every day (**0800 58 58 58**). Webchat also available from 5pm - Midnight.
- **Survivors UK** - <https://www.survivorsuk.org/> Survivors UK is a helpline for adult men (**18 and over**) who have experienced rape or sexual abuse at any time in their lives and they also offer workshops for carers/partners/supporters of male survivors.
- **SARSAS** - <http://www.sarsas.org.uk/helpline/> Confidential support for men and boys who have experienced sexual violence or abuse at any time in their lives. SARSAS provide information, emotional support, signposting advice, and can help you to access counselling services.

## Young Women



- **BAVA** - <https://www.bava.org.uk/> This website provides information about different types of violence and abuse and support services that can help. There is also information on how to help others and how to raise awareness of violence and abuse.
- **Missing Link** - <https://missinglinkhousing.co.uk/> Provides mental health support services and domestic abuse support services and independent support for victims of rape and sexual abuse.
- **Womens aid** - <https://www.womensaid.org.uk/> Women's Aid is a national charity working to end domestic violence against women and children.
- **Self Injury Support** - <https://www.selfinjurysupport.org.uk/> the self injury helpline is for women of any age or background affected by self-injury, whether their own or that of a friend or family member.

## Eating disorders

- **BEAT** - <http://www.sarsas.org.uk/> We translate the complex and technical into practical guidance for people affected by eating disorders, both sufferers and their friends and families. Helpline, youthline and studentline
- **Anorexia and Bulimia Care** - <http://www.anorexiabulimiacare.org.uk> A national eating disorders organisation providing on-going care, emotional support, and practical guidance for anyone affected by eating disorders, including those struggling personally and families, friends, and carers. Services include a national helpline, a weekly drop-in hub in Bath, and a telephone befriending service. There are specific resources for young people and students.
- **Bristol Eating Disorder Support group**-<https://bristoleatingdisordersupportgroup.weebly.com/> Provide a space for people with eating disorders, friends, families and carers to support one another for people 18+. Free self help groups twice a month, one for people with eating disorders, friends, families, and carers, and one for people with eating disorders only.
- **Food Addicts in Recovery Anonymous**-  
<https://www.foodaddicts.org/find-meeting> Based on the 12 step programme of Alcoholics Anonymous, a fellowship of people who have experienced difficulties in life as a result of their relationship with food and eating. Meet weekly in Totterdown.
- **Overeaters Anonymous** - <https://www.oagb.org.uk/> Fellowship of individuals suffering and recovering from compulsive overeating who follow the 12 step programme based on the AA programme to overcome compulsive overeating.



- **Somerset and Wessex Eating Disorder Association** - <https://www.swedauk.org/> provide support to anyone suffering from, or supporting someone with an eating disorder. Range of services including counselling, self help group, training for healthcare providers, and a college support service.

### **Apps**

- **Rise Up - Eating disorder App** - <https://www.recoverywarriors.com/app/> Recovery focused app which is based upon self-monitoring homework (CBT based). Access to resources to build a strong recovery mindset.

### **Abuse**

#### **Domestic**

- **Next Link** - <https://nextlinkhousing.co.uk/> - Provide a range of domestic abuse support services to women and children (safe houses, children's services, dedicated Black and Ethnic Minority Services, resettlement and outreach services). Live chat also available via the website. For more information : Tel 0117925 0680, email:[enquiries@nextlinkhousing.co.uk](mailto:enquiries@nextlinkhousing.co.uk).  
Also offer a **CRUSH** course which is a 12 week course for **13-19 year olds** where they build skills such as resilience and an understanding of how to spot abuse in a relationship. To access these groups contact the telephone advice helpline **0117 925 0680**
- Bristol Against Violence and Abuse.
- Victim Support:  
<https://www.victimsupport.org.uk/help-and-support/young-victims-crime> - We support children and young people who have been affected by crime. We can also support parents and professionals who work with children and young people.

#### **Sexual**

- **Somerset and Avon rape and sexual abuse support** - <http://www.sarsas.org.uk/> confidential support for people girls and women, and men and boys who have experienced sexual abuse. Provides information, support, signposting, group work, and counselling.

- **Womankind** - <https://www.womankindbristol.org.uk/> Offers a befriending service for women who have been raped or sexually abused. Befrienders can help women to get out and about, develop new interests, improve your routine and build new friendships and support network. (Need referral from health care professional?)

### **Bullying and Cyberbullying**

- **Bullying UK** - <https://www.bullying.co.uk> - Offers advice and support to young people and families. Confidential helpline - 0808 800 2222 Open: Mon- Fri 9am-9pm, Sat- Sun 10am- 3pm. Email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk).

### **LGBTQ+**

- **Mermaids UK** - <https://www.mermaidsuk.org.uk/index.php?id=3>
  - Individual and family support for teenagers and children with gender identifying issues.
  - Helpline: 0808 801 0400, Mon - Fri 9am-9pm. Resources for teens, parents and over 19s. Parents forum and youth forum.
- **Mindline Trans+** - <https://bristolmind.org.uk/help-and-counselling/mindline-transplus/> confidential emotional, mental health support helpline for people who identify as Transgender, Agender, Gender Fluid, Non-binary ect. Also supports family members and friends of young people. Open 2 evenings a week - Mondays and Fridays from 8pm to Midnight. Phone number : 0300 330 5468
- **LGBTQ - Youth Cafe** - Youth cafe for young people 14-19 who wants to drop-in for advice, support and information. Youth cafe is open on the last Sunday of every month from 7pm-9pm. For more information please contact 01454 869 441 or email [info@yatearmadillo.co.uk](mailto:info@yatearmadillo.co.uk).
- **LGBT+ Switchboard:** <https://switchboard.lgbt> Helpline, support and advice for anyone who is struggling with their gender identity. Tel: 0300 330 0630 (10am - 10pm), online chat available or email: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt).
- **LGBT Foundation:** <https://lgbt.foundation> National charity delivering advice, support and information services to the LGBT community. Offer information and support for sexual health, substance misuse, domestic abuse. Helpline Tel: 0345 3 30 30 30 (Monday to Friday between 10am and 6pm).
- **Albert Kennedy Trust (AKT)** HOusing and homeless young people 16-25
- **FFLAG** - <https://www.fflag.org.uk> National voluntary organisation and charity dedicated to supporting parents and their lesbian, gay, bisexual and Trans sons

and daughters Helpline 0845 652 0311\* \*ALL CALLS CHARGED AT 2P PER MINUTE PLUS NETWORK CHARGES

- Safe Space - <https://www.glsen.org> - We empower students to affect change by supporting student-led efforts to positively impact their own schools and local communities.

## **BME**

- **Nilaari** - <https://www.nilaari.co.uk/> A BME service specialising in culturally appropriate programmes for mental health, (re)offending behaviour and problematic substance abuse, Nilaari offers therapies and programmes tailored to individuals based in inner city Bristol.
- **Youth Refugee Choir** - <https://bristolmind.org.uk/mental-health-resources/youth-refugee-choir/> Do you enjoy singing? Are you a refugee or asylum seeker aged 16-30 years? Do you want to support refugees by joining a choir? Singing sessions are being held every Saturday, from 11:00-12:30 at the Bristol Cathedral Choir School.
- **Muslim Youth Helpline** - <https://www.myh.org.uk/> Offer a free and confidential service offering support to vulnerable youth in need. Common issues range from relationships, mental health concerns, sexual abuse and religious issues. MYH prides itself on its non-judgemental ethos, in-line with their non-judgemental ethos they treat all enquiries seriously and do not turn away any person in need, regardless of religious background.
- **Community Access Support Service (CASS)** - The community access support service works with community, equality and faith groups to improve awareness of mental health and provide links to support services in Bristol.

## **Anxiety**

- **No panic** - <https://www.nopanic.org.uk/> No Panic is a voluntary charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillisers. Helpline available 7 days a week.
- **Social Anxiety Bristol** - <http://socialanxietybristol.org.uk/> Social Anxiety Bristol (SA Bristol) is a self-help group open to anyone who experiences or has experienced social anxiety. The group offers a safe place to talk about your social anxiety and get help and advice from like-minded people who have been through similar experiences.

- **Mind shift** - free app designed to help teens and young adults to help them cope with anxiety.
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## Addiction

- **Al Anon Family and Alateen**- <https://www.al-anonuk.org.uk/> provide support for people whose lives have been or still are affected by someone else's drinking. There is a helpline and meetings for family and friends (including extended family). Alateen has meetings and support specifically for people aged **12-17** affected by someone drinking.
- **Bristol Drugs Project**- <https://www.bdp.org.uk/youth> Alcohol and drugs service that is free and confidential working with individuals to change their attitudes and behaviours with drugs and alcohol. Bristol Drugs project youth work with people **under 19**.
- **FRANK**- <https://www.talktofrank.com/> honest information about drugs, their effects and the law around them. Number of services including their website, text service, confidential phone number 24/7, email service, confidential live chat service, and service to locate counselling and treatment.

## Bereavement

- **Cruse Bereavement** - <http://crusebristol.org.uk/> - Support bereaved children, young people and adults in Bristol, South Gloucestershire and North Somerset. Offering telephone support (01179264045), weekly one to one support, drop in sessions, therapeutic groups, walking group and email support.
- **Survivors of Bereavement by Suicide (SOBS)** - Support for **18+** who have been bereaved by suicide. <https://uksobs.org>. Support group available in Bristol and support through helpline, email and online forum channels.
- **Blue Cross for Pets** - <https://www.bluecross.org.uk/pet-loss> - Support telephone line from 8:30am-8:30pm, all calls free and confidential (0800 096 6606).
- **Winston's Wish**- <https://www.winstonswish.org/> - more information on the OTR board regarding drop in, offering online chats, national helpline (08088020021) for bereaved children and young people.
- **Rainbow centre** - <https://rainbowcentre.org.uk/supporting-you/> - Offers counselling, group work, family fun days and family workshops. (01179853343)

