

# 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, South Gloucestershire and Bath & North East Somerset.

**Website:** [www.wellaware.org.uk](http://www.wellaware.org.uk) **Freephone: 0808 808 5252**

**Local IAPT services** Self referral or through your GP, access to range of wellbeing courses, therapy and counselling for people aged 16 years upwards.

**Bristol Wellbeing Therapies Service:** [www.iapt-bristol.awp.nhs.uk](http://www.iapt-bristol.awp.nhs.uk)

**Tel:** 0117 982 3209 **Opening times:** Monday to Friday – 8:00 am to 8:00 pm

**South Gloucestershire Talking Therapies :** 246 Station Road, Yate, BS37 4AF **Tel:** 0117 378 4270 **Opening times:** Monday to Friday – 8:00 am to 8:00  
**Website:** [www.iapt-sglos.awp.nhs.uk](http://www.iapt-sglos.awp.nhs.uk)

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

**Website:** [www.otrbristol.org.uk/services](http://www.otrbristol.org.uk/services)

**Bristol Mind** Local mental health charity offering information and signposting, advocacy, counselling and out of hours telephone support-line. Also hosts a variety of self-help groups open to anyone living in the former Avon area.

**Tel: 0117 9080370**

**Website:** [www.bristolmind.org.uk](http://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](http://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](http://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). New service from September 2014 delivered by a local partnership of providers.

[www.bristolmentalhealth.org](http://www.bristolmentalhealth.org)

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

**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)  
Telephone support **0808 800 8088** [www.selfinjurysupport.co.uk](http://www.selfinjurysupport.co.uk)

**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](mailto:sishbristol@gmail.com) **Website:** [www.sishbristol.org.uk](http://www.sishbristol.org.uk)

## **Out 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](mailto:jo@samaritans.org)

**Website:** [www.samaritans.org](http://www.samaritans.org)

**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)

**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)

**TESS** Bristol Crisis Service for Women, text & email support service for women and girls who self injure - up to age 25.

**Text:** 07800 472 908 or **email** TESS

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

**Silver Line** a new 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 0464 (boys and men)  
[www.sarsas.org.uk](http://www.sarsas.org.uk)

**Bristol Crisis Service** [telephone triage and referral/signposting service](#), 7 day a week out of hours provided by **Bristol Mental Health Partnership** for individuals in mental health crisis, their family/friends, professionals, voluntary sector etc. **Tel: 0300 555 0334**

Wellbeing Resources Bristol and S Glos. area 2016 Amended May 2017