

Sources of Help in Bristol

National Organisations

Mental Health First Aid

www.mhfaengland.org

Website of English Mental First Aid programme. News, updates, useful information and more.

Teacher Support Network

24/7 helpline number: 08000 562 561

Online advice and information for teachers:

<http://teachersupport.info/>

Samaritans

24/7 helpline number: 08457 90 90 90

email: jo@samaritans.org

website: www.samaritans.org

MIND

mental health charity providing advice and information.

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

website: www.mind.org.uk

email: info@mind.org.uk

SANE

Charity to improve the lives of those affected by mental illness.

24/7 helpline number: 0945 7678000

Online advice and information:

www.sane.org.uk

Cruse Bereavement Care

Daytime helpline: 0844 477 9400, or email: helpline@cruse.org.uk

Online advice and information:

www.crusebereavementcare.org.uk

Local Organisations

LIFT Psychology Bristol

Bristol LIFT offers support to people with common emotional, communication and mental health difficulties. Services range from self-help therapies, to psychoeducational courses and one-to-one support. The service is accessed through GPs or by contacting them directly - see website for details.

<http://lift.awp.nhs.uk/bristolandsglos>

Telephone: 0117 982 3209

Avon and Wiltshire Mental Health NHS Trust

Manages mental health services in Bristol

www.awp.nhs.uk

Bristol MIND

Mental health resource for people in Bristol and surrounding areas (affiliated to national MIND)

<http://www.bristolmind.org.uk>

Telephone: 0117 980 0370

Email: admin@bristolmind.org.uk

Mindline – confidential out of hours free phone helpline for people in Bristol and surrounding area

Telephone: 0808 808 0330 (Wed-Sun, 8pm-midnight)

Bristol Crisis Service for Women

Provides information and self-help ideas on their website for girls and women in emotional distress, particularly those who harm themselves:

www.selfinjurysupport.org.uk

Bristol Active Life Project

Activity sessions for people who have experienced long-term mental health difficulties

www.bristol.gov.uk/page/leisure-and-culture/bristol-active-life-project-balp

Telephone: 0117 352 1173

Email: balp@bristol.gov.uk

Womankind

Bristol Women's Therapy Centre – provides women in Bristol with free or affordable professional counselling, psychotherapy and ongoing support.

www.womankindbristol.org.uk/index.htm

Helpline: 0845 458 2914 or 0117 9166461

Email: info@womankindbristol.org.uk

Well Aware

Guide to health, wellbeing and community services in Bristol, South Gloucestershire, Bath, North Somerset and North East Somerset

www.wellaware.org.uk

Services for Young People

Childline

Helpline for children and young people to discuss their concerns or problems in confidence:
0800 1111

www.childline.org.uk

Young Minds

Provides information to children and young people about mental health and emotional wellbeing

www.youngminds.org.uk

Youth2Youth

Helpline service for under 19 year olds run by young people.

Helpline Monday and Wednesday 6.30pm-9.30pm 020 8896 3675.

Or help via online chat and email.

www.youth2youth.co.uk

Papyrus

Information for young people who self-harm, or who are concerned about friends who do:

www.papyrus-uk.org

Confidential helpline (times on website): 0800 068 41 41

BullyingUK

National website which gives advice and information to anyone who is being bullied in any way.

www.bullying.co.uk

Helpline: 0808 800 2222

Indigo Project (Bristol)

Self Injury Support for Young People aged between 13 and 24 in Bristol and South Glos

www.indigoproject.co.uk

Telephone: 0117 960 2020

Email: info@indigoproject.co.uk

Off the Record (Bristol)

Free confidential information, advice, informal support and counselling for young people,
aged 11 – 25

www.otrbristol.org.uk

Helpline: 0808 808 9120

Email: confidential@otrbristol.org.uk