

Sources of Help in North Somerset

National Organisations

Mental Health First Aid

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

Email: info@mhfaengland.org

Telephone: 020 7250 8062

Website: www.mhfaengland.org

Teacher Support Network

Online advice and information for teachers.

Telephone: 08000 562 561 (24/7 helpline number)

Website: <http://teachersupport.info/>

Samaritans

Samaritans provides confidential emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those that may lead to suicide. You don't have to be suicidal to call us. We are here for you if you're worried about something, feel upset or confused, or you just need to talk to someone.

Email: jo@samaritans.org

Telephone: 08457 90 90 90 (24/7 helpline number)

Website: www.samaritans.org

MIND

Mental health charity providing advice and information.

Email: info@mind.org.uk

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

Website: www.mind.org.uk

SANE

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

Email: info@sane.org.uk

Telephone: 0845 767 8000 (24/7 helpline number)

Website: <http://www.sane.org.uk/home>

Cruse Bereavement Care

Online advice and information.

Email: helpline@cruse.org.uk

Telephone: 0844 477 9400

Website: www.crusebereavementcare.org.uk

Local Organisations

Positive Step

Positive Step offers support for people with common mental health problems through self help materials, psycho educational courses and one to one help. The service is accessed through GPs, or by contacting them directly.

Positive Step

Avon and Wiltshire Mental Health Partnership NHS Trust

The Coast Resource Centre

Diamond Batch

Weston-super-Mare

BS24 7FY

Email: awp.positivestep@nhs.net

Telephone: 0800 688 8010

Website: <http://positivestep.org.uk>

Avon and Wiltshire Mental Health NHS Trust

Manages mental health services in the South West.

Website: www.awp.nhs.uk

Telephone: 01225 325680

Coast Community Mental Health Team (CMHT) - North Somerset

Our Community Mental Health Teams (CMHTs) provide assessment and treatment for people living in the community who are experiencing severe mental health problems or difficulties.

Telephone: 01934 523 700

Crisis Resolution and Home Treatment Team - North Somerset

The service is a multidisciplinary team of experienced mental health practitioners providing an emergency assessment and home treatment service for people living in the North Somerset area experiencing a mental health crisis and who would otherwise need admission to hospital. If admission is necessary, the team will also facilitate an earlier discharge from hospital when appropriate to the service user. The team's involvement is short and intensive support and treatment in the community during difficult periods for service users and their carers.

Telephone: 01934 836 497

Alternative telephone: 01934 836 447

Well Aware

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

www.wellaware.org.uk

FRIEND Drop-In (Clevedon)

Friend offers a drop-in service at Clevedon which gives members a safe place where they can relax in the knowledge that it is a confidential environment where they will not be judged or stigmatised because of their mental health issues.

Email: outreachworker@friendcmhrc.com

Telephone: 01275 342 368

Website: <http://www.friendcmhrc.com/>

FRIEND Drop-In (Weston-super-Mare)

Friend offer a drop-in service at Weston-super-Mare which gives members a safe place where they can relax in the knowledge that it is a confidential environment where they will not be judged or stigmatised because of their mental health issues.

Email: centreworker@friendcmhrc.com

Telephone: 01934 622 292

Website: <http://www.friendcmhrc.com/>

Milestones Trust

Milestones Trust is a charity with a 26 year history of offering safe, person-centred support to vulnerable people. Who we support:

- People with learning disabilities, including autism and those who display challenging behaviour
- People with mental health needs
- Older people with dementia who may also have learning disabilities and mental health needs

Email: info@milestonetrust.org.uk

Website: <http://www.milestonetrust.org.uk/>

Telephone: 0117 970 9300

Moving Forward (Mental Health Self Support Group)

Mental health self support group meets on Thursdays 3.00pm-5.00pm.

Informal group promotes social inclusion in order to gain confidence and progress. Please come along to chat, play pool and chill out. Open access for people with mental health issues for people aged 17 plus. Call 01275 857 193 for more information. Cost is £1 including drinks.

Telephone: 01275 857 193

Samaritans Weston-super-Mare

Samaritans provides confidential emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those that may lead to suicide. You don't have to be suicidal to call us. We are here for you if you're worried about something, feel upset or confused, or you just need to talk to someone.

Email: jo@samaritans.org

Telephone: 08457 90 90 90

Alternative telephone: 01934 632 555

Website: <http://www.samaritans.org/weston-super-mare/>

Wellspring Counselling

Wellspring Counselling offer a unique service in the North Somerset area making counselling accessible to all in a timely and cost effective manner. Clients can access the service

themselves or after consultation with their GP. We have excellent links with the local GPs and use their premises for evening sessions. We are well respected in the area and receive some funding from the council in Nailsea and North Somerset Council.

Wellspring has a team of skilled counsellors who are trained to listen attentively and sensitively to your concerns and who will give you the time and space to talk freely. They will not give you advice, offer solutions or tell you what to do, but will seek to understand you through the difficulties you are feeling.

Email: admin@wellspringcounselling.org.uk

Telephone: 01275 810 879

Website: <http://www.wellspringsomerset.ik.com/>

Weston Area Health Trust - Child and Adolescent Mental Health Service - CAMHS

The Child and Adolescent Mental Health Service (CAMHS) includes the Children's Learning Disabilities Team and exists to promote the psychological health of the children and young people living in and around the area. It provides a range of services including multi-disciplinary assessment and treatment to children, young people and families who experience mental health problems. A consultation service is also available to Tier 1 staff.

Email: christine.fuller@waht.swest.nhs.uk

Telephone: 01934 629 660

Services for Young People

BullyingUK

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

Telephone: 0808 800 2222

Website: www.bullying.co.uk

ChildLine

Helpline for children and young people to discuss their concerns or problems in confidence.

Telephone: 0800 1111

Website: www.childline.org.uk

Indigo Project (South Gloucestershire, BANES, Bristol, North Somerset)

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

Email: info@indigoproject.co.uk

Telephone: 0117 960 2020

Website: www.indigoproject.co.uk

No Worries! Teenage Health Service

Talk to someone about a number of issues, including emotional health and wellbeing.

Telephone: 01934 425 718

Email: noworries@nhs.net

Website: http://www.northsomerset.nhs.uk/PublicHealth/No_Worries/default.asp

Off the Record (BANES)

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

Email: office@offtherecord-banes.co.uk

Telephone: 01225 312 481

Website: <http://www.offtherecord-banes.co.uk/>

Papyrus

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

Telephone: 0800 068 41 41

Website: www.papyrus-uk.org

YoungMinds

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

Telephone: 020 7336 8445

Website: <http://www.youngminds.org.uk/>

Youth2Youth

Youth2Youth offers a number of support services to young people.

Telephone: 020 8896 3675 (Monday and Wednesday 6.30pm-9.30pm)

Website: www.youth2youth.co.uk