



HELPERS IN THE COMMUNITY

IMMEDIATE RISK/DANGER TO LIFE

If there is an immediate danger to life, please dial 999 or go to your nearest Accident and Emergency Department (A&E or ED).

CRISIS SUPPORT

GP Support

Please call 111 or their GP surgery.

Crisis Team – Gloucestershire

If you or someone you know needs help in a mental health crisis, call **0800 169 0398** and choose one of the following options depending on your location:

Option 1 for Stroud and Cotswolds

Option 2 for Gloucester and Forest

Option 3 for Cheltenham, Tewkesbury and North Cotswolds

Please note: telephone calls may be recorded. If you do not want that to happen, please tell the person who answers your call and they will phone you back on a 'non-recordable' telephone.

The number is available 24 hours a day, 7 days a week. Occasionally, callers may be asked to leave their name and number on an answerphone. In these circumstances, staff will return the call within one hour.

GLOUCESTERSHIRE SERVICES

Age UK - Gloucestershire

Provide life-enhancing services and vital support to people in later life.

Tel: 04152 422 660, www.ageuk.org.uk/gloucesterhire

Artlift - Gloucestershire

Artlift is a registered charity running creative courses and projects with proven health benefits. Courses are available to Gloucestershire patients who are at risk of developing or have developed poor mental health

artlift.org/

Building Circles - Gloucestershire

Working to transform lives of people with learning disabilities

www.buildingcirclesglos.org.uk/, tel: 01452 617346, email: admin@buildingcirclesglos.org.uk

Caring for Communities and People (CCP) - Gloucestershire

Preventing homelessness, strengthening families and promoting independence

Tel: 0300 365 8999, www.ccp.org.uk/

CGL (Change Grow Live) - Gloucestershire

Drug and alcohol recovery service, including advice on how to support a friend or family member who uses drugs or alcohol.

Tel: 01452 223 014, email: gloucestershire.info@cgl.org.uk, www.changegrowlive.org/drug-alcohol-recovery-service-gloucestershire/



Community Advice, Links & Mental Health Support Service (CALMHS) - Gloucestershire

Supports people who are experiencing moderate to severe mental ill-health. The service can be tailored to help support build on strengths and to make a positive change.

www.independencetrust.co.uk/CALMHS/about, tel: 0345 8638323

Community Autism Support & Advice (CASA) - Gloucestershire

Information, advice, guidance and support for those aged 18 years and above (or those aged 17 and above transitioning to adult services) with a diagnosed Autism Spectrum Condition whose needs cannot be met by mainstream services or other specialist services alone

www.independencetrust.co.uk/CASA, tel: 0345 8638323

Crossroads Care - Gloucestershire

Support for unpaid carers and the people they care for

www.crossroadscandeg.org.uk/, tel: 01452 302542, email: info@crossroadscandeg.org.uk

Chat Health - Gloucestershire

Anonymous confidential text messaging service for 11-19 year olds providing advice about health and wellbeing (including relationships, bullying, healthy lifestyle, anxiety, drugs, smoking, stress, body worries, gender issues, alcohol, self-harm and sexual health) from the School Nursing Team. Available Monday to Friday from 9am to 4.30pm, excluding bank holidays and out of hours messages will receive bounce back replies, but all messages will be responded to.

Text: 07507 333 351

Citizens Advice - Gloucestershire

Free, independent and confidential advice on issues including consumer problems, debt, personal and family affairs, housing and welfare benefits,

Gloucester and District – (covers Cheltenham, Forest of Dean, Gloucester and Tewkesbury) gloscab.org.uk/, tel: 01452 527202

Stroud and Cotswolds - www.citizensadvice-stroudandcotswold.org.uk/, tel: 0808 800 0511

Cruse Bereavement Care - Gloucestershire

Support advice and information for children, young people and adults when someone dies

www.gloucestershirecruse.org.uk, tel: 01242 252518, email: gloucestershire@cruse.org.uk

Foodbank - Gloucestershire

Grassroots community organisations supporting people who cannot afford the essentials in life.

Gloucester – tel: 01542 309683, email: info@gloucester.foodbank.org.uk, gloucester.foodbank.org.uk

Stroud – tel: 01453 367 077, email: office@strouddistrictfoodbank.org.uk, strouddistrict.foodbank.org.uk/

North Cotswold – tel: 07879 375562, email: info@northcotswold.foodbank.org.uk, northcotswold.foodbank.org.uk/

Cheltenham - 01242 570080, email: foodbank@cheltenhamelim.org, cheltenham.foodbank.org.uk/

Forest of Dean - 07775 265 263, email: info@theforest.foodbank.org.uk, theforest.foodbank.org.uk/

GlosCats - Gloucestershire

Supporting the Trans communities across Gloucestershire

www.gloscats.org.uk/, email: gloscats@gmail.com



Gloucester Supported Housing - Gloucestershire

Offers independent, quality housing to tenants in Gloucester with mental health needs.

Tel: 01452 314019, rethink.org/help-in-your-area/services/housing/gloucester-supported-housing/

Gloucestershire Counselling Service (GCS)

Provides high quality, individual and couples counselling at affordable prices

glocounselling.org.uk/, tel: 01453 766310

Gloucestershire County Council – Children

Service for children and young people in Gloucestershire

Tel: 01452 425300, www.gloucestershire.gov.uk/children

Gloucestershire Domestic Abuse Support Service (GDASS)

Service designed to reduce the level of domestic abuse and improve safety of victim's and their families

www.gdass.org.uk/, tel: 01452 726570, email: support@gdass.org.uk, Professionals Line: 01452 726561

Gloucestershire Gay and Lesbian Community (GGLC)

Friendly social group that welcomes people of all sexualities and ages

gglc.co.uk/, tel: 07050 627273, email: info@gglc-glos.co.uk

Gloucestershire NightStop

Aims to make homelessness, exclusion and poverty a thing of the past for young people through prevention and 1:1 support.

www.gloucestershirenightstop.org.uk/, tel: 01452 331330, email: admin@glosns.uk

Gloucestershire Self-harm Helpline

Non-judgemental listening support and information to those who self harm, are considering self harm and those who support them (carers, parents, friends and professionals). Helpline available 5pm to 10pm every day

Helpline: 0808 801 0606, text: 07537 410022, www.gloucestershireselfharm.org (includes webchat)

Gloucestershire Take a Stand

Tackling domestic abuse and encouraging healthy relationships

www.glostakeastand.com

Gloucestershire Voices

An organisation led by people with learning difficulties which aims to improve the lives of others with a learning disability

Tel: 01542 623123, www.glosvoices.org

Gloucestershire Young Carers

Support for young people aged 8 to 25 whose lives are affected by caring for a family member

Tel: 01452 733060, email: mail@glosyoungcarers.org.uk, www.glosyoungcarers.org.uk/

Guideposts - Gloucestershire



Offering opportunities for carers, adults who are living with dementia, have learning disabilities or long term health conditions to access; support, development, social opportunities or information at our specialist Hub and community groups www.guideposts.org.uk

Headway Gloucestershire

Dedicated to improving life after brain injury

Tel: 01452 312713, email: admin@headwaygloucestershire.org.uk,
www.headwaygloucestershire.org.uk/

Holly Gazzard Trust - Gloucestershire

Helps reduce domestic violence through creating and delivering programmes on domestic abuse and promoting healthy relationships to schools and colleges.

holliegazzard.org/, email: info@holliegazzard.org

Independence Trust - Gloucestershire

Support for individuals, families and communities with concerns about mental health, alcohol or drugs
www.independencetrust.co.uk/, tel: 0345 863 8323

Let's Talk NHS,

guidance, courses and talking therapy

0800 073 2200, www.talk2gether.nhs.uk

Lifting the Blues - Gloucestershire

Lifting The Blues is a charity dedicated to supporting the loved ones of sufferers through music and with the ultimate ambition of lifting the stigma of mental health

www.liftingtheblues.co.uk/

Listening Post - Gloucestershire

Counselling service to adults in Gloucestershire suffering from emotional distress

www.listeningpost.org.uk/ email: lpostcounselling@listeningpost.org.uk

Gloucester - 01452 383820

Cheltenham - 01242 256060

Stroud - 01453 750123

MHELO - Gloucestershire

Independent peer support network of people in Gloucestershire who have had, or are experiencing mental health difficulties.

www.facebook.com/mhelogloucestershire/

P3 - Gloucestershire

Provides community-based and accommodation-based support to the homeless.

www.p3charity.org/, tel: 0808 168 2443

Stroud Supported Housing - Gloucestershire

Offers independent, quality housing to tenants in Stroud with mental health needs.

www.rethink.org/help-in-your-area/services/housing/stroud-supported-housing/, tel: 01453 766695



Suicide Crisis – Gloucestershire

Offers a safe place to support people who are in suicidal crisis. Centre open 24 hours a day for people living in Gloucestershire at high risk of suicide.

First contact: 07975 974455 (between 9am and 10pm every day), email: contact@suicidecrisis.co.uk, www.suicidecrisis.co.uk/

Sunflowers Suicide Support - Gloucestershire

Raising suicide prevention awareness and supporting families bereaved by suicide in Gloucestershire www.sunflowerssuicidesupport.org.uk, email: info@sunflowerssuicidesupport.org.uk, tel: 01453 826990 or 07542 527888

Support at The Cavern - Gloucestershire

Provides listening support, low level interventions such as board games and adult colouring, inclusive activities such as quiz nights and offers a supportive environment for those aged 18 years and above.

Tel: 01452 307201, www.kftseekers.org.uk/support-at-the-cavern

The Butterfly Garden - Gloucestershire

An educational, therapeutic and recreational scheme, based initially on gardening. A project for people of all ages dealing with disablement of any kind. It caters for those looking to escape the world, those looking to re-enter it and some, who are still just looking. Its doors are open to anyone without obligation.

thebutterflygarden.org/, tel: 01452 713068

The Door Youth Project - Gloucestershire

Supports every young person and their parents to feel safe, happy and valued, with the best possible opportunity to reach their potential. Provides support to young people aged between 11-25 years in the Stroud district, parents/carers of those aged between 11-25 years and professionals who would like to make a referral.

www.thedoor.org.uk

The Music Works - Gloucestershire

Transforming lives through music. We're specialists in working with young people in challenging circumstances to help them reach their full potential in music, in learning, and in life.

www.themusicworks.org.uk/

TIC+ (Teens in Crisis) - Gloucestershire

Counselling services, advice and information for young people aged 9-21 and their families. Support offered includes; counselling for children and young people (face to face, online, telephone and video), anonymous 1-2-1 support via text or online chat, and support for parents.

Text: 07520 634 063, tel: 01594 372 777, email admin@ticplus.org.uk, ticplus.org.uk/

Treasure Seekers - Gloucestershire

Help people become the best versions of themselves; supporting each vulnerable and disadvantaged person in Gloucester reach their full potential, and become fully engaged in community.

www.kftseekers.org.uk/

Winston's Wish – Gloucestershire based but covers nationally

Supports children and their families after the death of a parent or sibling

Helpline: 08088 020 021, email: ask@winstonswish.org, <https://www.winstonswish.org/> (includes online chat)



Young Gloucestershire (YG)

Supports disadvantaged young people aged between 11 – 25 year olds who are facing challenges in their lives.

Tel: 01452 501 008, email: getinvolved@youngglos.org.uk, www.youngglos.org.uk/

NATIONAL SERVICES

Adfam - national

Confidential information and support for families and friends of drug and alcohol users

Tel: 020 3817 9410, email: admin@adfam.org.uk, adfam.org.uk/contact

Bipolar UK - national

Open to anyone affected by bipolar, including family, friends and carers

www.bipolaruk.org/bristol-support-group

Beat – national

Eating Disorder Support Group

Adults over 18, parents, teachers or any concerned adults' helpline: 0808 801 0677,

help@beateatingdisorders.org.uk

Young people under 18 youthline: 0808 801 0711, email: fyp@beateatingdisorders.org.uk

Tel: 0300 123 3355, email: info@beateatingdisorders.org.uk

Local Support Group 01285 770385

The Campaign Against Living Miserably (CALM) - national

Offering support to men in the UK, of any age, who are down or in crisis

Helpline: 0800 58 58 58, www.thecalmzone.net/ (which includes webchat)

CAP UK - national

Aim to release thousands of families from poverty through debt counselling and community groups.

capuk.org/, tel: 01274 760720

Child Bereavement UK

support for parents,

0800 02 888 40 - <https://www.childbereavementuk.org/>

Child Death Helpline

Support for anyone affected by the death of a child of any age under any circumstances, however recent or long ago

Freephone 0800 282 986 | 0808 800 6019 <http://childdeathhelpline.org.uk/>

Childline – national

Support and advice to children or young people

Tel: 0800 11 11, www.childline.org.uk/

Down's Syndrome Association - national

Helping people with Down's syndrome to live full and rewarding lives

Tel: 0333 1212 300, www.downs-syndrome.org.uk



Eddystone Trust - national

Provides information and support for anyone affected by HIV across the South West
www.eddystone.org.uk

Facing the Future

Support group service for people bereaved by suicide run by CRUSE and Samaritans
0844 477 9400 www.facingthefuturegroups.org

Family Lives - national

Providing families with access to active support and understanding
Tel: 0808 800 222, www.familylives.org.uk

Grief Encounter

support for bereaved children, young people and families –
0808 802 0111 www.griefencounter.org.uk

Kooth - national

Online mental health and wellbeing support platform for those aged between 11 and 18 years providing access to self care resources, information, peer support and access to trained counsellors (through drop in sessions or pre-arranged appointments).
www.kooth.com/

National Development Team for Inclusion - national

An organisation working to enable people at risk of exclusion to live the life they choose
www.ndti.org.uk, tel: 01225 789135, email: office@ndti.org.uk

OCD Action - national

Obsessive compulsive disorder support and information
www.ocdaction.org.uk/, tel: 0845 390 6232, email: support@ocdaction.org.uk

Papyrus - national

Dedicated to the prevention of young suicide.
papyrus-uk.org/, Hopeline (for under 35s): 0800 068 4141, text: 07786 209697, email: pat@papyrus-uk.org

Qwell - national

Online mental health and wellbeing support platform for those aged 18 years and above providing access to self care resources, information, peer support and access to trained counsellors (through drop in sessions or pre-arranged appointments).
www.qwell.io/

Rethink - national

Charity campaigning for the rights of people with mental health problems and their carers
www.rethink.org/, tel: 0845 456 0455

Samaritans - national

Non-judgemental listening and crisis support available 24/7.
Tel: 116 123, email: jo@samaritans.org, www.samaritans.org/



SANE - national

Working to improve the quality of life for anyone affected by mental illness.

Tel: 0207 3751002, email: sanemail@sane.org.uk, www.sane.org.uk

SHOUT - national

Free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258, www.giveusashout.org/

Survivors of Bereavement by Suicide (SoBS) - national

Offers peer-to-peer support to those aged over 18 who have been bereaved by suicide

uksobs.org

The Challenging Behaviour Foundation - national

Support for people with severe learning difficulties who display behaviour described as challenging and their families

www.challengingbehaviour.org.uk

The Compassionate Friends - national

Support bereaved parents and their families

Helpline: 0345 123 2304, email: helpline@tcf.org.uk, www.tcf.org.uk/

The Mix - national

Free information and support for those under 25 years in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs.

Tel: 0808 808 4994, www.themix.org.uk/

WAY (Widowed & Young) - national

Peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation. Membership required to access support

www.widowedandyoung.org.uk

Young Minds - national

Information on mental health of children and young people, including young carers. Confidential support for anyone worried about the emotional problems or behaviour of a child or young person

Parents Helpline: 0808 802 5544, youngminds.org.uk/ (includes webchat), YoungMinds Crisis Messenger: text YM to 85258

USEFUL APPS:

DistrACT

Quick and discreet information about suicidal thoughts and self-harm

<https://www.nhs.uk/apps-library/distract/>

eQuoo: Emotional Fitness Game

designed by physiologists to help increase emotional fitness

<https://equoogame.com/about-equoo-game/>

Hub of Hope

<https://hubofhope.co.uk/>



MeeTwo

Safe forum for teenagers wanting to discuss issues effecting their life

<https://www.meetwo.co.uk/>

Self-Help app from Samaritans

Use to track your mood and find practical tips and techniques to look after your emotional health

<selfhelp.samaritans.org/>

Sleepio

Online sleep programme to help you fall asleep quicker

<https://www.sleepio.com/>

Stay Alive app from Grassroots Suicide Prevention

A suicide prevention resource 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. Free to download on the App Store (Apple) and Google Play

www.prevent-suicide.org.uk/find-help-now/stay-alive-app/

ThinkNinja

a mental health app designed for 10 to 18 year olds. Using a variety of interactive content and tools, guided by an AI-driven virtual avatar called "WiseNinja", it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. ThinkNinja uses the principles of cognitive behavioural therapy (CBT). CBT is a talking therapy that can help you manage your problems by changing the way you think and behave.

<https://www.healios.org.uk/news/48-thinkninja-the-first-mental-health-app-approved-by-the-nhs-under-new-technology-guidelines>

WorryTree

providing supportive, useful tools for you to manage your worries in a better way, transforming your thought habits for the long-term benefit of your mental wellbeing.

<https://www.worry-tree.com/>

For more NHS approved Apps please visit: <https://www.nhs.uk/apps-library/category/mental-health/?sort=new>