

Satellite clinic resources:

National resources:

Samaritans – emergency contact for people in crisis

116 123

Online chat, email and the app can be used via the link:

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mind- gives free or low-cost counselling in the area local to you. The app can also be helpful.

<https://www.mind.org.uk/information-support/local-minds/>

Includes some emergency services:

<https://www.mind.org.uk/need-urgent-help/using-this-tool/>

Shout- urgent mental health support service

85258, text 'shout'

Relate- individual and relationship support

<https://www.relate.org.uk/>

Find your local service with access to counselling (not free)

<https://www.relate.org.uk/find-your-centre>

Rethink – improves lives for those severely impacted by mental health. Includes peer support services

<https://www.rethink.org/>

there is also a link to a number of local resources

Sane - helplines, text support and online

07984 967 708

Local to southwest:

South West Samaritans- emergency contact for people in crisis

[0330 094 5717](tel:03300945717)

Cornwall and Isle of Scilly 24/7 NHS mental health response line on

0800 038 5300

Livewell Southwest- range of resources and services for a variety of mental health concerns:

<https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/community-mental-health>

Includes support for early psychosis, eating disorders, personality disorders, psychotherapy, mental health liaison for older people, addiction, dementia, complex needs and many others.

Livewell Southwest out of hours mental health service:

0800 923 9323

Local to South Wales:

South Wales Samaritans- emergency contact for people in crisis

0808 164 0123 (Welsh)

Satellite clinic resources:

C.A.L.L. – confidential calling or text service:
Call 0800 132 737 or text 'help' to 81066.

New Horizons mental health- provides free courses on general mental health, befriending services and signposting. Not an emergency service. Includes activity groups and peer support groups.
<https://newhorizons-mentalhealth.org.uk/>

Local to Bristol:

Bristol Samaritans- emergency contact for people in crisis
[0330 094 5717](tel:03300945717)

Second step- free, community mental health focused workshops.
<https://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/>

Bristol mind helpline- emergency contact
0808 808 0330

Changes Bristol- weekly support meetings and peer support. Additional telephone, 1:1 befriending.
<https://changesbristol.org.uk/support/>

Local to South Gloucester:

South Gloucester Samaritans- emergency contact for people in crisis
[0330 094 5717](tel:03300945717)/ 116 123

Mental health support if the patient is already being supported by Avon and Wiltshire mental health trust
[0117 378 4250](tel:01173784250)

South Gloucester Drug and Alcohol Service

<https://www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment/south-gloucestershire-drug-and-alcohol-service>

Resources for young people:

Meic- for mental health support for young people.
chat online or call [080880 23456](tel:08088023456)
<https://www.meiccymru.org/get-help/>

Young Minds (for parents) – (Monday – Friday 9.30am – 4pm)
0808 802 5544 or they have a webchat

Young minds (for young people) – If you need someone to talk to about how you're feeling, text "YM" to 85258