

North Somerset Mental Health and Wellbeing



Directory of Services for Children and Young People



Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



NHS

**Avon and Wiltshire
Mental Health Partnership**
NHS Trust

North Somerset Mental Health and Wellbeing

Directory of Services for Children and Young People

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Introduction

This directory provides a place for children and young people, their families and professionals to get quick, easy and direct access to up-to-date mental health and wellbeing information in North Somerset, including:

- Clear, accurate information about support and services available in North Somerset
- Ideas for activities locally to help you look after your wellbeing
- Self-help tools and information including online resources

Searching online is often now the first way people look for information when they, or the people they care for or support, need help. North Somerset is committed to improving access to online information and resources, in particular in the area of mental health. This directory is part of a long-term plan to make digital choices available for people in the area who want to improve their wellbeing.

If you are looking for information on a range of common mental health problems such as anxiety, stress, eating disorders or self-harm, please visit youngminds.org.uk

You can contact the team with any comments/feedback about the directory or with any ideas at: shaun.cheesman@n-somerset.gov.uk Unfortunately, we are unable to respond to queries about individual situations or give advice.

For directories of services in other local areas, please follow the links below:

- [Bristol](#)
- [South Gloucestershire](#)

Please note, this publication is designed to offer a broad overview of the main mental health and wellbeing services available to young people aged 0-25, their families and professionals. It is not intended to be a comprehensive directory of all services.

All information is provided by organisations and services themselves. We cannot guarantee the quality of all the services and resources listed here so we advise young people, their families and carers to make their own assessments of quality and suitability for their specific purposes.

All services are free to access unless otherwise stated.

Where possible this directory includes information on who has oversight for various organisations, to support you in making assessments of quality, safety and suitability.

*The information is correct as of **July 2023** and is updated regularly.*

How to Support Mental Health and Wellbeing

Mental health and wellbeing is not just about specific mental health services. It is about how we think and feel about our lives and ourselves.

Looking after your wellbeing is key to how we manage and deal with ups and downs throughout our lives. [The NHS website](#) sets out five ways to look after your wellbeing:

1. Connect with other people
2. Be active
3. Learn new skills
4. Give to others (including giving your time through volunteering)
5. Pay attention to the present moment ('mindfulness')

There are a huge number of organisations, teams and groups in North Somerset that can help you with your wellbeing. Why not check one of the websites below for some ideas:

Join a sports club

[North Somerset Online Directory for Local Sports Clubs](#)
[BBC Club Finder](#)
[The West of England Sport Trust \(Wesport\)](#)

Learn a musical instrument or join a music group

[Music Education Partnership: North Somerset](#)

Join a local group like Scouts or Girlguiding

[Find your local Scout Group](#)
[Find your nearest Girlguiding Unit](#)
[Woodcraft Folk](#)
[Weston-Super-Mare Sea Cadets](#)

Take up arts and crafts

[Theatre Orchard](#)
[Great Western Youth Theatre](#)
[Re:ACT performing and production arts](#)
[Winscombe Youth Theatre](#)
[Portishead Young Players](#)
[Creative Shift](#)
[Bristol Old Vic – Young Company](#)

Volunteer and help out in your community

[VANS North Somerset](#)
[NCS | National Citizen Service](#)

Take part in after school activities

[North Somerset clubs, activities and sports directory](#)
[Disabilities, special needs and the local offer](#)

Find your local children's centre

[Children's Centres](#)

Join your local library

[North Somerset Library Service](#)
North Somerset libraries stock books on a range of mental health topics – including those from the [Reading Well booklist](#)

Find a park or play area

[North Somerset parks and open spaces](#)

Directory of Mental Health Services

This Directory provides information on a range of services available in North Somerset to support the mental health of children and young people, their parents and carers, and professionals working with them.

So that you can easily tell the level of support offered, services will be split into five categories, known as *iThrive*:



- 1) **Thriving** - Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies
- 2) **Getting Advice** – Those who need advice, signposting, self-management and one-off contact
- 3) **Getting Help** – Those who need focused, goals-based help
- 4) **Getting More Help** - Those who need more extensive and specialised goals-based help
- 5) **Getting Risk Support** – Those who need risk management and crisis support, including for those who have not benefitted from or been able to use other help

Each entry in the Directory will include a key at the top of the page indicating the level of *iThrive* support, the age range of the service, and whether the service is for

- Children & young people (**CYP**)
- Parents & carers (**P&C**)
- Professionals working with children, young people, parents and carers (**PRO**)

Services for Children and Young People

1625 Independent People






16-25

CYP; PRO

1625 Independent People works with young people who are homeless, leaving care or at risk of homelessness in Bristol and the South West. Our services ranges from signposting or advice, to intensive one-to one support, supported housing, group activities and peer support.

As well as providing safe, stable accommodation, we provide practical and emotional support to ensure vulnerable young people can build healthy relationships, develop independent living skills and can access jobs and training. We nurture the existing skills, strengths and talent in young people, to show them they can believe in themselves, and that they have the skills to thrive as an independent adult.

Our staff are trained to provide emotional support, as young people often have histories that involve trauma and disrupted family life. We know that positive relationships based on trust, mutual respect and dignity is the key tool for change for young people.

What do they offer?	Mental health support, signposting, relationship building
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people; Professionals
Age range	16-25
How do I access this service?	Self-referral; Social care referral; Personal assistant referral
Where do I access this service?	At our location; Outreach (in the community)
Address	58-59 Old Market Street, Bristol, BS2 0ER
Accessibility Information	https://www.1625ip.co.uk/accessibility/
Website	https://www.1625ip.co.uk
Telephone	0117 317 8800
Email	enquiries@1625ip.co.uk
Social Media	 1625ip  1625independentpeople  1625ip
Who monitors or accredits this service?	

Bluebell Care



0-2

P&C; PRO

At Bluebell, we support parents with their perinatal mental health and wellbeing. We're a charity and we offer all our services for free. We provide a range of free, tried-and-tested services to help parents manage their perinatal mental health.

What do they offer? One-to-one help in the community; 11-week wellbeing programme; Wellbeing hub; Help for dads; Perinatal mental health support

What level of support is this? (*iThrive*) Thriving; Getting Advice; Getting Help

Who is this for? Parents & carers; Professionals

Age range Parents of children aged 0-2

How do I access this service? Self-referral; Health professional referral

Where do I access this service? At our location; Outreach (in the community); Online

Address Bluebell Place, 2 Quay Street, Bristol, BS1 2JL




Accessibility Information

Website www.bluebellcare.org

Telephone 0117 922 0746

Email hello@bluebellcare.org

Social Media

-  [bluebellcare](https://www.instagram.com/bluebellcare)
-  [bluebellcare](https://twitter.com/bluebellcare)
-  [Bluebellsupportingfamilies](https://www.facebook.com/Bluebellsupportingfamilies)

Who monitors or accredits this service?

The Bridge Foundation







0-25

CYP; P&C; PRO

The Bridge Foundation is a Bristol-based charity that provides accessible, high quality clinical services to a wide range of individuals, professionals and commissioners. Since our formation in 1983, we have grown into a multidisciplinary, psychoanalytic Centre of Excellence, specialising in child and family mental health. Today, our Bridge Psychotherapy Service and Bridge in Schools programme provide therapy and consultation for more than 200 clients a week.

We are commissioned by schools, social services and undertake a lot of work funded by the Adoption Support Fund. Clients can also self-refer into our fee-paying services for families, children and adults (£). Due to the pandemic we have been able to reach a wider range of people by offering our services remotely. We also run a vibrant programme of public events and training courses, to promote the application of psychoanalytic thinking in clinical practice, the arts and public life.

What do they offer?	Family therapy, Child counselling, Counselling, Psychotherapy, Art therapy, Play therapy; Adoption support
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	13 Sydenham Road, Bristol, BS6 5SH
Accessibility Information	Accessible therapy room available
Website	https://www.bridgefoundation.org.uk/
Telephone	0117 942 4510
Email	info@bridgefoundation.org.uk
Social Media	 bridgefoundationbristol  bridgefoundationbristol  Bridge_therapy  the-bridge-foundation-bristol
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

The Bridge, Sexual Assault Referral Centre




0-25

CYP; P&C; PRO

The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted at any time in their lives.

We also offer information and support to friends and family if someone you care about has been affected by rape or serious sexual assault.

What do they offer?	Sexual assault support, Medical support; Emotional and psychological support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral (with consent)
Where do I access this service?	At our location; Online
Address	2nd Floor, Central Health Clinic, Tower Hill, Bristol, BS2 0JD
Accessibility Information	Service is aimed to be accessible to all
Website	https://www.thebridgecanhelp.org.uk/
Telephone	0117 342 6999
Email	ubh-tr.thebridgecanhelp@nhs.net
Social Media	 TheBridgeSARC
Who monitors or accredits this service?	Care Quality Commisison (CQC) , NHS England

Bristol Creative Therapy Centre C.I.C



4-13

CYP

We provide affordable 1-1 play therapy and dance movement psychotherapy sessions to children and young people. We can also work with an individual child and their parent and with small groups of children. There is a charge for our service (£), however our aim is that our charges will be affordable to enable our therapy to be accessible. Please contact us for further information.

What do they offer? 1-1 therapy, play therapy, dance movement psychotherapy, group therapy.

What level of support is this? (*iThrive*) Getting Help

Who is this for? Children and young people. We work with children with adverse childhood experiences.

Age range Generally the age is 4 - 13, however we will always consider working with an older child if the therapy is deemed appropriate.

How do I access this service? Parent referral; Professional referral

Where do I access this service? At our location;

Address The Vassall Centre, Gill Ave, Bristol BS16 2QQ

Accessibility Information The building is accessible

Website www.bristolcreativetherapycentre.org

Telephone 07498 531213

Email bristolcreativetherapycentre@gmail.com

Social Media

Who monitors or accredits this service? [PTUK](#), [ADMP-UK](#), [The National Counselling Society](#), [Professional Standards Authority](#)

CAMHS – Child and Adolescent Mental Health Service



0-18

CYP; P&C; PRO

Child and Adolescent Mental Health Services (CAMHS) are teams of mental health professionals who work with children and young people with emotional, behavioural or mental health difficulties. There are also CAMHS Primary Mental Health Specialists working in other settings such as schools, and local authority social care teams.

Children/young people and parent(s)/carer(s) can be seen individually. Sometimes, one appointment is enough to enable someone to cope better with their difficulties, but if further appointments are needed they will work in partnership to offer on going therapeutic interventions. CAMHS includes specialist teams to help with learning disabilities, self-harm, substance misuse, sexual behaviour, eating disorders and supporting children in care.

What do they offer?	Mental health support, Counselling, Therapeutic support, Family support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people, with specialist support available for children in care and children with learning disabilities; Parents & carers; Professionals
Age range	0-18
How do I access this service?	Health Professionals, Social Care and Schools can refer through the Single Point of Entry form available here - http://cchp.nhs.uk/cchp/clinicians
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Drove House, Drove Road, Weston-super-Mare, BS23 3NT; The Barn, Great Western Road, Clevedon, BS21 6HB
Accessibility Information	
Website	https://www.awp.nhs.uk/services/children-and-young-people
Telephone	0300 125 6700
Email	awp.nscamhs@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

Cruse Bereavement Support






4-17

CYP; P&C

We help people through one of the most painful times in life – with bereavement support, information and campaigning. Our values underpin who we are as an organisation. We believe in being kind, ambitious, inclusive and genuine. Children and young people experience the same sorts of feelings as adults when someone dies. But they may express them differently. Our volunteers are trained to work with children aged 4-17 years, in-person, on the phone or by video call.

Children and young people may react in a number of ways after the death of someone close. These can include both emotional and physical responses. Understanding the signs of grief in a child means we can give them the help they need.

What do they offer?	Grief and bereavement support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Bereaved children & young people
Age range	4-17
How do I access this service?	Self-referral via email
Where do I access this service?	Outreach (in the community); Online
Address	
Accessibility Information	
Website	https://www.cruse.org.uk/
Telephone	0808 808 1677 (national helpline)
Email	bristol@cruse.org.uk
Social Media	 crusesupport  crusebereavementsupport  CruseSupport
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

Educational Psychology – North Somerset




0-25

CYP; P&C; PRO

Educational Psychologists are experts in facilitating change to find a way forward when things feel 'stuck'. We will work with key adults to tackle challenges such as: complex cognition and learning difficulties; language, communication and interaction difficulties; social, emotional and mental health difficulties; issues around disability as well as more complex developmental difficulties. Educational Psychologists can provide support around individual children and young people, as well as providing support at a whole school, systemic level.

We work in a variety of ways and offer problem-solving consultation, advice and support to key adults (i.e. teachers, parents, SENCOs), the wider community, as well as the children and young people concerned. We are committed to working in a 'person-centred' way, to support the inclusion, participation and achievement of children and young people; this may include meeting with children and young people to elicit their views, observations, and/or assessment activities, to complement the information already available.

What do they offer?	Mental health support; person-centred; systemic support; social, emotional and mental health (SEMH)
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & Young People; Parents & Carers; Professionals
Age range	0-25
How do I access this service?	We provide a statutory EP service to North Somerset Council, a preventative EP service to other teams, schools and settings, and we accept traded commissions from all school settings in North Somerset.
Where do I access this service?	Outreach (in the community); Online
Address	Castlewood, Tickenham Road, Clevedon, BS21 6FW
Accessibility Information	
Website	https://supportservicesforeducation.co.uk/Pages/Download/707d5a6f-78d9-4c72-a8e3-131e9bea7c38/PageSectionDocuments
Telephone	01823 357000
Email	SSE@somerset.gov.uk
Social Media	 EPSomerset
Who monitors or accredits this service?	Health and Care Professions Council (HCPC)

The Green House



3-18

CYP; P&C

The Green House is a specialist support service for children, young people and families living in Avon and Somerset who have experienced sexual abuse. The Green House offers a range of evidence-based individual therapies (12 to 24 sessions) to children and young people up to the age of 18 who have experienced sexual abuse, living in Bristol, Bath and North Somerset, North East Somerset and South Gloucestershire. All therapies can be accessed pre-trial – i.e., when a report has been made to the police and the criminal case is ongoing. Therapy Services are available at our centre in St Paul's, Knowle West Health Park and online.

What do they offer? Sexual abuse support, Trauma-informed counselling, Creative Therapy, Mental Health support

What level of support is this? (*iThrive*) Getting Advice; Getting Help; Getting More Help

Who is this for? Children & young people; Parents & carers

Age range 3-18

How do I access this service? Self-referral (parents/carers or young people aged 16+)

Where do I access this service? At our location; Online

Address St Agnes Lodge, 45 Thomas Street, St Paul's, Bristol, BS2 9LJ


Accessibility Information Venue and bathroom wheelchair accessible

Website <https://the-green-house.org.uk/>

Telephone 0117 325 1707

Email info@the-green-house.org.uk

Social Media

-  [tghbristol](https://www.facebook.com/tghbristol)
-  [GreenHseBristol](https://twitter.com/GreenHseBristol)
-  [the.greenhousebristol](https://www.instagram.com/the.greenhousebristol)

Who monitors or accredits this service?

Harmful Sexual Behaviour Project - Youth Offending & Prevention



Under 18

CYP

A specialist service for children and young people who are displaying harmful sexual behaviour (HSB).

What do they offer?	Assessment of HSB using the AIM3 model of assessment which provides a structured framework to assist in the analysis of HSB within the overall context of the young person's life. Interventions using a four-stage framework based on current research and theory and the Good Lives Model which is a strengths-based way of working with children and young people displaying HSB
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people
Age range	Under 18s
How do I access this service?	Use the contact details below to refer to this service
Where do I access this service?	At our location; Outreach (in the community)
Address	Central Chambers, 24-26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	
Telephone	01275 888360 07917 228258
Email	james.hopkins@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Health Visiting Service



28 weeks pregnant – school entry age

CYP; P&C

The health visiting service is a home visiting service that supports parents/carers during their transition to parenthood. Members of the team will work in partnership with parents to identify their strengths and the challenges they face, so that all families can be supported whatever their circumstances.

Some common discussions in home visits include infant feeding, how you and your family are feeling, play and child development, how to keep your family safe and where to find support you might find helpful in your local community. Families will see a member of their health visiting team during pregnancy, after the baby is born, at 6 weeks, 1 year and 2 years. Families can drop into any of our baby hubs which are offered in a range of locations every week.

What do they offer?	Health needs assessments, Primary prevention, Targeted interventions, Early intervention
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	28 weeks pregnant to child school entry age
How do I access this service?	Midwife referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Health Visiting Office, Children's Services, Drove Road, Weston-super-Mare, BS23 3NT
Accessibility Information	
Website	https://cchp.nhs.uk/cchp/explore-cchp/health-visiting/health-visiting-north-somerset/north-somerset-health-visiting-team
Telephone	0300 125 5060
Email	sirona.ns.hv@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

Home-Start North Somerset




0-5

CYP; P&C

Home Start supports families, who may feel exhausted and overwhelmed by the stresses of family life, particularly if they have little support from family and friends when they need it most. Emotional and practical support is provided for challenges such as mental health difficulties, bereavement, disability and multiple births, so that difficulties are less likely to escalate to crisis point. A carefully selected volunteer, who has parenting experience themselves, regularly visits a family in their own home, offering emotional and practical support through difficult times for as long as it is helpful or needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.

Home Start also runs 'Mums in Mind,' a peer to peer support group for mums with babies under one who are experiencing low mood, depression or anxiety and/or isolation which enables the sharing of experiences alongside wellbeing ideas.

What do they offer?	Anxiety support, Parental support, Isolation, Wellbeing support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people; Parents & Carers with at least one child under 5
Age range	0-5
How do I access this service?	Health professionals, such as Health Visitors can refer, or parents can self-refer via online referral form https://home-startnorthsomerset.org.uk/referrals/
Where do I access this service?	Outreach (in the community)
Address	Badger House, Oldmixon Crescent, Weston-Super-Mare, North Somerset, BS24 9AY
Accessibility Information	https://home-startnorthsomerset.org.uk/accessibility/
Website	https://home-startnorthsomerset.org.uk/
Telephone	07771 179007
Email	info@home-startnorthsomerset.org.uk
Social Media	 homestartnorthsomerset
Who monitors or accredits this service?	

In Charley's Memory




11+

CYP; P&C

We provide 1:1 counselling for anyone over the age of 11, the sessions are not capped and you can be seen for the length of time you need.

We also aim to:

- Make support services to young adults with Mental Health conditions more accessible and reliable to work with other organisations and to help raise the profile of Mental Health.
- To advance the education and knowledge surrounding Mental Health within learning environments and wider communities; we achieve this by working closely with schools and colleges and through drop-in sessions and school assemblies.

What do they offer?	Mental health support, Counselling (anxiety, low mood, depression, obsessive compulsive disorder - OCD)
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people; Parents & carers
Age range	11+
How do I access this service?	Self-referral; GP referral
Where do I access this service?	At our location; Online
Address	Unit 6, Brue Way, Highbridge, Somerset, TA9 4AW
Accessibility Information	We have a ground floor counselling room
Website	https://www.incharleymemory.com/
Telephone	01278 557 490
Email	hello@incharleymemory.com
Social Media	 ICMCharity
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP) ; UK Council for Psychotherapy (UKCP)

The Jack Hazeldine Foundation (The JHF Youth Charity)






8-18

CYP

The JHF Youth Charity supports vulnerable young people and those with special educational needs or disabilities by giving them access to experienced and passionate youth mentors, tutors, and therapeutic practitioners. Our mentors engage with young people in sessions tailored to the needs of each individual within a school environment or out in the community. Tailor-made programmes include outdoor learning workshops, transition coaching, school support packages, brick based therapy, education, employment or training coaching, youth offending support, gaining independence, travel training, and a SEND bespoke programme.

With a multiagency and child-centred approach, JHF programmes inspire positive changes in behaviour, resilience and self-esteem, empowering at-risk individuals to re-engage with their schools, families and wider communities. Through the provision of unique learning opportunities, and the support of a consistent, positive role model, children and young people are empowered to thrive. We have some funded places available but mostly there is a fee for this service (£).

What do they offer?	Mentoring, tutoring, SEND support; wellbeing support; 1:1 support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people
Age range	8-18 (up to 25 if an EHCP is in place)
How do I access this service?	School, SEND Officer, Health or Social referral; parent/carer referral via online referral form
Where do I access this service?	At our location; Outreach (in the community); Online
Address	First Floor Offices, suite 4c, 6-8 Kenn Road, Clevedon, BS21 6EL
Accessibility Information	
Website	https://thejhf.org
Telephone	01275 873 962
Email	hello@thejhf.org
Social Media	 jhfcharity  jhfcharity  JHFcharity
Who monitors or accredits this service?	

Junction 21 (part of North Somerset Youth Offending Service)



8-21

CYP

The project delivers a range of youth services including mentoring, independent visiting, advocacy, missing children's interviews, appropriate adult.

We provide support for young people aged 8 to 21 (age range varies depending on service) who are vulnerable or at risk. This includes:

- being placed in local authority care or leaving care
- being at risk of offending
- being at risk of anti-social behaviour
- being at risk of poor educational achievement
- being unable to control your emotions
- feeling like you do not have a voice

Our interventions vary from short term pieces of advocacy work to long term independent visiting.

What do they offer?	Mentoring, Advocacy
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	At risk or vulnerable children & young people
Age range	8-21
How do I access this service?	Contact Junction 21 to check eligibility
Where do I access this service?	Outreach (in the community)
Address	Junction 21, Central Chambers, 24 – 26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/junction-21-mentoring-advocacy-project
Telephone	01275 888 360 07776 170 028
Email	junction21@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Kooth



10-25

CYP

Kooth is a free, safe and anonymous online wellbeing advice and support service for CYP. The Kooth team are available to chat 7 days a week, 365* days of the year. Our friendly online team are available to chat from 12pm-10pm weekdays and 6pm-10pm weekends.

- **Chat with our team** - accredited counsellors provide safe and effective support to you. Your chat session can be up to 1 hour long to talk about whatever issues are on your mind.
- **Send us a message** – support via messages instead of chat. Our counsellors are well trained professionals who will assess your needs and provide you with the required support.
- **Kooth Magazine** - is packed with helpful articles covering everything from mental health issues to more general subjects such as holidays and gaming.
- **Kooth Discussion Boards** – you can start a discussion about a topic about anything you're interested in, e.g. asking for advice or just having a rant about something on your mind!
- **Mini Activity Hub** – this enables children and young people to express their feelings. Examples of activities include good sleep hygiene practices, mindfulness techniques and breathing exercises.

What do they offer? Wellbeing & Mental Health Support, Online Community, Counselling, Messaging, Forums, Articles & Self-Help Activities

What level of support is this? (*iThrive*) Thriving; Getting Advice; Getting Help

Who is this for? Children & young people

Age range 10-25

How do I access this service? Self-referral (no referral needed)

Where do I access this service? Online

Address

Accessibility Information

Website <https://www.kooth.com>

Telephone 020 3984 9337

Email contact@kooth.com
parents@kooth.com

Social Media  [kooth_uk](#)
 [kooth_plc](#)

Who monitors or accredits this service? [British Association for Counselling and Psychotherapy \(BACP\)](#)

Love Squared



5+

CYP; P&C

We want to bring love to children and families' services. We don't think it's enough to care a bit, you have to care a lot if you want to transform outcomes. We directly deliver imaginative, and carefully case managed services for children and young people with social, emotional, and mental health needs. We believe that you can't change outcomes without looking at issues holistically and thoughtfully. For us it's about long-term change..

What do they offer? Mentoring - Therapeutic/ Activity Based; Emotional support and advice (all free to access)

Wellbeing & education packages including tutoring and mentoring for children with EHCPs (£)

What level of support is this? (*iThrive*) Thriving; Getting Advice; Getting Help; Getting More Help

Who is this for? Children & young people, particularly CYP with SEND and SEMH needs; parents & carers

Age range 5+

How do I access this service? Self-referral; Peer-referral; Professional referral; Parent/ Carer referral - If you're unsure you can contact us directly through the website.

Where do I access this service? At our location; Outreach (in the community); Online

Address Unit 1, Avonmead House, 40-48 Stokes Croft, BS1 3QD

Accessibility Information We don't have a bathroom accessible for those with disabilities on site.

Website <https://lovesquared.org.uk/>

Telephone 0117 366 0079

Email maddie@lovesquared.org.uk for initial referrals

Social Media

 [lovesquaredcharity](https://www.instagram.com/lovesquaredcharity)

 [lovesquaredcharity](https://www.facebook.com/lovesquaredcharity)

 [lovesquared](https://twitter.com/lovesquared)

Who monitors or accredits this service?

Mental Health Support Team (in education)



5-18

CYP; P&C; PRO

The Mental Health Support Teams (MHST) is new initiative that has been funded through NHS England to offer mental health support to more children and young people who suffer from anxieties and low mood.

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected schools, colleges and education settings across Bristol, North Somerset and South Gloucestershire. We have 8 teams presently, with plans to increase this to 10 by 2024 to reach 50% coverage of schools.

What do they offer?	Low intensity cognitive behaviour therapy (LICBT) for low-moderate mental health difficulties alongside working in schools to assist them in delivering whole school approaches to promoting positive mental health and wellbeing.
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & young people, Parents & carers; Professionals
Age range	5-18
How do I access this service?	All professionals working with young people can make referrals through the mental health lead in schools. Where possible children & young people are encouraged to self-refer. Accessed directly via the Mental Health Lead in the Schools (we are in) The full list can be found on OTR website listed below.
Where do I access this service?	At our location (schools)
Address	Office base: 2 Horfield Road, Bristol, BS2 8EA
Accessibility Information	We can provide access within a short distance to where children, young people and their families live as we are based in local schools that already have any special access requirements in place.
Website	https://www.otrbristol.org.uk/what-we-do/mhst/ https://otrnorthsomerset.org.uk/what-we-do/mhst/
Telephone	0117 403 8735
Email	mhstenquiries@otrbristol.org.uk
Social Media	
Who monitors or accredits this service?	CAMHS Governance through Avon & Wiltshire Mental Health Partnership NHS Trust

Mothers for Mothers






From pregnancy until youngest child starts school

CYP; P&C

Our Helpline offers phone, text and online support five days a week (10am to 9pm), including weekly support calls at a pre-arranged time. Friends, family and healthcare professionals can also use it for support, information and referrals. Our Helpline is often the first step for a mother in accessing our other services. We offer Home Visits for women who are too unwell to access services and activities outside of their home. We have an Art Psychotherapy and Counselling Service. We run five weekly Peer Support Groups for women and pre-school children throughout the year.

Our SEND Peer Support service is aimed at women and birthing people who have children with additional needs (diagnosed or not) or themselves are Neurodivergent.

What do they offer?	Art psychotherapy, Counselling, Peer support groups for women and pre-school children, Gardening groups, Activities; Antenatal groups; Helpline; Home visits; Dads/Partners groups; Support calls
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & Carers Families impacted by Maternal Mental illness and emotional wellbeing needs
Age range	From pregnancy until youngest child starts school
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	New Fulford Family Centre, Gatehouse Avenue, Bristol, BS13 9AQ
Accessibility Information	All venues are accessible
Website	https://mothersformothers.co.uk/
Telephone	0117 935 9366
Email	support@mothersformothers.co.uk
Social Media	 Mothers for mothers  mothersformothers  m4mbristol
Who monitors or accredits this service?	

MusicSpace






0-25

CYP

MusicSpace provides a community-based music therapy service for people of all ages but predominantly children and young people with a wide range of disabilities, complex health needs and life limiting conditions.

We also work with looked after children and those experiencing difficulties with mental health. We have a centre in Southville, Bristol where people come for sessions. Our team of state-registered music therapists also work in early years settings, schools and residential homes across the region in addition to Bristol's Children's Hospital.

What do they offer?	Music therapy, Wellness, Safe environment; Mental health support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people, particularly with autism, global developmental delay, sensory impairment, emotional and mental health needs
Age range	0-25
How do I access this service?	Self-referral; Parental referral; Health or social care professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	BS3 Community, The Southville Centre, Beauley Road, Bristol, BS3 1QG
Accessibility Information	Centre has disabled access and access to a disabled toilet
Website	www.musicSPACE.org
Telephone	0117 953 1731
Email	info@musicSPACE.org
Social Media	 musicSPACEcharity  musicSPACEcharity  MusicSpaceBris
Who monitors or accredits this service?	Health and Care Professions Council (HCPC)

NAOS





6-25

CYP; P&C; PRO

NAOS is an intercultural therapy service. We provide individualised and accessible creative in room and outreach counselling and psychotherapy to children, young people and adults.

We have a Therapeutic Mentoring programme, providing support to young people in 1 to 1 and group settings. We also offer training and clinical supervision to professionals working with young people and support to parents and carers. The NAOS team are experienced in supporting people who have experienced trauma and in offering safe medium to long term therapy that supports individuals in living well now.

We offer individualised packages of support which can include working with schools and the other agencies around the client. We have some funded places available but mostly there is a fee for this service

What do they offer?	Trauma-informed counselling and psychotherapy; Therapeutic mentoring; Clinical supervision
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	6-25
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	The Station, Silver Street, Bristol, BS1 2AG The Stables, 3-6 Wadham Street, Weston-Super-Mare, BS23 1JY
Accessibility Information	Both locations of our therapy rooms have lift access
Website	https://www.naos.org.uk/
Telephone	
Email	info@naos.org.uk
Social Media	 naos.therapy  naos.intercultural.therapy
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)





North Somerset LGBT+ Forum



All ages

CYP; P&C; PRO

We are a locally based registered charity formed to support members of the LGBT+ community, to include their friends and families within North Somerset.

What do they offer?	LGBT+ support - Gay, Lesbian, Bisexual, Transgender, Non-Binary, Queer, Allies, Questioning
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people, including neurodivergent young people; Parents & carers; Professionals
Age range	All ages (under 13s supervised by a parent, guardian or carer)
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	68 Meadow Street, Weston-super-Mare, North Somerset, BS23 1QN.
Accessibility Information	Reasonable adjustments have been made within the confines of our Headquarters to accommodate accessibility requirements
Website	https://www.nslgbtforum.com/
Telephone	0843 886 5428
Email	support@nslgbtforum.com
Social Media	 nslgbtforum  nslgbtforum  nslgbtforum  nslgbtforumsupport
Who monitors or accredits this service?	

NHS Talking Therapies




16+

CYP; P&C; PRO

We all experience difficult times when we feel like we can't cope. These incidents can affect your everyday life and prevent you from leading a normal life. If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then NHS Talking Therapies can help.

We offer a range of short-term Talking Therapies to adults 16-years and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire. NHS Talking Therapies is a FREE service and you don't need to visit a GP to get help

What do they offer?	Therapy, Improving Access to Psychological Therapies (IAPT), Cognitive Behaviour Therapy (CBT), Talking therapies, Mental health support, Wellbeing support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	16+
How do I access this service?	Self-referral; GP referral; Social care referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	
Accessibility Information	Website is fully accessible, locations for therapy are also accessible
Website	https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/
Telephone	0333 200 1893
Email	enquiries@vhg.co.uk
Social Media	 NHSTalkingTherapiesBNSSG
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

Off the Record






11-25

CYP

Off the Record (OTR) is a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset. OTR isn't just a charity providing mental health services, it's a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people.

OTR provides information and support around wellbeing, including group work, sessions in schools and colleges, and one-to-one therapeutic support.

What do they offer?	Mental health support, Wellbeing support, Social action, Peer and support groups, Activities, 1:1 Therapies, Resilience Lab
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	11-25
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	http://www.otrbristol.org.uk/what-we-do/hubs/
Accessibility Information	
Website	https://www.otrbristol.org.uk/ https://otrnorthsomerset.org.uk/
Telephone	0808 808 9120
Email	northsomerset@otrbristol.org.uk
Social Media	 otrbristol  otrbristol  otrbristol
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP) , Fundraising Regulator

Relate Avon



10+

CYP; P&C

We provide relationship counselling to adult individuals and couples; and family counselling. The family counselling will sometimes include children and young people with parents/carers. Any member of the family can come along to regular counselling sessions to discuss problems in a safe and relaxed setting. Typically we might see parents or step-parents with all or some of their children; young or adult siblings; or extended members of the family such as grandparents, aunts, uncles etc. By family, we mean any group of people who describe themselves as a family - so that could include friends as well.

Counselling is not provided for children & young people outside of a family counselling approach.

What do they offer? Counselling, Relationship support, Family support

What level of support is this? (*iThrive*) Getting Help

Who is this for? Children & young people; Parents & carers

Age range 10+

How do I access this service? Self-referral

Where do I access this service? At our location; Online


Address 133 Cheltenham Road, Bristol, BS6 5RR

Accessibility Information No disabled access

Website <https://www.relate-avon.org.uk/>

Telephone 0117 942 8444

Email recep.relateavon@btconnect.com

Social Media  [RelateAvon](#)
 [RelateAvon](#)

Who monitors or accredits this service?

Safe Link Support



All Ages




CYP; P&C

Safe Link provides support to survivors of rape and sexual abuse across the whole of the Avon and Somerset area. We are the largest team of Independent Sexual Violence Advisors in the South West and our ISVAs provide practical and emotional support on a long term basis.

Our CYP SVAs (Children & Young Persons Independent Sexual Violence Advisors) are trained in line with Home Office guidance and can work directly with the child or young person and provide support to the family. They can provide a safe space to talk, emotional support, help to communicate with school, college or other professionals.

The CYP SVAs help their clients feel safe and supported through the police process and beyond. They understand how scary or confusing it can be and do their best to help the young person understand what is happening, helping them to ask questions and talk to the police if needed. Our CYP SVAs also refer into other services such as support groups, counselling, creative groups, substance abuse services and many more.

Our CYP SVAs support the child or young person throughout the court process. We also understand that the end of the court case can be difficult and where the child or young person would like this, we provide some support after all criminal justice proceedings have finished.

What do they offer?	Emotional Support; Rape and sexual abuse support; signposting; post-proceedings support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children and young people; Parents/carers
Age range	All ages
How do I access this service?	Self-referral; Professional referral; Referral from friend/contact
Where do I access this service?	At our location; Outreach (in the community); Online
Address	5 Queen Square, Bristol, BS1 4JQ
Accessibility Information	Our office is accessible and we have meeting rooms on the ground floor.
Website	https://safelinksupport.co.uk/
Telephone	0333 323 1543
Email	Safe.link@safelinksupport.co.uk
Social Media	 missinglinkbristol  SafeLinkSupport  SafeLinkSupport
Who monitors or accredits this service?	Lime Culture

School Nursing Team



School nurses support children and young people to maximise their health and wellbeing by providing information and support to children, young people and their parents/carers. School nurses often see children in schools but sometimes they see children, young people and their parent/carer at home or another local venue. Some common discussions with children, young people and parents can include how they are feeling and finding ways to manage the challenges that children and young people face.

Other discussions can include sleep, stopping vaping or smoking, sexual health, how to keep yourself or your family safe and where to find support you might find helpful in your local community. Young people aged 11 and over can use the ChatHealth service which is a confidential, anonymous text messaging service enabling contact with a school nurse about a range of issues.

What do they offer?	School nursing, Health advice, Health support, Mental health support, Sexual health support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	4-19
How do I access this service?	Self-referral; Drop-in clinics at school; Professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Badger House, Oldmixon Crescent, Weston-super-Mare, BS24 9AY
Accessibility Information	
Website	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing
Telephone	07312 263093 (ChatHealth) 01934 419339
Email	nsomerset.schoolnurses@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

Self-Injury Support



All Ages

CYP; P&C; PRO

We offer multi-channel (phone/text/webchat/email) support to girls and women affected by self-harm. Our services offer listening support from non-judgemental specially trained volunteers and you can talk about anything you want to. If you're not sure where to start just text or say 'hello' and we'll help you take it from there. Parents/carers/family/friends can also call for personal support. We offer training for professionals. We also have a website with a range of free resources available to download.

What do they offer? Listening; Self-harm and Self-injury support; Support for girls & women

What level of support is this? (*iThrive*) Getting Advice

Who is this for? Children and young people, specifically girls and young women affected by self-harm; Parents/carers; Professionals;

Age range All ages

How do I access this service? Self-referral

Where do I access this service? Online

Address

Accessibility Information

Website www.selfinjurysupport.org.uk


Telephone 0117 927 9600

Email info@selfinjurysupport.org.uk

Social Media

 [self_injury_support](https://www.instagram.com/self_injury_support)

 [sisupportorguk](https://twitter.com/sisupportorguk)

 [sisupportorguk](https://www.facebook.com/sisupportorguk)

Who monitors or accredits this service?

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)



Free specialist support service for people affected by rape and sexual abuse at any time in their life. Our services support people in Bath & NE Somerset, Bristol, North Somerset, Somerset and South Gloucestershire. We support adults, children and young people of all genders.

What do they offer?	Counselling, 1:1 specialist support, group work, training
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Parents/carers; Professionals; Children and young people; Mainly adult victim-survivors but some of our services include CYP and their families.
Age range	13+
How do I access this service?	Self-referral or professional referral both accepted
Where do I access this service?	At our location; Online
Address	PO Box 2942, Bristol BS1 9EU
Accessibility Information	We aim to provide support in accessible buildings wherever possible. We will check your access or other comfort needs when arranging an initial assessment
Website	www.sarsas.org.uk
Telephone	Helpline: 0808 801 0456 Bristol Office: 0117 929 9556 Taunton Office: 01823 324 944
Email	Support: support@sarsas.org.uk Information: info@sarsas.org.uk
Social Media	 SARSAS.helpline  SARSAS_uk  sarsassupport
Who monitors or accredits this service?	Accredited Rape Crisis Centre

Substance Advice Service



10-18

CYP; P&C; PRO

The Substance Advice Service is a specialist service for young people, families/carers and professionals, providing young people with support, information and advice about drugs, alcohol and tobacco and treatment interventions with those who are using substances who want to reduce or to stop their use.

SAS can provide: intermediate and advanced level training for NSC employees, foster carers and other professionals bookable via CPD online, 1-to-1 support for young people around substance use and risk factors influencing substance misuse, information, advice and guidance to families/carers, treatment services, consultation and support to partner agencies, health promotion at events, education resources and input to schools on an individual basis.

SAS provide an individual tailored programme of drugs and alcohol education and treatment for young people including: full health assessment, advice, guidance and support, harm reduction, relapse prevention, groupwork in schools and other youth organisations, referral to tier 4 services and adult drugs services if required, through care and after care, diversionary activities and support to stop smoking

What do they offer?	Drug and alcohol support, Group work, Professional training, Information sharing, Health promotion, Education
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	10-18
How do I access this service?	Self-referral by telephone; Professional referral (with consent of young person)
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Central Chambers, 26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	https://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=hRJZS0gl-f8
Telephone	01275 888360
Email	sas@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Wanted Not Wasted (WOW)




5-18

CYP

Not for profit organisation providing free groups , counselling and mentoring for children in Weston. Our primary area of delivery is South Weston.

We believe in early and timely intervention and all our services are aimed at helping children reach adulthood safely, as well as militating against damage that they may have already been exposed to. From our very small beginnings we now provide children's groups two days a week and free one to one support (counselling and mentoring) to children and young adults four days a week in the WOW shop and local community.

What do they offer?	Counselling, Mentoring, Group Work
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	5-18
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Outreach (in the community)
Address	No 3 St Andrews Parade, Bournville, Weston-Super-Mare, BS23 3SS (service delivery) 35 Totterdown Road, Weston-Super-Mare, BS23 4LH (post)
Accessibility Information	Wheelchair access
Website	https://wantednotwasted.wixsite.com/wantednotwasted
Telephone	07588 512 621
Email	wantednotwasted@gmail.com
Social Media	 wantednotwasted
Who monitors or accredits this service?	

Wellspring Counselling





11-18

CYP

Wellspring offers confidential help and support from professionally trained counsellors to people in the local community. Their Young People's Service provides donations-based counselling to anyone aged 11-18 and residing in North Somerset. Wellspring Counselling's team of counsellors work with young people with concerns including anxiety, depression, bereavement, low self-esteem, trauma, abuse, self-harm and suicide ideation.

Wellspring's counsellors work in various venues across North Somerset as well as online if preferred. They currently deliver 1:1 counselling in Nailsea and Clevedon School and also in venues in Portishead and Worle.

Clients are initially offered 6-12 sessions depending on the needs identified during the initial assessment appointment and this is reviewed throughout the course of the counselling.

What do they offer?	Counselling, Trauma-informed support, Anxiety and low mood support, Self-harm and suicidal ideation support; Relationship and self-esteem issues; "It's OK not to be OK" course – mental health support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & Young People
Age range	11-18
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Nailsea Methodist Church, 74 Silver Street, Nailsea, BS48 2DS
Accessibility Information	Accessible
Website	https://www.wellspringcounselling.org.uk/
Telephone	01275 810 879
Email	reception@wellspringcounselling.org.uk
Social Media	 wellspring_counselling  wellspringcounsellingnailsea
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

West of England Music Therapy and Wellbeing




0-25

CYP; P&C; PRO

Our team of music therapists use music to make connections with children and young people. In the music therapy sessions, we respond musically to the people we work with, and we communicate through their music building trust by exploring music together – playing, listening and creating.

We have a base where children and their families can come to in Little Stoke, or we can arrange home visit sessions where appropriate, we also work in schools, other education settings and in community centres and bases.

We work across a wide range of need and use music to boost sense of self and strengthen mental health to help bring about positive change and resilience in emotional wellbeing. Wellbeing and music sessions offer a different way-in for some people and we facilitate these small groups in primary and secondary school settings as well as offering whole class or larger group projects. We work across South Gloucestershire, Bath and North East Somerset and North Somerset, travelling further afield where possible.

What do they offer?	Music therapy, Wellbeing support, Mental health support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people – particularly with emotional and mental health difficulties, who are neurodivergent, with anxiety, trauma and also those with complex physical and health difficulties; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral; Parent/carer referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	South Gloucestershire Music Hub, Little Stoke Primary School, Little Stoke Lane, Bristol, BS34 6HY
Accessibility Information	South Glos. Music Hub at Little Stoke is wheelchair accessible
Website	https://wema.org.uk/therapy-and-wellbeing/music-therapy
Telephone	01934 426 430
Email	heather.walters@n-somerset.gov.uk
Social Media	 WestOfEnglandMusic
Who monitors or accredits this service?	Health and Care Professions Council (HCPC)

Weston-Super-Mare Mental Health Support in Schools



11-18

CYP

We provide confidential counselling for students at Broadoak, Hans Price, Voyager, Westhaven and Winterstoke Secondary Schools. We provide a safe space for students to talk through their worries including relationships, school pressures, emotions and feelings, identity, family, friends and loss.

What do they offer? Counselling in schools, Mental health and wellbeing support

What level of support is this? (*iThrive*) Getting Help

Who is this for? Parents & carers

Age range 11-18

How do I access this service? Self-referral; School referral

Where do I access this service? At our location

Address Service provided in schools

Accessibility Information

Website

Telephone 07734 603 648

Email J3admin@barnardos.org.uk

Social Media

Who monitors or accredits this service?

Winston's Wish



5-25

CYP; P&C; PRO

We are a charity that helps support bereaved children, young people, their families and the professionals who support them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.

What do they offer? Bereavement and grief support, Advice, Group support, Resources, Free helpline, Online chat

What level of support is this? (*iThrive*) Getting Advice; Getting Help

Who is this for? Bereaved children & young people; Parents & carers; Professionals

Age range 5-25

How do I access this service? Self-referral; Professional referral

Where do I access this service? Outreach (in the community); Online

Address

Accessibility Information Online support, or via email or phone

Website <https://www.winstonswish.org/>

Telephone 08088 020 021

Email ask@winstonswish.org

Social Media

 [winstonswish](https://www.instagram.com/winstonswish)

 [winstonswishcharity](https://www.facebook.com/winstonswishcharity)

 [winstonswish](https://twitter.com/winstonswish)

Who monitors or accredits this service?

Unity Sexual Health




13+

CYP; P&C, PRO

Unity Sexual Health is a free and confidential integrated sexual health service for Bristol, North Somerset and South Gloucestershire. We specialise in providing a range of contraception (including patients who require more complex methods) and testing, diagnosis and treatment of sexually transmitted infections.

Unity offers a range of other services, set out on our website, including LGBTQ+ support, psychosexual help, and advice and support on issues including domestic violence and abuse, consent, gender and sexual exploitation.

What do they offer?	Sexual health, Advice, Support Information, Contraception
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people, Parents & carers; Professionals
Age range	13+
How do I access this service?	Self-referral; Professional referral (including GP referral)
Where do I access this service?	At our location
Address	Find your local clinic - https://www.unitysexualhealth.co.uk/locations/
Accessibility Information	
Website	https://www.unitysexualhealth.co.uk
Telephone	0117 342 6900
Email	
Social Media	 unitysexhealth
Who monitors or accredits this service?	Care Quality Commission (CQC)

Young Carers Service – Alliance Homes





5-25

CYP; P&C

North Somerset Carers Support is a service delivered by Alliance Homes, providing a wide range of community-based support for unpaid adult and young carers. Our support for adult carers includes brief intervention and support related to helping you in your caring role, information, advice and signposting, when needed, and a programme of therapeutic groups and drop ins across the district.

Through our Adult Carer service we also provide support for Young Adult Carers aged between 18 and 25. Our Young Carers Service is provided to Carers aged under 18, we deliver welcome and therapeutic groups, information, guidance and signposting trips, activities and some residential. All Young Carers receive an assessment of their caring role so that we understand their needs and how best to support them.

What do they offer?	Therapeutic support, Support groups, Activities, Advocacy, 1:1 Support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children and young people – young carers; Parents & carers
Age range	5-18
How do I access this service?	Self-referral
Where do I access this service?	Outreach (in the community)
Address	40 Martingale Way, Portishead, BS20 7AW
Accessibility Information	
Website	https://www.alliancehomes.org.uk/support-services/support-for-carers/
Telephone	03000 120 120 (option 3)
Email	carersupport@alliancehomes.org.uk
Social Media	 nscarerssupport  nscarerssupport
Who monitors or accredits this service?	

Young Victims Service





5-18

CYP; PRO

The Young Victims Service offers trauma-informed support and interventions on a voluntary basis, for children and young people affected by crime, anti-social behaviour or domestic abuse from across the Bristol, North Somerset, South Gloucestershire, Bath & North East Somerset and Somerset areas.

The service aims to rebuild confidence and increase feelings of safety. Advocates use a range of methods including face to face and online work with young people, drawing on their strengths to empower them to cope and recover and move forward from their experience.

What do they offer?	Trauma-informed victim support, Emotional and wellbeing support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children and young people affected by crime, anti-social behaviour or domestic abuse
Age range	5-18
How do I access this service?	Self-referral (if aged 16+); Parental referral; Professional referral (with parent/carer consent or young person consent if aged 16+)
Where do I access this service?	Outreach (in the community); Online
Address	
Accessibility Information	
Website	https://www.youngvictims.org.uk/
Telephone	01275 88 44 88
Email	young.victims@n-somerset.gov.uk
Social Media	 youngvictims  youngvictims
Who monitors or accredits this service?	North Somerset Youth Offending Service ; Office of the Police and Crime Commissioner (Avon & Somerset) ; Home Office

The Youth Inclusion Support Project (YISP)

10-18



CYP

The Youth Inclusion Support Project (YISP) aims to prevent offending and antisocial behaviour by providing support to young people 10-18 experiencing significant risk factors, such as behavioural issues or emotional and mental health difficulties. It works with medium and high levels of risk and vulnerability. The wide range of issues that can be supported, in the context of the family include difficulties managing feelings (for example, regarding anger or anxiety) or problems with low self-esteem, school attendance, building relationships or social isolation.

YISP programme support can be given through group work, short session work around specific areas of concern or over a series of up to 12 one to one sessions, depending on the needs and preference of the young person.

What do they offer?	Emotional and mental health support, Behaviour support, Group work, 1:1 support, Relationship building
What level of support is this? (<i>iThrive</i>)	Getting More Help; Getting Risk Support
Who is this for?	Children & young people at risk of entering or escalating within the criminal justice system, due to anti-social behaviour and behavioural issues, knife-crime, stealing or harmful sexual behaviour. This might include individuals vulnerable to sexual or criminal exploitation.
Age range	10-18
How do I access this service?	Self-referral; Parental referral; Professional referral – Call or email to discuss eligibility
Where do I access this service?	Outreach (in the community); Online
Address	Central Chambers, 24-26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/youth-inclusion-support-project-yisp
Telephone	01275 888 360
Email	YOSadmin@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Services for Young People Aged 18-25

Network Counselling and Training



18+

CYP; P&C; PRO

Low-cost counselling and talking therapy for young adults over the age of 18

How do I access this service?	Self-referral
Where do I access this service?	At our location; Online
Address	Elm Park, Filton, Bristol, BS34 7PS
Website	https://network.org.uk/
Telephone	0117 950 7271
Email	reception@network.org.uk

Online Information and Resources

ABC

ABC offer personal, on-going, emotional support and practical guidance for recovery for people struggling with anorexia nervosa, bulimia nervosa and binge eating, in addition to related self-harm.

03000 11 12 13

www.anorexiabulimiare.org.uk

Action for Children – Parent Talk

The Parent Talk section of the Action for Children website provides advice and a 1 to 1 service for parents who want a free and confidential live chat with a parenting coach.

<https://parents.actionforchildren.org.uk>

Anxiety UK

Anxiety UK supports those living with anxiety and anxiety-based depression.

07537 416905 (Text)

03444 775774 (Tel)

www.anxietyuk.org.uk

BEAT

BEAT are the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

Youthline (under 25): 0808 801 0711

www.b-eat.co.uk

Bullying UK

Bullying UK provide advice on all aspects of bullying

0808 800 2222

www.bullying.co.uk

Campaign Against Living Miserably (CALM)

CALM works with young men in need of support and campaigns to help stop male suicide

0800 58 58 58

www.thecalmzone.net/

Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

08000 288 840

<https://childbereavementuk.org>

Childline

Childline is a free, private and confidential service for children and young people to discuss any worries.

24-hour helpline 0800 1111

www.childline.org.uk

The Children's Society

The Children Society website has an advice page which offers help on a range of topics, including finding work, abusive relationships, debt and difficulties with parents.

<https://www.childrenssociety.org.uk/information/young-people/advice>

Epic Friends

This site is about helping young people to help their friends who might be struggling to cope emotionally. Covers the most common teenage mental health issues.

www.epicfriends.co.uk

Get Self Help

Cognitive behaviour therapy resources and downloads for young people and adults.

www.getselfhelp.co.uk

Grief Encounter

Grief Encounter provide specialist support to children and young people who have lost someone they love, through a helpline (9am -9pm Mon-Fri), web chat or email

0808 802 0111

www.griefencounter.org.uk/

Heads Above the Waves

Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.

<http://hatw.co.uk/>

Hope Again

The youth website of Cruse Bereavement Care where young people can learn from other young people, how to cope with grief and feel less alone.

www.hopeagain.org.uk/

Mermaids Information and support for transgender young people up to and including the age of 19, including a helpline, Mon-Fri 9.00am-9.00pm

08088010400

<https://mermaidsuk.org.uk/>

Mind

Confidential support and information around any mental health issue.

86463 (Text) 0300 123 3393 (Tel)

www.mind.org.uk/information-support/helplines

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MindEd

MindEd is a free educational resource on children and young people's mental health for all adults.

www.minded.org.uk

Mindline Trans+

A national confidential, emotional, mental health support helpline for people who identify as transgender, agender, gender fluid, non-binary – Mon, Wed and Fri 8pm-12am. They also support family members and friends and provide signposting to other services and resources.

0330 330 5468

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

The Mix

The Mix provide advice about mental health, sex, drugs, money and relationships for under 25s, as well as text messaging and 1:1 chat service.

0808 8084994

www.themix.org.uk/

National Self Harm Network

Support for individuals who self-harm to reduce emotional distress and improve their quality of life.

www.nshn.co.uk

NHS Choices – Young People and Mental Health

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

www.nhs.uk/livewell/youth-mental-health

Papyrus

Papyrus provide support, advice and information to anyone under 35 who is suicidal or concerned about someone else who is suicidal. You can call their support line, HOPELINEUK 9am-12am

0800 068 4141 (Tel), 07860 039967 (Text)

www.papyrus-uk.org

Rise Above

The Rise Above website provides health information and advice about a range of issues of importance to young people including body image, mental health, friendships, love, sleep, drinking and smoking.

<https://riseabove.org.uk/>

Self-Harm

For young people 14-19 who self-harm and their friends, family and professionals. Be aware that this site contains sensitive information.

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

Talk to Frank

FRANK provides friendly and confidential advice about drugs.

0300 123 6600 (Tel), 82111 (Text)

www.talktofrank.com

Time to Change

Time to Change is a growing movement of people changing how we all think and act about mental health

www.time-to-change.org.uk

We are with you

Provides a range of services for both drug and alcohol problems for clients and their family and friends. There is an online chat service for support.

01934 427940 (Tel)

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

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. It runs a helpline for parents/carers and a messenger service for young people.

If someone is experiencing a mental health crisis, they can contact the messenger service and be connected to a trained volunteer in less than 5 minutes who will listen, help think through feelings and take the next steps towards feeling better. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

0808 802 5544 (Parents), 85258 (young people) www.youngminds.org.uk

Your bump to baby wellbeing guide

Helping parents find the right mental health support during pregnancy, birth and beyond and includes details of voluntary organisations offering support, as well as the statutory services and community services.

<https://bump2babywellbeingguide.org/>

What to do in a crisis

Worried about your mental health?

You can phone NHS 111 or see your GP if you have any worries about your mental health or the mental health of your child or the child you care for.

What to do in an emergency or crisis situation

There is also a 24/7 Mental Health Crisis Line which offers support for children in crisis 24 hours a day, seven days a week, 365 days a year.

Telephone: **0800 953 9599**

For a BSL Interpreter, visit <https://247helpline.signvideo.net>

Professionals can help advise about strategies to manage mental health and whether any other support is needed.

In emergency situations, a child or young person can call 999 or attend the nearest 24-hour A&E unit.

A health professional will make an assessment and liaise with the Child and Adolescent Mental Health Services (sometimes referred to as 'CAMHS') to agree what support is required.

This may be an assessment or a referral on to an appropriate team for ongoing support.

It is important to remember that the police are not clinical or medical professionals, and should be viewed only as an option of last resort in any crisis situation, in response to immediate safety concerns.

Worried about the safety of a child?

If you are worried about the welfare or safety of a child or young person, it is very important that you contact the child protection team on 01275 888 808.

You can also report your concerns on the [Avon and Somerset Police website](#).