

# 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](http://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](mailto: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 **June 2024** 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 range 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.

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

## 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.

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

## 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.

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



## 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](http://www.bristolcreativetherapycentre.org)

**Telephone** 07498 531213

**Email** [bristolcreativetherapycentre@gmail.com](mailto: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.

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

## 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.

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

## 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.

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






## The Green House



0-18

CYP; P&C; PRO

The Green House is a specialist support service for children, young people and families living in Avon and Somerset who have experienced sexual assault/abuse. The Green House offers a range of evidence-based individual therapies (12 to 24 sessions) as well as nature-based group therapies to children and young people up to the age of 18 who have experienced sexual abuse, living in Bristol, Bath and North East Somerset, North Somerset and South Gloucestershire. We also offer 1-1 support and psychoeducation groups to parents and carers. We can offer professional consultation to professionals supporting young people who have disclosed sexual abuse or assault. 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, Stoke Gifford and online.

<b>What do they offer?</b>	Sexual abuse and sexual assault support, Trauma-informed counselling, Creative Therapy, Mental Health support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people who have experienced sexual harm/ assault/ abuse; Parents & carers; Professionals
<b>Age range</b>	0-18
<b>How do I access this service?</b>	Self-referral; Professional referral
<b>Where do I access this service?</b>	At our location; Online
<b>Address</b>	St Agnes Lodge, 45 Thomas Street, St Paul's, Bristol, BS2 9LJ
<b>Accessibility Information</b>	Venue and bathroom wheelchair accessible
<b>Website</b>	<a href="https://the-green-house.org.uk/">https://the-green-house.org.uk/</a>
<b>Telephone</b>	0117 325 1707
<b>Email</b>	<a href="mailto:info@the-green-house.org.uk">info@the-green-house.org.uk</a>
<b>Social Media</b>	 <a href="https://www.facebook.com/tghbristol">tghbristol</a>  <a href="https://twitter.com/GreenHseBristol">GreenHseBristol</a>  <a href="https://www.instagram.com/the.greenhousebristol">the.greenhousebristol</a>

**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).

<b>What do they offer?</b>	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
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	Under 18s
<b>How do I access this service?</b>	Use the contact details below to refer to this service
<b>Where do I access this service?</b>	At our location; Outreach (in the community)
<b>Address</b>	Central Chambers, 24-26 Walliscote Road, Weston-Super-Mare, BS23 1UP
<b>Accessibility Information</b>	
<b>Website</b>	
<b>Telephone</b>	01275 888360
<b>Email</b>	<a href="mailto:yosadmin@n-somerset.gov.uk">yosadmin@n-somerset.gov.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">HM Inspectorate of Probation</a>

## 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.

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

## 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.

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



## 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 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. Sessions are charged (£), with the pre-therapy session free for under 25s.

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.

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

## 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 by giving them access to experienced and passionate youth mentors and tutors. Our mentors/tutors engage with young people in sessions tailored to the needs of each individual. Sessions can take place within a school environment, in the community or in the young person's home. Goals are agreed and worked towards over with the overall aim of removing barriers to learning and helping the young person explore their future potential. Tailor-made programmes include outdoor learning, Y6 to Y7 transition support, school support packages, brick-based therapy, work experience, college transition, gaining independence and travel training.

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

<b>What do they offer?</b>	Mentoring, tutoring, SEND support; wellbeing support; 1:1 support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	8-18 (up to 25 if an EHCP is in place)
<b>How do I access this service?</b>	School, SEND Officer, Health or Social referral; parent/carer referral via <a href="#">online referral form</a>
<b>Where do I access this service?</b>	At our location; Outreach (in the community)
<b>Address</b>	Unit 2 The Stables, Clevedon Hall Estate, Victoria Road, Clevedon BS21 7SJ
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://thejhf.org">https://thejhf.org</a>
<b>Telephone</b>	01275 873 962
<b>Email</b>	<a href="mailto:hello@thejhf.org">hello@thejhf.org</a>
<b>Social Media</b>	 <a href="#">jhfcharity</a>  <a href="#">JHFcharity</a>
<b>Who monitors or accredits this service?</b>	

## JC Therapeutic Solutions



3-12

CYP

Play & Creative Arts Therapy in a nutshell it is a gentle form of therapy where the child leads and the therapist follows. I invite my clients to share their world with me through play. Through this I can reflect back and accept difficult feelings bringing them into the open and helping the clients to process them. It is non-directive non-judgemental and evidenced based (£). Some reduced rate spaces that are based on personal circumstances.

**What do they offer?** Play Therapy

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

**Who is this for?** Children & young people

**Age range** 3-12

**How do I access this service?** Self-referral

**Where do I access this service?** At our location

**Address** 5 The Park, Bradley Stoke, Bristol, BS32 0AP

**Accessibility Information**

**Website** <https://www.jctherapeuticsolutions.org.uk/>

**Telephone** 07906 544 623

**Email** [j\\_l\\_churchill@hotmail.com](mailto:j_l_churchill@hotmail.com)

**Social Media**

**Who monitors or accredits this service?** [Play Therapy UK \(PTUK\)](#); [Academy of Play and Child Psychotherapy \(APAC\)](#)

## JIGSAW Thornbury






0-25

CYP; P&C

JIGSAW Thornbury is a charity that works with children and young people aged 0-25 with additional needs or disabilities, and their families. Everyone can join in, with or without a diagnosis. We provide friendship, support, compassion and fun, along with 17 innovative services that empower the whole family to connect, fit in and thrive.

We enhance inclusion by raising awareness to help everyone understand the challenges that those with additional needs or disabilities face and to celebrate the unique strengths and qualities they bring. As well as our regular service offer, our venue in the heart of Thornbury is open from 11am-1pm on the 4th Saturday of each month when everyone is welcome to visit our young volunteers' community cafe and browse our SENSory lending library.

<b>What do they offer?</b>	Drop-in support groups, Young volunteers scheme, SEN-sory lending library, Holiday activities, After school activities, Youth club, Wellbeing support, Parent training, youth empowerment session
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people - particularly CYP with additional needs and their families; Parents & Carers
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral via website; School referral
<b>Where do I access this service?</b>	At our location
<b>Address</b>	15-17 St Mary Street, Thornbury, BS35 2AB
<b>Accessibility Information</b>	Accessible venue and toilet
<b>Website</b>	<a href="https://www.jigsawthornbury.org.uk/">https://www.jigsawthornbury.org.uk/</a>
<b>Telephone</b>	01454 567508
<b>Email</b>	<a href="mailto:admin@jigsawthornbury.org.uk">admin@jigsawthornbury.org.uk</a>
<b>Social Media</b>	 <a href="#">jigsaw_thornbury</a>  <a href="#">jigsawthornbury</a>  <a href="#">jigsawthornbury</a>
<b>Who monitors or accredits this service?</b>	



## 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.

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

## 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](mailto:contact@kooth.com)  
[parents@kooth.com](mailto: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](mailto:maddie@lovesquared.org.uk) for initial referrals

**Social Media**  [lovesquaredcharity](#)

 [lovesquaredcharity](#)

 [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 a 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.

<b>What do they offer?</b>	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.
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people, Parents & carers; Professionals
<b>Age range</b>	5-18
<b>How do I access this service?</b>	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.
<b>Where do I access this service?</b>	At our location (schools)
<b>Address</b>	Office base: 2 Horfield Road, Bristol, BS2 8EA
<b>Accessibility Information</b>	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.
<b>Website</b>	<a href="https://www.otrbristol.org.uk/what-we-do/mhst/">https://www.otrbristol.org.uk/what-we-do/mhst/</a> <a href="https://otrnorthsomerset.org.uk/what-we-do/mhst/">https://otrnorthsomerset.org.uk/what-we-do/mhst/</a>
<b>Telephone</b>	0117 403 8735
<b>Email</b>	<a href="mailto:mhstenquiries@otrbristol.org.uk">mhstenquiries@otrbristol.org.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	CAMHS Governance through <a href="#">Avon &amp; Wiltshire Mental Health Partnership NHS Trust</a>

## 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.

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



## 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.

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

## 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

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

## 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

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





## 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.

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

## 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.

<b>What do they offer?</b>	Music therapy, Wellbeing support, Mental health support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	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
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral; Professional referral; Parent/carer referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	South Gloucestershire Music Hub, Little Stoke Primary School, Little Stoke Lane, Bristol, BS34 6HY
<b>Accessibility Information</b>	South Glos. Music Hub at Little Stoke is wheelchair accessible
<b>Website</b>	<a href="https://wema.org.uk/therapy-and-wellbeing/music-therapy">https://wema.org.uk/therapy-and-wellbeing/music-therapy</a>
<b>Telephone</b>	01934 426 430
<b>Email</b>	<a href="mailto:heather.walters@n-somerset.gov.uk">heather.walters@n-somerset.gov.uk</a>
<b>Social Media</b>	 <a href="#">WestOfEnglandMusic</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Health and Care Professions Council (HCPC)</a>



## 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.

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

## 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](mailto: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 CYPSVAs (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 CYPSVAs 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 CYPSVAs also refer into other services such as support groups, counselling, creative groups, substance abuse services and many more.

Our CYPSVAs 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.

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

## School Health Nursing Team



5-19

CYP

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 sleep, emotional health, hygiene and continence.

Delivering the National Child Measurement Programme to Year 6 and vision screening as well to Reception.

<b>What do they offer?</b>	School nursing, Health advice, Health support, Mental health support, Sexual health support
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	5-19
<b>How do I access this service?</b>	Self-referral; Professional referral (GP, school or other health professional)
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	Badger House, Oldmixon Crescent, Weston-super-Mare, BS24 9AY
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://sirona-cic.org.uk/children-services/">https://sirona-cic.org.uk/children-services/</a>
<b>Telephone</b>	07312 263093 (ChatHealth) 0300 125 6798
<b>Email</b>	<a href="mailto:nsomerset.schoolnurses@nhs.net">nsomerset.schoolnurses@nhs.net</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	

## Self-Injury Support



All Ages

CYP; P&C; PRO

A completely anonymous, confidential and non-judgmental listening service for anyone affected by self-harm/self-injury. The listening service is run by a group of trained volunteers and open on Monday and Thursday evenings 7-10pm. We also offer an A&E Follow-Up Service for anyone who has attended A&E due to self-injury. Additionally, we have a range of resources on our website and run online workshops for professionals on topics related to self-injury.

**What do they offer?** Listening; Self-harm and Self-injury support; Text support; Workshops

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

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

**Age range** All ages

**How do I access this service?** Self-referral (helpline, text support, resources); Hospital or GP referral (A&E follow-up service)

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

**Address** Central Bristol (this is only applicable to the A&E Follow-Up Service if you choose to have an appointment in person)

### Accessibility Information


**Website** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**Telephone** 0117 927 9600

**Email** [info@selfinjurysupport.org.uk](mailto: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?**



## 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. SAS workers can also provide support and advocacy for young people at risk of school or education exclusion due to their own or familial substance or alcohol misuse

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

## Wanted Not Wasted (WOW)



5-18

CYP

Not for profit organisation providing children's groups, counselling and mentoring in Weston super Mare

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, Mental health and wellbeing support

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

### Accessibility Information

**Website** <https://wantednotwasted.wixsite.com/wantednotwasted>

**Telephone** 07588 512 621

**Email** [wantednotwasted@gmail.com](mailto: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.

<b>What do they offer?</b>	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
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	Children & Young People
<b>Age range</b>	11-18
<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Nailsea Methodist Church, 74 Silver Street, Nailsea, BS48 2DS
<b>Accessibility Information</b>	Accessible
<b>Website</b>	<a href="https://www.wellspringcounselling.org.uk/">https://www.wellspringcounselling.org.uk/</a>
<b>Telephone</b>	01275 810 879
<b>Email</b>	<a href="mailto:reception@wellspringcounselling.org.uk">reception@wellspringcounselling.org.uk</a>
<b>Social Media</b>	 <a href="#">wellspring_counselling</a>  <a href="#">wellspringcounsellingnailsea</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a>

## 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](mailto:ask@winstonswish.org)

**Social Media**

-  [winstonswish](#)
-  [winstonswishcharity](#)
-  [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.

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



## 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? (*iThrive*)** 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](mailto: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.

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

## 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.

<b>What do they offer?</b>	Emotional and mental health support, Behaviour support, Group work, 1:1 support, Relationship building
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting More Help; Getting Risk Support
<b>Who is this for?</b>	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.
<b>Age range</b>	10-18
<b>How do I access this service?</b>	Self-referral; Parental referral; Professional referral – Call or email to discuss eligibility
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	Central Chambers, 24-26 Walliscote Road, Weston-Super-Mare, BS23 1UP
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/youth-inclusion-support-project-yisp">https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/youth-inclusion-support-project-yisp</a>
<b>Telephone</b>	01275 888 360
<b>Email</b>	<a href="mailto:YOSadmin@n-somerset.gov.uk">YOSadmin@n-somerset.gov.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">HM Inspectorate of Probation</a>

## Services for young people aged 18-25

### Changes Bristol



18+

CYP; P&C; PRO

Peer Support and Befriending Service for those experiencing mental ill-health and social isolation. We run support groups that happen face-to-face at the same time and place each week in different locations. We also run support groups online, a telephone befriending service, Walk and Talks, and mental health awareness training. We also run specific groups for specific communities, including Men, Women, Women of Colour, Men of Colour and people identifying as LGBTQIA+. Our services are ran by staff and volunteers of lived experience with mental health difficulties.

<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	Various locations – see website for details
<b>Website</b>	<a href="https://changesbristol.org.uk/">https://changesbristol.org.uk/</a>
<b>Telephone</b>	0117 941 1123
<b>Email</b>	<a href="mailto:info@changesbristol.org.uk">info@changesbristol.org.uk</a>

### Network Counselling and Training



18+

CYP; P&C

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

<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Elm Park, Filton, Bristol, BS34 7PS
<b>Website</b>	<a href="https://network.org.uk/">https://network.org.uk/</a>
<b>Telephone</b>	0117 950 7271
<b>Email</b>	<a href="mailto:reception@network.org.uk">reception@network.org.uk</a>

## Somerset and Avon Rape and Sexual Abuse Support



18+

CYP; P&C

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. Counselling, 1:1 specialist support, group work and training.

<b>How do I access this service?</b>	Self-referral; GP referral; Organisational referral
<b>Where do I access this service?</b>	At our location; Online
<b>Address</b>	Royal Oak House, Royal Oak Avenue, Bristol, BS1 4GB
<b>Website</b>	<a href="http://www.sarsas.org.uk">www.sarsas.org.uk</a>
<b>Telephone</b>	0117 929 9556
<b>Email</b>	<a href="mailto:info@sarsas.org.uk">info@sarsas.org.uk</a>



# 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](http://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](http://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](http://www.b-eat.co.uk)

## **Bullying UK**

Bullying UK provide advice on all aspects of bullying

0808 800 2222

[www.bullying.co.uk](http://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/](http://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](http://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.childrensociety.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](http://www.epicfriends.co.uk)

## **Get Self Help**

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

[www.getselfhelp.co.uk](http://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/](http://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/](http://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](http://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](http://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/](http://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](http://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](http://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](http://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](http://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](http://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](http://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](#).