

South Gloucestershire Mental Health and Wellbeing



Directory of Services for Children and Young People



South Gloucestershire Mental Health and Wellbeing

Directory of Services for Children and Young People

Contents

- [Introduction](#)
- [How to Support Mental Health and Wellbeing](#)
- [Directory of Mental Health Services](#)
 - [Services for Children and Young People](#)
 - [Services for Young People Aged 18-25](#)
- [Online Information and Resources](#)
- [What to do in a Crisis](#)

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 South Gloucestershire, including:

- Clear, accurate information about support and services available in South Gloucestershire
- 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. South Glos is committed to improving access to online information and resources, in particular for 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.

[Find information for adults, children and families](#) is a source of information, advice and guidance for people living in South Gloucestershire.

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

FREE online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. South Gloucestershire Council has partnered with the Solihull Approach to offer free access to expertly designed online courses for people living in the region. Sign up to understand your child's feelings, as well as your own, as you go through life as a family. Learn to understand the changes in your child's development and how to support them, whilst also strengthening your relationship – [In Our Place](#)

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

- [Bristol](#)
- [North Somerset](#)

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 **January 2025** 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 South Gloucestershire that can help you with your wellbeing. Why not check one of the websites below for some ideas:

Join a sports club

[BBC Club Finder](#)
[The West of England Sport Trust \(Wesport\)](#)

Learn a musical instrument or join a music group

[South Gloucestershire Music Hub \(integramusic.co.uk\)](#)

Join a local group like Scouts or Girlguiding

[Find your local Scout Group](#)
[Find your nearest Girlguiding Unit](#)
[Sea Cadets](#)
[Duke of Edinburgh's \(DofE\) awards | South Gloucestershire \(southglos.gov.uk\)](#)

Take up arts and crafts

[Dance and drama | South Gloucestershire \(southglos.gov.uk\)](#)
[Arts and crafts | South Gloucestershire \(southglos.gov.uk\)](#)

Volunteer and help out in your community

[NCS | National Citizen Service](#)
[South Gloucestershire Volunteering award | South Gloucestershire \(southglos.gov.uk\)](#)

Youth Centres

[Youth centres | South Gloucestershire \(southglos.gov.uk\)](#)

Find your local children's centre

[Children's centres in South Gloucestershire | South Gloucestershire \(southglos.gov.uk\)](#)

Join your local library

[Libraries | South Gloucestershire Council \(southglos.gov.uk\)](#)
South Glos libraries stock books on a range of mental health topics – including those from the [Reading Well booklist](#)

Find a park or play area

[Local parks | South Gloucestershire \(southglos.gov.uk\)](#)

Directory of Mental Health Services

This Directory provides information on a range of services available in South Gloucestershire 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?	

Barnardo's HYPE Service





0-25

CYP

Barnardo's HYPE Service involves young people as health champions. Health Champions work together to create change in health services, including mental health services.

There are opportunities to volunteer and to be paid.

Activities include interviewing staff, creating digital media, making presentations and doing peer research.

What do they offer?	Supporting young people's voice, volunteering opportunities, opportunities for creating change
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people
Age range	0-25
How do I access this service?	Self-referral
Where do I access this service?	At our location; Online
Address	Second Floor, Junction 3 Library, Baptist Mills Court, Bristol BS5 0YL
Accessibility Information	
Website	https://www.barnardoshype.org
Telephone	07734 603 648
Email	J3admin@barnardos.org.uk
Social Media	 Barnardos-HYPE-Blog-112337810440341  BarnardosHYPE
Who monitors or accredits this service?	

Be Safe Service



0-18

CYP; P&C; PRO

Be Safe is a multi-disciplinary team working with children and young people who have engaged in problematic and/or harmful sexual behaviour, and their parents/carers and the support network around them. The service offers direct assessment and intervention services as well as consultation, advice and training to professionals. For Bristol all ages, for South Gloucestershire for 7-11 year or commissioned.

Be Safe Service is part of Avon and Wiltshire Mental Health Partnership NHS Trust Child and Adolescent Mental Health Service

What do they offer?	Support for problematic/harmful sexual behaviour
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, including those with learning disabilities, autism and other neuro-development difficulties; Parents & Carers; Professionals
Age range	0-18
How do I access this service?	Referral through social care, GPs and other health providers, schools and other education providers, Youth Offending Teams, and Police. For direct work with a child or young person Be Safe usually expect social care involvement, unless agreed with the service.
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Barton Hill Settlement, 43 Ducie Road, Bristol, BS5 0AX
Accessibility Information	Clinic rooms are downstairs with disabled access. Can also offer services online/virtually or through outreach.
Website	http://cchp.nhs.uk/cchp/explore-cchp/be-safe
Telephone	0117 340 8700 0117 340 8600
Email	awp.besafe@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)


Bourne Family Project



4-12

CYP; P&C

We provide affordable children's play therapy for children aged 4-12. We also run indoor and outdoor toddler groups for the local community.

What do they offer?	Play therapy, Talking therapy
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers
Age range	4-12
How do I access this service?	Self-referral; Referral from GPs, social care, schools, nurseries, other services
Where do I access this service?	At our location
Address	Bourne Chapel, Waters Road, Kingswood, Bristol, BS15 8BE
Accessibility Information	Our therapy rooms are up a staircase and unfortunately not accessible to all.
Website	https://www.bournefamilyproject.org
Telephone	0117 947 8441
Email	info@bournefamilyproject.org
Social Media	 bournefamilyproject
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP) , British Association of Play Therapists (BAPT) , Association for Dance Music Psychotherapy (ADMP) , Play Therapy UK (PTUK)

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	All Ages
How do I access this service?	Self-referral, GP, professional, school, organisation
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	thebridge@uhbw.nhs.uk
Social Media	insta: @thebridgesarc x: @HeBridgeSARC Facebook: The Bridge SARC
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	Kingswood Locality Hub, Alma Road, Kingswood, Bristol, BS15 4DA
Accessibility Information	
Website	https://cchp.nhs.uk/cchp/explore-cchp/child-family-consultation-services-camhs-0
Telephone	01454 862431
Email	
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)



Carers Support Centre



5-18

CYP; P&C; PRO

Our Young Carers Service provides help and support to children aged 5-18, their families and professionals working with young carers in Bristol and South Gloucestershire. The service offers activities and groups to support the needs of young carers, including support for young carers' mental health.

What do they offer?	Young carers support; Mental health support; Groups; Activities
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Young carers and their families; Professionals
Age range	5-18
How do I access this service?	Self-referral; Professional referral (GP, schools, hospital, social care)
Where do I access this service?	At our location; Outreach (in the community); Online
Address	The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ
Accessibility Information	The Vassall Centre is a barrier free accessible building
Website	https://www.carerssupportcentre.org.uk/young-carers/
Telephone	0117 965 2200
Email	youngc@carerssupportcentre.org.uk
Social Media	 YoungCarersBSG  YoungCarersBSG
Who monitors or accredits this service?	

Compass



0-18

P&C; PRO

Compass has been established to help families, agencies and settings navigate to the right information and help, at the right time and in the right way.

Compass provides information and advice regarding early help both directly to families, as well as to professionals who are supporting them to enable them to achieve meaningful and positive outcomes. We want to prevent families having statutory intervention and receive support at the right time, as early as possible.

We know that early intervention and prevention is the most effective way of enabling children to reach their full potential and/or protecting children from harm. This includes access to information, advice or help before problems occur or escalate.




What do they offer?	Early help, Signposting
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Parents & Carers; Professionals
Age range	0-18
How do I access this service?	Self-referral: Professionals can email compass@southglos.gov.uk , Parents/carers need to ring 01454 866000
Where do I access this service?	Online
Address	
Accessibility Information	
Website	
Telephone	01454 86000
Email	compass@southglos.gov.uk
Social Media	
Who monitors or accredits this service?	

Creative Youth Network



Creative Youth Network enables young people, no matter their background or circumstances, to reach their potential. We build trusting relationships with young people, which enable us to address their individual needs.

We run youth centres across South Gloucestershire and provide one-to-one wellbeing support (low-intensity CBT), as well as a wide range of programmes and activities. Our low-intensity CBT offer is for 7-17 year olds, delivered by Children's Wellbeing Practitioners. We can work with mild to moderate mental health issues, for 6-10 sessions. We also have LGBTQ+ specific trained practitioners.

What do they offer?	Youth work, Group support, Wellbeing support, Mental health support; One-to-one support; Activities
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	7 - 17 for wellbeing support, 11 - 19 for youth clubs
How do I access this service?	Self-referral or professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Various locations, see https://www.creativeyouthnetwork.org.uk/contact-us1
Accessibility Information	Accessibility of website: https://www.creativeyouthnetwork.org.uk/accessibility ; contact info@creativeyouthnetwork.org.uk for specific accessibility information for each location
Website	https://www.creativeyouthnetwork.org.uk/low-intensity-wellbeing-referrals
Telephone	0117 947 7948
Email	info@creativeyouthnetwork.org.uk
Social Media	 creativeyouthnetwork  Creative Youth Network  creative_youth
Who monitors or accredits this service?	

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



0-25

CYP; P&C; PRO

The Educational Psychology Service (EPS) supports early years' settings, schools, academies and colleges to meet the needs of children and young people with a wide range of special educational needs and social, emotional and mental health needs.

We use our knowledge of child development, psychological theory and research, and our breadth of experience to support teachers and other professionals to enhance the learning and emotional wellbeing of children and young people. We apply high quality psychology to make a positive difference. We help education professionals find creative solutions in the most difficult situations.

What do they offer?	Education; Psychology; Special Educational Needs support; Emotional Well-Being; Mental Health; Child Development; EHC Needs Assessment
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & Young People; Parents & Carers; Professionals
Age range	0-25
How do I access this service?	Non-statutory EP involvements are negotiated through schools (SENCOs); Statutory EP involvements are determined by the Local Authority.
Where do I access this service?	At our location; Outreach (in the community); Online
Address	South Gloucestershire Council, PO Box 1955, Bristol, BS37 0DE
Accessibility Information	
Website	https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/service.page?id=mx07JAg5p2Q
Telephone	01454 863363 (North area) 01454 868591 (South area)
Email	educational.psychology@southglos.gov.uk
Social Media	
Who monitors or accredits this service?	British Psychological Society (BPS) ; Health and Care Professions Council (HCPC)

Enable Inclusion Team



4-16

CYP; P&C; PRO

The EIT is part of Enable Trust and is a team of four psychologists who work with children, adolescents, families and schools to support positive, meaningful, inclusive and values-consistent engagement in education.

The EIT works primarily to support children and young people who are, or may be, at risk of exclusion from mainstream education. The primary purpose of the EIT is to support the creation of educational contexts for these groups of students to thrive, prosper and engage in successful, inclusive educational experiences, in line with the SEND Code of Practice (DfE, 2015) and the recent SEND Green Paper (DfE, 2022).

What do they offer?	Acceptance and Commitment Therapy (DNA-V model)
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people at risk of exclusion from mainstream education; Parents & Carers; Professionals
Age range	4-16
How do I access this service?	Local authority High Risk Group (for children with no EHCP) or via website for children with existing South Gloucestershire EHCPs
Where do I access this service?	Outreach (in the community)
Address	Gillingstool, Thornbury, South Gloucestershire, BS35 2EG
Accessibility Information	Accessible, including accessible facilities
Website	https://enabletrust.org.uk/page/?title=Enable+Inclusion+Team&pid=84
Telephone	01454 553000
Email	EIT@enabletrust.org.uk
Social Media	
Who monitors or accredits this service?	All EIT Psychologists are registered with the Health & Care Professionals Council (HCPC).


Frome Valley Growing Project



4+

CYP; P&C

We grow food, care for community, provide learning opportunities and increase local biodiversity using permaculture growing methods. The project promotes wellbeing and mindfulness through connection with nature.

What do they offer?	Wellbeing; Mindfulness; Green social prescribing; Nature therapy
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people; Parents & Carers
Age range	4+
How do I access this service?	Self-referral
Where do I access this service?	At our location
Address	Swan Lane, Winterbourne, BS36 1RH - https://maps.app.goo.gl/YwhHAp8H6TD6Ndrf7
Accessibility Information	We are an off grid site that is not accessible by car during the winter months. We have a compost loo and rain water hand washing facilities but no drinkable water or electricity on site
Website	https://www.facebook.com/FromeValleyGrowingProject
Telephone	07708758370
Email	thegrowingproject123@gmail.com
Social Media	 FromeValleyGrowingProject
Who monitors or accredits this service?	




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.

What do they offer?	Sexual abuse and sexual assault support, Trauma-informed counselling, Creative Therapy, Mental Health support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people who have experienced sexual harm/ assault/ abuse; Parents & carers; Professionals
Age range	0-18
How do I access this service?	Self-referral; Professional referral
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  GreenHseBristol  the.greenhousebristol

Who monitors or accredits this service?

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?	Holistic Needs Assessment, Early Help and Prevention and Targeted Interventions
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 and moving into a new area
Where do I access this service?	At our location; Outreach (in the community); Online, in your own home, community venues such as Baby Hubs, online and telephone.
Address	Sirona care & health Badminton Rd Office 2nd Floor Badminton Road Yate BS37 5AF
Accessibility Information	
Website	https://sirona-cic.org.uk/children-services/services/health-visiting-service/
Telephone	0300 125 5200
Email	
Social Media	 sgbbabyhubs
Who monitors or accredits this service?	Care Quality Commission (CQC)

Holiday Activities and Food Programme



5-16

CYP

We provide free places on holiday activity programmes for children and young people who are eligible for benefits-related free school meals. We currently have around 20 different providers working across around 37 different locations in South Gloucestershire. There is a small amount of flexibility for other children who may benefit from attending the programme. To secure a discretionary place on any of the HAF programmes we ask for referrals either from the child's school or another professional working with them. To make a referral they need to email HAF@southglos.gov.uk with the child's full name and date of birth. All children and young people attending a programme will also receive a free healthy lunch.

What do they offer?	Holiday activities, nutrition
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people eligible for Free School Meals but also incorporating 'vulnerable' children ie SEND, CP, CiN, CLA
Age range	5-16
How do I access this service?	Self-referral/ parental-referral; Professional referral, particularly from schools
Where do I access this service?	At our location
Address	Varied locations throughout South Gloucestershire - mainly based in school settings, youth centres, leisure centres
Accessibility Information	
Website	https://beta.southglos.gov.uk/supporting-families-in-school-holidays/
Telephone	
Email	HAF@southglos.gov.uk
Social Media	
Who monitors or accredits this service?	Department for Education (DfE)

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? (<i>iThrive</i>)	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
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.

What do they offer? 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

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

Who is this for? Children & young people - particularly CYP with additional needs and their families; Parents & Carers

Age range 0-25

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

Where do I access this service? At our location

Address 15-17 St Mary Street, Thornbury, BS35 2AB

Accessibility Information Accessible venue and toilet

Website <https://www.jigsawthornbury.org.uk/>

Telephone 01454 567508

Email admin@jigsawthornbury.org.uk

Social Media

-  [jigsaw_thornbury](#)
-  [jigsawthornbury](#)
-  [jigsawthornbury](#)

Who monitors or accredits this service?

Juice Community Project



0-25

CYP; P&C

Juice provides activities, services and help for those who live in the BS30 area. Juice has a community hub which is open Monday to Friday where residents can drop in and ask for help. Juice also works closely with other agencies in the area like housing, health, employment and learning. Juice is open to all ages.

What do they offer? Community Hub, Signposting , Support for families

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

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

Age range 0-25

How do I access this service? Self-referral

Where do I access this service? At our location

Address 56-60 Newton Road, Cadbury Heath, BS30 8EL

Accessibility Information Premises are accessible for people with disabilities

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

Telephone 01454 302302

Email info@juicecic.com

Social Media
 [JuiceCIC](#)
 [JuiceCIC](#)

Who monitors or accredits this service?

Kooth



11-18

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 11-18

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 \(BACP\)](#)

Krunch South West



10-25

CYP

Krunch provides support for young people in a variety of ways. We run weekly open access sessions where all young people are welcome to come along, take part in fun activities, chat with a youth workers, find support and further signposting. We also offer one-to-one mentoring (subject to funding and referrals) and a personal development programme for young people not coping well with education or needing additional support. We have opportunities for youth volunteers and run a Holiday Activities and Food Programme during school holidays. We work with The Prince's Trust to deliver the Achieve award in Personal development and Employability.

What do they offer? Youth Work, youth club, mentoring, personal development, support, youth activities, mental health support, young volunteers

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? Through schools and other education providers, social care, youth offending team, police, or directly (self-referral)

Where do I access this service? At our location

Address Location: The Pod, Vilner Lane, Thornbury, BS35 3HY
Post: Town Hall, Thornbury High Street, Thornbury, BS35 2AR




Accessibility Information

Website www.krunch.org.uk

Telephone 07735 405175

Email penny@krunch.org.uk

Social Media

-  [krunch_youth](#)
-  [KrunchSouthWest](#)
-  [KrunchSW](#)

Who monitors or accredits this service?

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 67 Stoke Hill, Bristol, BS9 1EP


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](#)

 [lovesquaredcharity](#)

 [lovesquared](#)

Who monitors or accredits this service?

Learning Partnership West (LPW)



8-18

CYP; PRO

We support children and young people aged 8-18 (up to 25 with LD) with 1-1, group and open access play and youth work. We build strong relationships with children and young people to help them overcome trauma and engage in education, family and community life.

What do they offer? Play, Youth, Education, 1-1, Group Sessions, Youth Work

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

Who is this for? Children and young people; Professionals;

Age range 8-18

How do I access this service? Usually through local authorities, schools or young people direct for open access youth and play

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

Address LPW House, Princess Street, Bedminster, BS3 4AG

Accessibility Information All venues are accessible

Website www.lpw.org.uk

Telephone 0117 987 3700

Email enquiries@lpw.org.uk

Social Media

-  [lpwbristol](https://www.instagram.com/lpwbristol)
-  [lpw.bristol](https://www.facebook.com/lpw.bristol)
-  [LPWorg](https://twitter.com/LPWorg)

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.

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	awp.mhstenquiries@nhs.net
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, Beaufey 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)

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



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	hello@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 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.

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


Samaritans (Bristol)



All Ages

CYP; P&C; PRO

We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Our vision is that fewer people die by suicide.

What do they offer?	Emotional Support; Suicide Self-harm Prevention; Email; Phone Webchat; Prison; School; Listening
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children and young people; Parents/carers; Professionals;
Age range	All ages
How do I access this service?	Self-referral; Bristol Royal Infirmary.
Where do I access this service?	At our location; Outreach (in the community); Online
Address	We are currently closed to face-to-face, though our address is 27 St Nicholas Street, Bristol, BS1 1TP
Accessibility Information	Currently closed for face-to-face
Website	https://www.samaritans.org/branches/bristol/
Telephone	For Support: 116123 For admin/general enquiries: 0117 927 9387
Email	For support: jo@samaritans.org For admin/general enquiries: https://www.samaritans.org/branches/bristol/volunteering-bristol-branch/
Social Media	 bristolsams
Who monitors or accredits this service?	Charity Commission

School Nursing Team



4-19

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 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	
Accessibility Information	
Website	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing
Telephone	07312 263093 (ChatHealth) 01454 862 442 (Patchway) 01454 862 441 (Kingswood) 01454 338 804 (Yate)
Email	sirch.southglosschoolnursing@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

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

Telephone 0117 927 9600

Email info@selfinjurysupport.org.uk

Social Media  [self_injury_support](#)

 [sisupportorguk](#)

 [sisupportorguk](#)

Who monitors or accredits this service?

South Glos Harmful Sexual Behaviour Service



12-17

CYP; P&C; PRO

Polaris Children's Services- are running a service in South Gloucestershire for young people displaying harmful sexual behaviour. Our service will:

- Assess children and young people in South Gloucestershire from 12 up to the age of 18, and if appropriate, offer a therapeutic intervention programme which will consist of a tailor-made plan to address the concerning behaviour.
- Offer advice and support to family members, carers and support networks.
- Offer consultation and training to South Gloucestershire Social care and education Professionals including ongoing consultations.

The child or young person must be open to South Gloucestershire children's services to be eligible for the service.

What do they offer?	Harmful sexual behaviour support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & young people displaying harmful sexual behaviour; Parents & carers; Professionals
Age range	11-19
How do I access this service?	Referral must come through children's social care
Where do I access this service?	At our location
Address	
Accessibility Information	
Website	
Telephone	01257 275537, Option 2
Email	south.gloshsb@coreassets.com
Social Media	
Who monitors or accredits this service?	


South Glos Parents & Carers



0-25

P&C

South Glos Parent Carers (SGPC) is the local parent carer forum that represents and supports parent carers of children and young people with Special Education Needs and Disabilities (SEND) in South Gloucestershire. The SGPC team are all parent carers themselves, so they truly understand the SEND journey its challenges. SGPC offers a range of different support options including online and drop-in support sessions as well as free workshops on a range of SEND topics. These options are available to all parents in South Glos whether your child has a diagnosis or if they are just showing signs of having an additional need.

What do they offer?	Parental support, Peer support, Wellbeing support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Parents & carers of children aged 0-25 with additional needs/ disabilities. No diagnosis needed.
Age range	0-25
How do I access this service?	Drop-in Support. Children do not need a diagnosis for parents to access any of the services available.
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Drop in to our community base at the Kingswood Centre (BS15 4FS) Tuesday & Thursday 10:00am - 2:00pm or Patchway Children's Centre (BS34 5TF) Wednesday 10:00 - 11:30am (for those with children aged 0 - 5)
Accessibility Information	Accessible venue and toilet for all support sessions. Your children are welcome to join you.
Website	https://sgpc.org.uk/
Telephone	
Email	team@sglospc.org.uk
Social Media	 sgpc.community
Who monitors or accredits this service?	

South Gloucestershire Breastfeeding Peer Support



0+

P&C

Throughout South Gloucestershire we have breastfeeding groups which offer a social and supportive space. All groups welcome mothers doing any amount of breastfeeding and mums can drop in anytime. There are two breastfeeding counsellors who attend groups most weeks.

There is also a weekly breastfeeding clinic for mums who have a persistent breastfeeding challenge. You need to ask your Midwife or Health Visitor to refer you.

What do they offer?	Breastfeeding support, Peer support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Parents & carers of children aged 0-25 with additional needs/ disabilities. No diagnosis needed.
Age range	0+
How do I access this service?	Self-referral; Clinic requires midwife or health visitor referral
Where do I access this service?	At our location; Online
Address	
Accessibility Information	Face-to-face venues are accessible
Website	http://www.breastfeedingsouthglos.co.uk/
Telephone	07734603648 0117 958 0320
Email	J3admin@barnardos.org.uk
Social Media	
Who monitors or accredits this service?	

Well Aware





0-25

P&C; PRO

Our Well Aware website provides information on a wide range of organisations; support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire. Find out what's happening near you with our map search and links to travel information. If you don't have access to the internet just give us a call 0808 808 5252. One of our friendly advisers will search the database and send you the information you need, either by email or post. This is a free phone number, including from mobiles. Our telephone service is available Monday – Thursday, 9am-5pm and 9am-4:30pm on Fridays. Alternatively, get in touch via our contact form.

Well Aware is part of the Bristol based charity The Care Forum. The Care Forum is a health and social care voluntary organisation providing a mixture of frontline services and support to individuals, groups and organisations.

What do they offer?	Information, Advice, Signposting, Local health and wellbeing services
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Parents & carers; Professionals
Age range	0-25
How do I access this service?	No referral needed (Self-referral)
Where do I access this service?	Online, at our location
Address	TCF, the Vassall Centre BS16 2QQ
Accessibility Information	Website has Browsealoud and various accessibility settings such as text sizing, colour of text and the option to choose text only. We also run a phonenumber (0808 808 5252) for those that don't have internet access or would rather talk to one of our friendly advisers.
Website	https://www.wellaware.org.uk/
Telephone	0808 808 5252
Email	There is a Contact Us enquiry form on the website - https://www.wellaware.org.uk/contact-us
Social Media	 WellAwareSouthWest  WellAware_TCF
Who monitors or accredits this service?	

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)

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

Who monitors or accredits this service?



Womankind – Bristol Women’s Therapy Centre



16-18

CYP

Womankind offers a Helpline and Texting service alongside two counselling services for young women: CADA - Counselling for Girls and Young Women (aged 16-18) Affected by Domestic Abuse. Womankind Sexual Violence Service - Counselling for recent or historic rape, sexual assault or sexual abuse for young women (aged 16 - 18).

What do they offer?	Information, Helpline, Counselling
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & Young People – Young Women
Age range	16-18
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At a fixed base/location
Address	Womankind, 3rd Floor, Brunswick Court, Brunswick Square, Bristol, BS2 8PE
Accessibility Information	Womankind is fully accessible
Website	www.womankindbristol.org.uk
Telephone	0345 458 2914 or 0117 916 6461
Email	info@womankindbristol.org.uk
Social Media	 womankindtherapy  womankindtherapy
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 People's Drug and Alcohol Service (YPDAS)



0-24

CYP

YPDAS is a confidential service which provides 1:1 support for young people, such as someone to talk to, advice and information on reducing harm, and on-going sessions to explore issues that feel difficult.

If a young person is using drugs or alcohol there may be concerns around the impact it is having on school, work or college; relationships at home; decisions and behaviours that may be risky or later regretted; mental health and wellbeing or a loss of interest in activities and hobbies. We can also provide sessions on drugs and alcohol to groups of young people, training for staff and advice around drug and alcohol information and education.

What do they offer?	Young people, drugs, alcohol, substance use / misuse, support addiction, harm reduction
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children and young people;
Age range	Up to 18 or 24 if care leaver
How do I access this service?	We accept referrals from anyone, including self-referrals. Please refer by contacting Access and Response Team (ART) (tel. 01454 866000), or if internal to the council please use the direct referral form.
Where do I access this service?	Outreach (in the community); Online;
Address	
Accessibility Information	
Website	Young people's drug and alcohol support South Gloucestershire (southglos.gov.uk)
Telephone	For referrals 01454 866000
Email	ypdas@southglos.gov.uk
Social Media	
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

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.

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

Network Counselling and Training



18+

CYP; P&C

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; Outreach (in the community); Online
Address	Elm Park, Filton, Bristol, BS34 7PS
Website	https://network.org.uk/
Telephone	0117 950 7271
Email	reception@network.org.uk

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.

How do I access this service?	Self-referral; GP referral; Organisational referral
Where do I access this service?	At our location; Online
Address	Royal Oak House, Royal Oak Avenue, Bristol, BS1 4GB
Website	www.sarsas.org.uk
Telephone	0117 929 9556
Email	info@sarsas.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

[Back to Contents](#)

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

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 – Fridays 8pm-12am. They also support family members and friends and provide signposting to other services and resources.

[Mindline Trans + | Mind in Somerset](#)

Mind You – South Gloucestershire

Mind You is South Gloucestershire's mental health and emotional wellbeing hub for young people. The free to use website is here to help young people to look after their mental health and find out about mental health problems and the support that is available in South Gloucestershire. It also has section for parents/carers and professionals.

sites.southglos.gov.uk/mind-you

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 provides 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, HOPELINE247, 24 hours every day of the year (Weekends and Bank Holidays included).

0800 068 4141 (Tel), 88247 (Text)

pat@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.

[Back to Contents](#)

<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 01454 866000 (Monday to Friday) or 01454 615165 (out of hours / weekends).

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