

# South Gloucestershire Mental Health and Wellbeing



Directory of Services for Children and Young People



**Healthier Together**

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



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

# South Gloucestershire 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 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.

If you are looking for information on a range of common mental health problems such as anxiety, stress, eating disorders or self-harm, please see our [Mind You website](#).

[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](mailto:mentalhealth@southglos.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](#)
- [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 **July 2023** and is updated regularly.*



# How to Support Mental Health and Wellbeing

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

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

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

There are a huge number of organisations, teams and groups in 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.

<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>	

## Barnardo's Against Sexual Exploitation (BASE)



0-17

CYP

BASE work alongside children and young people of all genders who are being, or are at high risk of being, sexually exploited. BASE deliver a relationship based, trauma informed, one to one intervention to children and young people. Support is decided between the young person and their BASE worker and is individually tailored to meet their needs. This can include:

- A safe space to talk through difficulties or worries
- Creative and therapeutic activities which can support sensory and emotional regulation and development of self-esteem, receiving practical help and support
- Opportunities to use psycho-education resources and activities, where appropriate BASE workers understand that not all children and young people feel ready to talk about their different experiences and therefore we work at the child's pace and with no expectation that they should talk about anything they don't feel comfortable with.

BASE workers are qualified in social work, youth work or mental health nursing or have other relevant experience in relation to the role.

<b>What do they offer?</b>	Mental health support, therapeutic support, sexual exploitation support, signposting
<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
<b>Age range</b>	0-18
<b>How do I access this service?</b>	Phone 0117 934 9726 for advice on making a referral
<b>Where do I access this service?</b>	Outreach (in the community)
<b>Address</b>	38-39 Old Market Street, Bristol, BS2 0EZ
<b>Accessibility Information</b>	
<b>Website</b>	
<b>Telephone</b>	0117 934 9726
<b>Email</b>	<a href="mailto:oldmarketservices@barnardos.org.uk">oldmarketservices@barnardos.org.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	

## 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.

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



## 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

<b>What do they offer?</b>	Support for problematic/harmful sexual behaviour
<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, including those with learning disabilities, autism and other neuro-development difficulties; Parents & Carers; Professionals
<b>Age range</b>	0-18
<b>How do I access this service?</b>	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.
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Barton Hill Settlement, 43 Ducie Road, Bristol, BS5 0AX
<b>Accessibility Information</b>	Clinic rooms are downstairs with disabled access. Can also offer services online/virtually or through outreach.
<b>Website</b>	<a href="http://cchp.nhs.uk/cchp/explore-cchp/be-safe">http://cchp.nhs.uk/cchp/explore-cchp/be-safe</a>
<b>Telephone</b>	0117 340 8700 0117 340 8600
<b>Email</b>	<a href="mailto:awp.besafe@nhs.net">awp.besafe@nhs.net</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>

## Bluebell Care



0-2

P&C; PRO

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

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

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

**Who is this for?** Parents & carers; Professionals

**Age range** Parents of children aged 0-2

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

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

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




**Accessibility Information**

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

**Telephone** 0117 922 0746

**Email** [hello@bluebellcare.org](mailto:hello@bluebellcare.org)

**Social Media**

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

**Who monitors or accredits this service?**

## Bourne Family Project





4-14

CYP; P&C

We provide low-cost creative therapies for children aged 4-14. Just like adults, children face difficult challenges and have overwhelming feelings that may be difficult to understand. This might leave them feeling sad, angry or anxious. Their relationships might be affected, or their feelings may be reflected in their behaviour.

Talking things through can be difficult at any age but for a child, using words may be particularly hard; a child's natural language is creativity and play. The therapy space that we provide offers the child the opportunity of expressing their feelings and experiences in a safe, non-judgmental environment and introduces the creative process as a way for the child to access and get in touch with their experiences from within.

<b>What do they offer?</b>	Play therapy, Dance movement psychotherapy, Art therapy, Sand play, Creative therapy, Talking therapy
<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
<b>Age range</b>	4-14
<b>How do I access this service?</b>	Self-referral; Referral from GPs, social care, schools, nurseries, other services
<b>Where do I access this service?</b>	At our location
<b>Address</b>	Bourne Chapel, Waters Road, Kingswood, Bristol, BS15 8BE
<b>Accessibility Information</b>	Car park on site; stairs
<b>Website</b>	<a href="https://www.bournefamilyproject.org">https://www.bournefamilyproject.org</a>
<b>Telephone</b>	0117 947 8441
<b>Email</b>	<a href="mailto:info@bournefamilyproject.org">info@bournefamilyproject.org</a>
<b>Social Media</b>	 <a href="#">bournefamilyproject</a>  <a href="#">bournefamilyproject</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a> , <a href="#">British Association of Play Therapists (BAPT)</a> , <a href="#">Association for Dance Music Psychotherapy (ADMP)</a> , <a href="#">Play Therapy UK (PTUK)</a> , <a href="#">Association of Christian Counsellors (ACC)</a>

## Breakthrough Mentoring



0-25

CYP; P&C

Breakthrough works with individuals or families to empower them to reach their personal potential. A Breakthrough mentor offers bespoke, person centred one to one mentoring in the community. They are there just for you, to support and guide you to achieve your goals. We work to empower mentees to live a positive, fulfilled life.

We support individuals with a range of needs including mental health, neurodiversity, physical impairments, or learning disabilities. Mentoring can help build resilience, improve wellbeing, reduce isolation, and increase independence by providing practical and emotional support and guidance. We have two restrictions: we don't carry out personal care and we don't have access to mobility vehicles. This is a Chargeable service.

**What do they offer?** Mentoring, Empowerment, Mental health support

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

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

**Age range** 0-25

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

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

**Address**

**Accessibility Information**

**Website** [Southglos.gov.uk \(directory\)](https://southglos.gov.uk/directory)

**Telephone** 01454 86 4449

**Email** [breakthrough@southglos.gov.uk](mailto:breakthrough@southglos.gov.uk)

**Social Media**

**Who monitors or accredits this service?**



## The Bridge Foundation







0-25

CYP; P&C; PRO

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

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

<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>	Kingswood Locality Hub, Alma Road, Kingswood, Bristol, BS15 4DA
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.awp.nhs.uk/services/children-and-young-people">https://www.awp.nhs.uk/services/children-and-young-people</a>
<b>Telephone</b>	01454 862431
<b>Email</b>	
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>



## 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.

<b>What do they offer?</b>	Young carers support; Mental health support; Groups; Activities
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Young carers and their families
<b>Age range</b>	5-18
<b>How do I access this service?</b>	Self-referral; Professional referral (GP, schools, hospital, social care)
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ
<b>Accessibility Information</b>	The Vassall Centre is a barrier free accessible building
<b>Website</b>	<a href="https://www.carerssupportcentre.org.uk">https://www.carerssupportcentre.org.uk</a>
<b>Telephone</b>	0117 939 2562
<b>Email</b>	<a href="mailto:info@carerssupportcentre.org.uk">info@carerssupportcentre.org.uk</a>
<b>Social Media</b>	 <a href="#">CarersBSG</a>  <a href="#">CarersBSG</a>
<b>Who monitors or accredits this service?</b>	

## 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.




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

## 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 support, as well as a wide range of programmes and activities. We provide one to one wellbeing support to 11-19 year olds, delivered by Wellbeing Practitioners. We can help with mild to moderate mental health issues, in a flexible way, for 6-12 sessions. We also have a Wellbeing Group and an LGBT+ Wellbeing Group, where young people can learn techniques on how to look after their mental health, in a positive and safe space.

<b>What do they offer?</b>	Youth work, Group support, Wellbeing support, Mental health support; One-to-one support; Activities
<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>	11-19
<b>How do I access this service?</b>	Self-referral or professional referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Various locations, see <a href="https://www.creativeyouthnetwork.org.uk/contact-us1">https://www.creativeyouthnetwork.org.uk/contact-us1</a>
<b>Accessibility Information</b>	Accessibility of website: <a href="https://www.creativeyouthnetwork.org.uk/accessibility">https://www.creativeyouthnetwork.org.uk/accessibility</a> ; contact <a href="mailto:info@creativeyouthnetwork.org.uk">info@creativeyouthnetwork.org.uk</a> for specific accessibility information for each location
<b>Website</b>	<a href="https://www.creativeyouthnetwork.org.uk">https://www.creativeyouthnetwork.org.uk</a>
<b>Telephone</b>	0117 947 7948
<b>Email</b>	<a href="mailto:info@creativeyouthnetwork.org.uk">info@creativeyouthnetwork.org.uk</a>
<b>Social Media</b>	 <a href="https://www.instagram.com/creativeyouthnetwork">creativeyouthnetwork</a>  <a href="https://www.facebook.com/creativeyouthnet">creativeyouthnet</a>  <a href="https://twitter.com/creative_youth">creative_youth</a>
<b>Who monitors or accredits this service?</b>	

## 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



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.

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

## 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).

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

<b>What do they offer?</b>	Wellbeing; Mindfulness; Green social prescribing
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Children & young people – particularly neurodiverse CYP; Parents & Carers
<b>Age range</b>	4+
<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>	Swan Lane, Winterbourne, BS36 1RH
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.facebook.com/FromeValleyGrowingProject">https://www.facebook.com/FromeValleyGrowingProject</a>
<b>Telephone</b>	07708758370
<b>Email</b>	<a href="mailto:thegrowingproject123@gmail.com">thegrowingproject123@gmail.com</a>
<b>Social Media</b>	 <a href="https://www.facebook.com/FromeValleyGrowingProject">FromeValleyGrowingProject</a>
<b>Who monitors or accredits this service?</b>	All EIT Psychologists are registered with the <a href="#">Health &amp; Care Professionals Council</a> (HCPC).

## The Green House



3-18

CYP; P&C

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

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

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

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

**Age range** 3-18

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

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

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

**Accessibility Information** Venue and bathroom wheelchair accessible

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

**Telephone** 0117 325 1707

**Email** [info@the-green-house.org.uk](mailto:info@the-green-house.org.uk)

**Social Media**

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

**Who monitors or accredits this service?**



## 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>	Corum Office Park (Corum 1), Crown Way, Warmley, BS30 8FJ
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://cchp.nhs.uk/cchp/explore-cchp/health-visiting/health-visiting-south-gloucestershire">https://cchp.nhs.uk/cchp/explore-cchp/health-visiting/health-visiting-south-gloucestershire</a>
<b>Telephone</b>	0300 124 5498 (Cadbury Heath/Kingswood) 0300 124 5862 (Yate) 0300 125 5970 (Thornbury/Patchway/Filton)
<b>Email</b>	
<b>Social Media</b>	 <a href="#">sgbabyhubs</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>

## 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. We are also able to provide free places for children and young people who would be considered vulnerable ie SEND, CP, CiN, CLA. All children and young people attending a programme will also receive a free healthy lunch.

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

## JIGSAW Thornbury



**0-25**

**CYP; P&C; PRO**

JIGSAW Thornbury supports families who have children or young people (CYP) with additional needs and/or disabilities (AND), including those who may not yet have a diagnosis. These may be medical, physical, educational or mental health difficulties.

JIGSAW stands for Joining In, Growing Support, Awareness and Wellbeing. Our charity objectives are very much developed around this ethos: increasing inclusion and reducing isolation, promoting independence, developing self-esteem, raising awareness and enhancing understanding. We do this through a range of services, including support groups and wellbeing programmes.

**What do they offer?** Support groups, Young volunteers scheme, SEN-sory lending library, Holiday activities, Youth club, Wellbeing support, Parent training, Project 5 wellbeing and resilience programme

**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, and supporting siblings as well as the child with the additional needs

**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; Outreach (in the community); Online

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

**Accessibility Information** Venue is accessible, no accessible toilets currently

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

**Telephone** 01454 567508

**Email** [admin@jigsawthornbury.org.uk](mailto: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](mailto: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.

<b>What do they offer?</b>	Wellbeing & Mental Health Support, Online Community, Counselling, Messaging, Forums, Articles & Self-Help Activities
<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>	11-18
<b>How do I access this service?</b>	Self-referral (no referral needed)
<b>Where do I access this service?</b>	Online
<b>Address</b>	
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.kooth.com">https://www.kooth.com</a>
<b>Telephone</b>	020 3984 9337
<b>Email</b>	<a href="mailto:contact@kooth.com">contact@kooth.com</a> <a href="mailto:parents@kooth.com">parents@kooth.com</a>
<b>Social Media</b>	 <a href="#">kooth_uk</a>  <a href="#">kooth_plc</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a>



## 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](http://www.krunch.org.uk)

**Telephone** 07735 405175

**Email** [penny@krunch.org.uk](mailto:penny@krunch.org.uk)

**Social Media**  [krunch\\_youth](https://www.instagram.com/krunch_youth)  
 [KrunchSouthWest](https://www.facebook.com/KrunchSouthWest)  
 [KrunchSW](https://twitter.com/KrunchSW)

**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](http://www.lpw.org.uk)

**Telephone** 0117 987 3700

**Email** [enquiries@lpw.org.uk](mailto: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?**

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

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

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

**Who monitors or accredits this service?**

## Mental Health Support Team (in education)



5-18

CYP; P&C; PRO

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

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

<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="https://www.instagram.com/naos.therapy">naos.therapy</a>  <a href="https://www.facebook.com/naos.intercultural.therapy">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>

## 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>


## 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.

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

## School Nursing Team



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

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

<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>	4-19
<b>How do I access this service?</b>	Self-referral; Drop-in clinics at school; Professional referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing">https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing</a>
<b>Telephone</b>	07312 263093 (ChatHealth) 01454 862 442 (Patchway) 01454 862 441 (Kingswood) 01454 338 804 (Yate)
<b>Email</b>	<a href="mailto:sirch.southglosschoolnursing@nhs.net">sirch.southglosschoolnursing@nhs.net</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>

## Self-Injury Support



**All Ages**

**CYP; P&C; PRO**

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

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

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

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

**Age range** All ages

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

**Where do I access this service?** Online

**Address**


**Accessibility Information**


**Website** [www.selfinjurysupport.org.uk](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?**

## Somerset and Avon Rape and Sexual Abuse Support (SARSAS)



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

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



## 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.

<b>What do they offer?</b>	Harmful sexual behaviour 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 displaying harmful sexual behaviour; Parents & carers; Professionals
<b>Age range</b>	11-19
<b>How do I access this service?</b>	Referral must come through children's social care
<b>Where do I access this service?</b>	At our location
<b>Address</b>	
<b>Accessibility Information</b>	
<b>Website</b>	
<b>Telephone</b>	01257 275537, Option 2
<b>Email</b>	<a href="mailto:south.gloshsb@coreassets.com">south.gloshsb@coreassets.com</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	

## South Glos Parents & Carers




0-25

P&C

We support parents & carers of children with additional needs & disabilities, Connecting Families & Bringing Them Together. Face-to-Face & Online. The challenges of being a Parent Carer can be great and we all need support from time-to-time. We are running the following to help support our community:

- Our Community closed Facebook page where parents help each other
- Fortnightly evening virtual support group meet-up.
- Regular themed virtual discussion groups.
- Regular virtual groups with guests (Q&A's, discussion, webinars).
- Little Treasures members monthly virtual evening support.
- Face to face support include 'our community base' in Kingswood and our 'Little Treasures' stay & Play support group weekly in Warmley.

All of our support offers parent carers a safe space to gain peer to peer support, information, advice and signposting. Gaining more knowledge empowers parent carers, increasing confidence, self-esteem and reduces isolation.

<b>What do they offer?</b>	Parental support, Peer support, Wellbeing support
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Parents & carers of children aged 0-25 with additional needs/ disabilities. No diagnosis needed.
<b>Age range</b>	0-25
<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>	
<b>Accessibility Information</b>	Face-to-face venues are accessible
<b>Website</b>	<a href="https://www.sglospc.org.uk/">https://www.sglospc.org.uk/</a>
<b>Telephone</b>	01454 501 009 (Email contact preferred)
<b>Email</b>	<a href="mailto:team@sglospc.org.uk">team@sglospc.org.uk</a>
<b>Social Media</b>	 <a href="https://www.facebook.com/sgpc.community">sgpc.community</a>
<b>Who monitors or accredits this service?</b>	

## 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.

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

## 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.

<b>What do they offer?</b>	Information, Advice, Signposting, Local health and wellbeing services
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Parents & carers; Professionals
<b>Age range</b>	0-25
<b>How do I access this service?</b>	No referral needed (Self-referral)
<b>Where do I access this service?</b>	Online
<b>Address</b>	
<b>Accessibility Information</b>	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.
<b>Website</b>	<a href="https://www.wellaware.org.uk/">https://www.wellaware.org.uk/</a>
<b>Telephone</b>	0808 808 5252
<b>Email</b>	There is a Contact Us enquiry form on the website - <a href="https://www.wellaware.org.uk/contact-us">https://www.wellaware.org.uk/contact-us</a>
<b>Social Media</b>	 <a href="#">WellAwareSouthWest</a>  <a href="#">WellAware_TCF</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>



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

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

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

**Who monitors or accredits this service?**

## Unity Sexual Health




13+

CYP; P&C, PRO

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

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

<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 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.

<b>What do they offer?</b>	Young people, drugs, alcohol, substance use / misuse, support addiction, harm reduction
<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;
<b>Age range</b>	Up to 18 or 24 if care leaver
<b>How do I access this service?</b>	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.
<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.southglos.gov.uk/young-people-drug-and-alcohol-support">Young people's drug and alcohol support   South Gloucestershire (southglos.gov.uk)</a>
<b>Telephone</b>	For referrals 01454 866000
<b>Email</b>	<a href="mailto:ypdas@southglos.gov.uk">ypdas@southglos.gov.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	

## 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>

# Services for Young People Aged 18-25

## Changes Bristol



18+

CYP; P&C; PRO

Peer Support Service for those suffering mental distress, 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 Befriending service, Walk and Talk service, and mental health awareness. We provide a network of peer support groups and train people with lived experience to facilitate them, offering many volunteer opportunities.

<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; PRO

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; 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>



# 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)

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## **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](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)

## **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/>

### **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](https://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/](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 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](#).