



Gloucestershire Helplines & Online Support

In an emergency call 999 and ask for help or visit the Accident and Emergency (A&E) department at your local hospital.

In a mental health emergency, young people aged 11+ can contact Gloucestershire Health and Care NHS Trust (GHS) Crisis Team: 0800 1690398.

You can also talk to your GP or call NHS 111 should you require non-emergency support.

Helplines, Websites & Support

General Mental Health Advice & Support

Let's Talk Well (9-25 year olds):

- Website: www.letstalkwell.org.uk
- WebChat: www.letstalkwell.org.uk/talkwellchat
- Call: 0300 303 8080

OnYourMindGlos:

- Website: www.onyourmindglos.nhs.uk

ChatHealth:

- Website: www.ghc.nhs.uk/our-teams-and-services/school-nursing/chathealth/
- Text: 07507 333351

Young Gloucestershire:

- Website: www.youngglos.org.uk

The Cavern Youth Support Service Gloucester:

- Website: www.kftseekers.org.uk/service/youth-support-at-the-cavern
- Call: 01452 307201
- Email: cavernyouth@kftseekers.org.uk

Be Well Gloucestershire

- Website: www.bewellglos.org.uk/infobuzz
- Call: 01452 381770
- Email: t2@infobuzz.co.uk

Gloucestershire CandO (18+):

- Website: www.gloucestershireselfharm.org
- Call: 0808 801 0606
- Text: 07537 410 022. Open between 2pm - 9pm every day.

Sexual Abuse Support

Gloucestershire Rape and Sexual Abuse Centre:

- Website: www.glosrasac.org/
- Helpline Number: 0808 500 2222
- Self Referrals for 18+: 01452 305421 or info@glosrasac.org.uk
- Self Referrals for U18s (by parent or professionals): 01452 305421

Drug & Alcohol Support

Change Grow Live (age 25 and under):

- WebChat: www.changegrowlive.org/advice-info/under-21-advice/chat-to-someone-online

LGBTQ+ Support

Gayglos:

- Website: www.gayglos.org/youth

Domestic Abuse Support

STREET (Age 13-19):

- Website: www.gdass.org.uk
- Call: 0808 2000 247

Homelessness

Nightstop:

- Website: www.gloucestershirenightstop.org.uk
- Call: 01452 331330
- Email: admin@glosns.uk

Victim Support

Victim Support Gloucestershire:

- Website: www.ygtglos.org.uk
- Call: 0808 2812446

Bereavement

Sunflowers: Bereavement Over Suicide

- Website: www.sunflowerssuicidesupport.org.uk
- Call: 01453 826990

Eating Disorders

NHS Gloucestershire Health and Care Eating Disorder Service:

- Website: www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/

Beat Eating Disorder Support Group Cirencester:

- Call: 01285 770385
- Meetings on the 1st Wednesday of each month.

ConnectED Support Group Dursley:

- Email: david.rawlings@stroud.gov.uk
- Meetings on the 1st Wednesday of each month, 6-7pm.

Self Help Apps (free to download from your app store)

- **I am me:** Mental health education and wellbeing tips; created by young people, for young people.
- **MindShift:** Managing anxiety and mood journal.
- **Calm Harm:** Activities and ideas to help manage urges to self-harm.
- **Clear Fear:** Activities and ideas to help manage symptoms of anxiety.
- **Move Mood:** Help to manage behaviours associated with low mood and depression.
- **Dare:** Panic & Anxiety Relief: Help to manage anxiety and panic attacks.
- **Calm Urge:** Self harm and mood tracer with calming activities.
- **The Mindfulness App:** Help to reduce stress, learn how to meditate and improve sleep.
- **Daylio:** Mood journal.
- **Worth Warrior:** Managing negative body image and low self esteem
- **Luminova:** Managing anxiety through psychoeducation and exposure for young people aged 7-12
- **Combined mind:** Tracking progress for depression, self harm, anxiety, eating difficulties, digital device overuse with the support of family and friends.
- **Tellmi:** Anonymous monitored chat forum for 11+

Parent Support

Family Lives:

- Website: www.familylives.org.uk
- Call: 0808 800 2222

Let's Talk Well:

- Website: www.letstalkwell.org.uk/parents-carers
- Call: 0800 6525675

For more information or
to download this





National Helplines & Online Support

In an emergency call 999 and ask for help or visit the Accident and Emergency (A&E) department at your local hospital.

You can also talk to your GP or call NHS 111 should you require non-emergency support.

Helplines, Websites & Support

General Mental Health Advice & Support

Campaign Against Living Miserably (CALM):

- Website: www.thecalmzone.net
- Call: 0800 585858

Samaritans:

- Website: www.samaritans.org
- Call: 116 123

Shout:

- Website: www.giveusashout.org
- Text 'SHOUT' to 85258

Young Minds:

- Website: www.youngminds.org.uk

The Mix:

- Website: www.themix.org.uk
- Call: 0808 808 4994
- Text 'The Mix' to 85258
- Live Message: www.themix.org.uk/get-support/speak-to-our-team

ReThink Mental Illness:

- Website: www.rethink.org
- Call: 0808 801 0525
- WebChat: www.rethink.org/aboutus/what-we-do/advice-and-information-service

Childline:

- Website: www.childline.org.uk
- Call: 0800 1111
- Live chat: www.childline.org.uk/get-support/1-2-1-counsellor-chat

Homelessness Advice & Support

Centrepoint:

- Website: www.centrepoint.org.uk
- Call: 0808 800 0661
- WebChat: www.centrepoint.org.uk/youth-homelessness/get-help-now

Shelter:

- Website: www.england.shelter.org.uk/housing_advice
- Call: 0808 800 4444
- WebChat: www.england.shelter.org.uk/get_help/webchat

Disordered Eating Advice

Beat:

- Website: www.beateatingdisorders.org.uk
- WebChat: www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/one-to-one-web-chat
- Online Support Groups: www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/online-support-groups/

Bereavement Support

Hope Again:

- Website: www.hopeagain.org.uk
- Call: 0808 808 1677
- Email: hopeagain@cruse.org.uk

Talk Grief:

- Website: www.talkgrief.org
- Call: 08088 020 021
- Email: ask@winstonswish.org
- Text: WW to 85258

LGBTQ+ Support

NHS Children and Young People's Gender Incongruence Service:

- Website: www.nhs.uk/nhs-services/how-to-find-an-nhs-gender-identity-clinic

MindOut: 18+ only

- Website: www.mindout.org.uk
- Webchat: www.mindout.org.uk/get-support/mindout-online

Drugs Advice

FRANK:

- Website: www.talktofrank.com
- Call: 0300 1236600
- Email using link: www.talktofrank.com/contact
- Text: 82111

Victim Support

Victim Support:

- Website: www.victimsupport.org.uk
- Call: 0808 168 9111
- Live Chat: www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/

Stalking Support

National Stalking Helpline:

- Website: www.suzyplamplugh.org/pages/category/national-stalking-helpline
- Call: 0808 802 0300
- Email: www.suzyplamplugh.org/forms/national-stalking-helpline-enquiry-form

Suicide Prevention

Papyrus:

- Website: www.papyrus-uk.org
- Call: 0800 0684141
- Email: pat@papyrus-uk.org
- Text: 88247

Campaign Against Living Miserably (CALM):

- WebChat: www.thecalmzone.net/suicide-prevention-helpline

Domestic Abuse Support

Refuge:

- Website: www.refuge.org.uk
- Call: 0808 2000 247
- Live chat: www.nationaldahelpline.org.uk/en/Chat-to-us-online

Respect:

- Website: www.mensadviceline.org.uk
- Call: 0808 801327
- Email: info@mensadviceline.org.uk
- WebChat: www.mensadviceline.org.uk/contact-us

Anxiety, Panic, OCD & Phobia Advice and Support

Anxiety UK:

- Website: www.anxietyuk.org.uk
- Book a telephone call: www.anxietyuk.org.uk/get-help/tauk-to-us

No Panic:

- Website: www.nopanic.org.uk/youth-hub
- Call: 0300 772 9844

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