

ADULT MENTAL HEALTH AND WELLBEING SUPPORT

in South Gloucestershire

Mental health

Support

Emotional

wellbeing

Meet

new

Be active

people Friends

Community

Positive environment

Mindfulness

Art

Gardening

Nature

talking

New

therapies skills

Get Help Now

In an emergency: If you or someone you know is in immediate danger, hurt physically or has taken an overdose call: 📞 **999**.

- **Emergency services:** Call: 📞 **999** or **112**
- **Emergency NHS:** Call: 📞 **111** and select the option for mental health support

24/7 Helplines

Avon and Wiltshire Mental Health Partnership NHS Trust

24/7 mental health response telephone helpline - If you are worried about your own or someone else's mental health, you can speak to our staff by calling

📞 **0800 953 1919**

✉️ awp.nhs.uk/contact-us

Samaritans

📞 **116 123 24/7**

✉️ jo@samaritans.org

🌐 www.samaritans.org/how-we-can-help/contact-samaritan

Shout - UK's 24/7 Crisis Text Service for Mental Health Support

🌐 giveusashout.org

Text **SHOUT** to **85258** for 24/7 text support

Safeguarding

If you are concerned about a vulnerable adult, you can contact adult social care on 📞 **01454 868007**

If you work for an organisation, follow your safeguarding adults' procedure.

Further mental health support

Contact your GP practice to discuss your needs.

Your doctor may be able to help you or may refer you to other services, including Talking Therapies or Avon and Wiltshire Mental Health Partnership NHS trust (AWP) specialist services for people experiencing serious mental ill health.

NHS Talking Therapies - North Somerset & South Gloucestershire

Offer a range of free short-term psychological therapies to adults 16+. Self-refer online or call:

 **0333 200 1893**

 **[vitahealthgroup.co.uk](https://www.vitahealthgroup.co.uk)**

Home - OTR

Off the record support 11–25-year-olds.
Services include groups, one to one and drop-ins.

 **otrbristol.org.uk**

South Gloucestershire | Second Step

Second step have projects to support people that have lost someone to suicide and for Men 30-64 years old that are in emotional distress/ have self-harmed.

 **second-step.co.uk**

For more information on how you can support and improve your mental health visit:

For Your Mind | One You South Gloucestershire

Information and advice for your mind. Including mental health and wellbeing support, improving mental wellbeing, mental health awareness and sleep support.

 **<https://oneyou.southglos.gov.uk/stress-less>**

Every Mind Matters - NHS

Find advice and practical resources to help your mental health and wellbeing.

 **www.nhs.uk**



