

MENTAL HEALTH AND WELLBEING SUPPORT CHILDREN AND YOUNG PEOPLE


in South Gloucestershire




Mental health
Support
Meet new people
Emotional wellbeing
Be active
Friends
Community
Positive environment
Mindfulness
Art
Gardening
Nature
talking
New therapies
skills
Techniques

Get Help Now


Emergency

Where someone is in immediate danger, hurt physically or taken an overdose, you can call  **999**

NHS 111

Call  **111** and select the mental health option for advice.


Child and Adolescent Mental Health Service (CAMHS) Crisis line:

 **0800 9539599** If it is not a 999 emergency but a child is experiencing an immediate mental health crisis, children, professionals, parents, or carers can call CAMHS. CAMHS support 0–18-year-olds. For more information see:

 awp.nhs.uk/camhs/help-now

24/7 text and helplines

Childline

A helpline for anyone under 19, to talk about any problems 24 hours a day, 7 days a week – call free on  **0800 1111** or visit:

 childline.org.uk/get-support

Shout

Text **SHOUT** to **85258** and a trained volunteer will reply and help you with a range of issues. (For any age).

Papyrus

Prevention of young suicide service 24/ 7 hope line:

 **08000 684141** Text **88247**

Further mental health support

GP and Schools

You can ask your school or GP about mental wellbeing concerns, and they will direct or refer you to support.

Mental Health Support Teams

A number of schools in South Gloucestershire have Mental Health Support Teams. To find out more and check if your school has one see the OTR website:

 otrbristol.org.uk/what-we-do/mhst

Health Visitors and School Nurses

Parents and carers can contact Health Visitors (for children up to age 5) and school nurses (for children and young people aged 5-19) directly for information and advice.

 sirona-cic.org.uk/children-services

Additional services for people over 11 years old

Kooth

Free online support and counselling service for 11-18 year olds. Self-referral via their website:

 kooth.com



Off the Record (OTR)

Free and confidential mental health support for 11-25 year olds, self-referrals or further info.

 **0808 808 9120**  otrbristol.org.uk



NHS Talking Therapies

Group and individual support for people aged 16 plus, self-referrals or further info.

 **0333 200 1893**  vitahealthgroup.co.uk



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

Young Minds

Young Minds have lots of information and self-help tips for children, young people and their parents and carers. They also have a parent/carer helpline. Parent Helpline:

📞 **0808 8025544**

🌐 **[youngminds.org.uk](https://www.youngminds.org.uk)**



Children and Adolescent Mental Health Service (CAMHS):

CAMHS have lots of useful information about mental health and wellbeing conditions, advice and signposting here:

🌐 **awp.nhs.uk/camhs**



For more information

Please see South Gloucestershire Council's children and young people mental health and wellbeing page.

🌐 **[CYP Mental Health - South Glos](#)**



Safeguarding

Where you have a concern about the welfare of a child or you are a parent or carer who feels they need support, contact the Access and Response Team.

📞 **01454 868007** – Monday to Thursday 9am - 5pm, Friday 9am - 4pm

📞 **01454 615165** – Out of hours and at weekends