

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



All calls/texts are free.

NHS 111

 **111** then the mental health option.

 **British sign language (BSL) use:**  signvideo.co.uk/nhs111
(Other languages interpreters available through **111**).


 **If you have a hearing problem: Text relay** **18001 111** using the Relay UK app or a textphone.

 **111 online:**  <https://111.nhs.uk/>, Includes mental health information, advice, and questions to check if you need urgent support and direct you to the right service (not for children under 5 phone **111**).

999 Emergency:

If you have seriously injured yourself, taken an overdose or are at immediate risk of harm: Call **999** or **112**.

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**

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 a range of projects to support people with mental health; including free workshops and course, support to prevent suicide and support for those who have lost someone to suicide.

 **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**



