

## **Mental Health team offer**

Below you will find some useful links to local and national mental health guidance and resources.

### **Telephone numbers and text numbers**

**Samaritans** - Telephone 116 123

**Shout** - Text service - Text the word 'SHOUT' to 85258 or visit their [website](#) for more information. Any one, any age can text the service if resident in the UK.

**[Calm Helpline](#)** - Help specifically regarding suicide - telephone 0800585858 (open 5pm-midnight, 365 days a year).

### **Local resources for mental health and wellbeing support**

[BNSSG offer a range of services for Mental Health and Wellbeing](#)

[Mind You](#) - A local website providing wellbeing support for young people.

[Off The Record](#) - This service provides a confidential counselling service for young people aged 11-25 years in South Gloucestershire - Telephone: 0808 808 9120 (Freephone) Enquiry only, Mon-Fri 2-5pm

[Kooth](#) gives children and young people aged 11-18 who are going through a difficult time access to free, anonymous mental health and emotional well-being support

[Vitamins](#) - offer a range of short-term psychological therapies to adults aged 16 and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire - Website: <https://www.vitahealthgroup.co.uk/> Telephone: [0333 200 1893](tel:03332001893).

We have more information on looking after your mental health on our [One You : Every Mind Matters](#) and [Five Ways to Wellbeing](#) web pages.

[Mental Health training](#) - A range of training course are available for specialists and non-specialists.

### **National resources for mental health and wellbeing support**

[Young Minds](#) - A website to support young people.

[MIND](#) - A website to support mental health and wellbeing for adults. They have also created [wellness action plans](#) for employees and their line managers to co-create.

The Department for Education has put together some Mental health resources for children, students, parents, carers and school/college staff. [Find a list of Mental health resources.](#)

[Mental Health Foundation](#) - website to support mental health for adults.

### **What to do in an Emergency**

If you or someone you are caring for are experiencing a sudden deterioration of an existing mental health problem or are experiencing problems for the first time, you'll need expert assessment to identify the best course of action to help and stop things getting worse.

[Read a how-to-guide from the NHS if a mental health emergency arises \(external link\).](#)

[Find a 24/7 crisis line.](#)