

MENTAL HEALTH AND WELLBEING SUPPORT

CHILDREN AND
YOUNG PEOPLE
IN SOUTH GLOUCESTERSHIRE



Mental health
Support Emotional
wellbeing
Meet new people Friends
Be active
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.

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

Samaritans

A helpline for all ages open 24 hours a day to talk about concerns, worries and troubles (For any age).

☎ **116 123**



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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

Soluna by Kooth

Free online support and counselling service for 10–18 year olds. Self-referral via their app or 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](tel:08088089120)  otrbristol.org.uk



NHS Talking Therapies

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

 [0333 200 1893](tel:03332001893)  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 OneYou South Glos –

🌐 **[Your family's mental health page](#)**



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