

Health and Wellbeing - Sources of Support

There are lots of external agencies which can provide support and advice but here are some of the key ones:

Off the Record - Mental health support for 11-25 year olds which can provide counselling and group workshops- <https://www.otrbristol.org.uk/about-otr/> 0808 808 9120 (Freephone) Enquiry only, Mon-Fri 2-5pm

Creative Youth Network - Their youth workers can provide advice and support for a wide range of problems including mental health, housing, family breakdowns or problems at school. <https://www.creativeyouthnetwork.org.uk/> Or see a member of the safeguarding team at SMRT and we can refer you.

Kooth - Free, safe anonymous support for young people <https://www.kooth.com/>

The Mix - Receive free advice for under 25s about sex and relationships, drugs, mental health and finances. <https://www.themix.org.uk/>

NHS Every Mind Matters - Tips and advice to help your mental health including overcoming sleep problems <https://www.nhs.uk/every-mind-matters/>

Young Mind Crisis Messenger - Provides free 24 hour support. If you are experiencing a mental health crisis text YM to 85258 <https://www.youngminds.org.uk/young-person/youngminds-textline/>

Bristol Samaritans - If you are struggling yourself or worried about someone else call 116123 free from any phone <https://www.samaritans.org/branches/bristol/>

Headspace - A free app which provides meditations and other exercises to help manage your mental health <https://www.headspace.com/meditation>

BDP (Bristol Drugs Project) - Substance misuse support - Alcohol and Drugs <https://www.bdp.org.uk/> Call 0117 987 6000 or see a member of the Safeguarding team to refer you.

The Loop - Provide harm reduction advice and information, welfare support, drug safety testing and training <https://wearetheloop.org/>

BEA - Help including for under 18s with eating disorders <https://www.beateatingdisorders.org.uk/> Call: 0808 801 0711

Brook - Sexual health and well-being support for under 25s <https://www.brook.org.uk/services/brook-bristol/>

Self-injury support - Support if you are self-harming <https://www.selfinjurysupport.org.uk/>

No Panic - No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders.

No Panic also provides support for the carers of people who suffer from anxiety disorders. <https://nopanic.org.uk/about-us/>

Bristol Mind - Bristol Mind aims to promote a positive view of mental health and provide services that are accessible, relevant and empowering to the people using them
<https://bristolmind.org.uk/>

Carers Support Centre - Carers Support Centre is a charity which provides support, information and advice to carers of any age living in the Bristol and South Gloucestershire areas. <https://www.carerssupportcentre.org.uk/>

Young Stonewall - Information and support for LGBT communities and their allies
<https://www.stonewall.org.uk/help-and-advice>

Shelter - Mediation advice if at risk of being homeless
[Shelter link](#)

Family Lives - Family Lives provides targeted early intervention and crisis support to families who are struggling - <https://www.familylives.org.uk/>

Talk to Frank - Honest information about drugs - <https://www.talktofrank.com/>

Studentsagainstdepression.org - A website by students for students offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. <https://www.studentsagainstdepression.org/>

The NHS has launched a Mental Health telephone line providing round-the clock support for adults and children on 0300 303 1320 if you would find it helpful for yourself or for a family or child you are communicating with.

Bottom Line – reach out! Our staff are able to chat to you in confidence (within reason) about anything you have going on.