MENTAL HEALTH AND WELLBEING SUPPORT

CHILDREN AND YOUNG PEOPLE

IN SOUTH GLOUCESTERSHIRE

South Gloucestershire Council

Delivering with you



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

Mindline Southwest

A 24-hour, 7-day-a-week text and webchat service offering confidential mental health crisis support, offering translation including BSL. Text or live chat through the webpage.

Text **Hello** to **80899**

mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-south-west-text-and-chat

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 hour2s a day to talk about concerns, worries and troubles (For any age).

116 123

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

Bristol Mind Line

An emotional support, listening service offers 30-minute emotional support calls, 7 pm-11 pm Wednesday to Sunday.

0117 203 4419

bristolmind.org.uk/services/mind-line-telephone-support

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 866000
Monday to Thursday 9am - 5pm, Friday 9am - 4pm

01454 615165
Out of hours and at weekends

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 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

Children & 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