

National Helplines & Online Support

In an emergency call 999 and ask for help or visit the Accident and Emergency (A&E) department at your local hospital.

You can also talk to your GP or NHS 111 should you require non-emergency support.

Helplines & Websites

General Mental Health Advice & Support

Campaign Against Living Miserably (CALM) www.thecalmzone.net Call: 0800 585858 or

WebChat: www.thecalmzone.net/help/webchat/

Childline www.childline.org.uk Call: 0800 1111 or

Live chat: www.childline.org.uk/get-support/1-2-1-counsellor-chat/

NHSgo <https://nhs.gov.uk/>

ReThink mental illness www.rethink.org Call: 0808 801 0525 or email: advice@rethink.org

WebChat: www.rethink.org/aboutus/what-we-do/advice-and-information-service/

Samaritans <https://www.samaritans.org/> Call: 116 123

Shout www.giveusashout.org Text 'SHOUT' to 85258

The Mix www.themix.org.uk Call: 0808 808 4994, Text 'The Mix' to 85258

Live Message: www.themix.org.uk/get-support/speak-to-our-team

Young Minds <https://www.youngminds.org.uk/> 24/7 service Text 'YM' to 85258

Anxiety, Panic, OCD & Phobia Advice & Support

Anxiety UK www.anxietyuk.org.uk Call: 03444 775 774, Text: 07537416905

or email support@anxietyuk.org.uk

No Panic www.nopanic.org.uk/youth-hub/ Call - 0300 606 1174 or email: sarah@nopanic.org.uk

Homelessness Advice & Support

Centrepoint www.centrepoint.org.uk Call: 0808 800 0661

or WebChat: centrepoint.org.uk/youth-homelessness/get-help-now/

Shelter https://england.shelter.org.uk/housing_advice Call: 0808 800 4444

WebChat: https://england.shelter.org.uk/get_help/webchat

Domestic Abuse Support

Refuge www.refuge.org.uk/get-help-now/for-teenage-girls/ Call: 0808 2000 247 or

Live chat: <https://www.nationaldahelpline.org.uk/en/Chat-to-us-online>

Respect www.mensadviceline.org.uk Call: 0808 801327, email: info@mensadviceline.org.uk or

WebChat: <https://mensadviceline.org.uk/contact-us/>

Disordered Eating Advice

Beat www.beateatingdisorders.org.uk Call: 0808 801 0677, email: help@beateatingdisorders.org.uk,

or WebChat: support.beateatingdisorders.org.uk/app/chat/chat_launch

Bereavement Support

Hope Again <https://www.hopeagain.org.uk/> Call: 0808 808 1677 or
email: hopeagain@cruse.org.uk

Winstons Wish <https://help2makesense.org> Call: 08088 020 021
Email: ask@winstonswish.org or Text 'WW' to 85258

Drugs Advice

FRANK <https://www.talktofrank.com/> Call: 0300 1236600, Text: 82111 or
email using link: www.talktofrank.com/contact

Suicide Prevention

Papyrus <https://www.papyrus-uk.org> Call: 0800 0684141, Text: 07786 209 697
or Email: pat@papyrus-uk.org

LGBTQ+ Support

NHS Gender Identity Development Service (gids) <https://gids.nhs.uk/>

MindOut Over 18 only. www.mindout.org.uk Call: 01273 234839

Live Chat: www.mindout.org.uk/get-support/mindout-online/

email: info@mindout.org.uk

Victim Support

Victim Support

Live Chat: www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat/ Call: 0808 168 9111



Scan the QR code
for the online
version



Gloucestershire Helplines & Online Support

Helplines, Websites & Support Groups

General Mental Health Advice & Support

Tic+chat: WebChat: www.ticplus.org.uk/ticpluschat or Call: 0300 303 8080

Onyourmindglos: www.onyourmindglos.nhs.uk

ChatHealth: www.ghc.nhs.uk/our-teams-and-services/school-nursing/chathealth/ Text: 07507 333351

Young Gloucestershire: www.youngglos.org.uk/young-people/wellbeing

The Cavern Youth Support Service Gloucester: www.kftseekers.org.uk/youth-support-service

Call: 01452 307201 or Email: cavernyouth@kftseekers.org.uk

Infobuzz: www.infobuzz.co.uk Call: 01452 501008 Email: admin@infobuzz.co.uk

General Mental Health Support & Wellbeing

Gloucestershire Wellbeing Helpline: Webchat: www.gloucestershireselfharm.org

Call: 0808 801 0606 Text: 07537 410 022. Open between 2pm - 9pm every day - adults only.

Homelessness

Nightstop: www.gloucestershirenightstop.org.uk Call: 01452 331330 or Email: admin@glosns.uk

Victim Support

Victim Support Gloucester: <https://vgtglos.org.uk/> Call: 08082812446

LGBTQ+ Support

Gayglos: www.gayglos.org/youth

Domestic Abuse Support

STREET: <https://www.gdass.org.uk/> (Age 13-19) - Call: 01452 228802

Sexual Abuse Support

Gloucestershire Rape and Sexual Abuse Centre: Call: 01452 526770 (women & girls only)

Email: support@glosrasac.org.uk Admin line for referrals: 01452 305421

Eating Disorder Advice & Support Groups

NHS Gloucestershire Health and Care Eating Disorder Service:

www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/

Beat Eating Disorder Support Group Cirencester: Meet 1st Wednesday of each month

Call: 01285 770385

ConnectED Support Group Dursley - Meet 1st Wednesday of each month - linktr.ee/connectedstroud

Drug & Alcohol Support

Change Grow Live

WebChat (Age 13+): www.changegrowlive.org/advice-info/under-21-advice/chat-to-someone-online

In an emergency call 999 and ask for help or visit the Accident and Emergency (A&E) department at your local hospital.

In a mental health emergency, young people age 11+ can contact Gloucestershire Health and Care NHS Trust (GHC) Crisis Team: 0800 1690398

You can also talk to your GP or NHS 111 should you require non-emergency support.



Scan the QR code for the online version

Self Help Apps

Free to download from your app store

- **I am me** - Mental health education and wellbeing tips; created by young people, for young people.
- **MindShift** - Managing anxiety and mood journal.
- **Calm Harm** - Activities and ideas to help manage urges to self-harm.
- **Clear Fear** - Activities and ideas to help manage symptoms of anxiety.
- **Move Mood** - Help to manage behaviours associated with low mood and depression.
- **Dare: Panic & Anxiety Relief** - Help to manage anxiety and panic attacks.
- **Calm Urge** - Self harm and mood tracer with calming activities.
- **Cove** - Mood journal recorded through making music.
- **The Mindfulness app** - Help to reduce stress, learn how to meditate and improve sleep.
- **Mindful Powers** - Learn about mindfulness and play mindfulness activities.
- **Daylio** - Mood journal.
- **Feelmo** - Activities and education on anxiety, stress, anger, sadness, relationships, sleep, insecurities and sadness.
- **Being** - Articles, journaling and helpful strategies on a wide variety of topics such as LGBTQ+, Covid anxieties, social media and wellbeing.
- **What's Up?** - Information, calming techniques, coping strategies for worries and habit tracker.
- **Companion** - Guides and techniques for managing daily stresses.

Parent Support

General Advice and Support

TIC+ Parent Support Advice Line:

WebChat: www.ticplus.org.uk/parents-carers/ or Call: 0800 6525675

TIC+ Parent Support Groups: Call: 01594 372777

www.ticplus.org.uk/parents-carers/parent-carer-support-groups/ or

Family Lives: www.familylives.org.uk Call: 0808 800 2222