

Bristol Mental Health Services

SERVICE	WHO'S IT FOR?	REFERRAL PROCESS	CONTACT INFO	SERVICE OFFER
---------	---------------	------------------	--------------	---------------

EMERGENCY SITUATION (ALL AGES)

Immediate harm to self – 999 – ambulance or A&E

Immediate harm to others – 999 – police

Triage Service/Crisis Service (see below for full details!) – for individual in crisis: 0300 555 0334 for professional with concern for other: 0117 919 5670

UNDER 16s

Children and Adult Mental Health Services (CAMHS)	0-18 year olds	Via GP A&E (walk in for crisis situations) Via other education and social work professionals	Via GP As a professional referring: Community Children's Health Partnership (cchp.nhs.uk)	1:1 support Group support Medication
South Gloucester Early Intervention in Psychosis Team	14-65 years old	Via GP Self-referral Professional referral (i.e. you!)	Via GP Self-referral or professional referral: www.awp.nhs.uk/service/s/community/early-intervention/	1:1 support Some family work Medication Step 4

16 AND OVER

Vita Minds	16 years old and above	Self-referral Professional referral	Self-referral: (vitahealthgroup.co.uk) Professional referral: (vitahealthgroup.co.uk)	1:1 support Group support Steps 2-3 (mild to moderate anxiety and depression)
Off The Record (OTR)	16-25 years old	1625 Professional or self referral	Mental Health support services www.otrbristol.org.uk/	Engagement hubs and therapies



SERVICE	WHO'S IT FOR?	REFERRAL PROCESS	CONTACT INFO	SERVICE OFFER
18 AND OVER				
Triage Service/Crisis Service	Over 18's	Self-referral Professional referral	For individual in crisis: 0300 555 0334 For professional with concern for other: 0117 919 5670	Emergency phone line assessment which might lead to ambulance call or crisis visit OR referral to secondary care i.e. 1:1 support or group support
Bristol Mind website	Over 18's	Self-referral	16 week counselling offer: bristolmind.org.uk/counselling/	Free and low cost counselling
MENTAL HEALTH SERVICES				
The Avon and Wiltshire Partnership	All ages	No referral	Helpline giving advice and support, call: 0300 303 1320.	Helpline
Blurt it Out	All ages	No referral	www.blurtitout.org/product/entire-downloads-library/	Free resources for self care starter kits
Stay Alive App	All ages	No referral	For those at risk of suicide or those worried about someone else: www.prevent-suicide.org.uk/find-help-now/stay-alive-app	Informative app
The Southmead Project	All ages	Referral form	www.southmeadproject.org.uk/ 0117 950 6022	Free 1:1 counselling for survivors of abuse/ addiction
SAMARITANS	All ages	No referral	Phone: 116 123 Email: jo@samaritans.org Letter: Freepost SAMARITANS LETTERS	Confidential non advisory help line



SERVICE	WHO'S IT FOR?	REFERRAL PROCESS	CONTACT INFO	SERVICE OFFER
MENTAL HEALTH SERVICES				
Child Line	Under 19	No referral	Phone: 0800 1111	1:1 counselling
KOOTH	11 – 24 years old	Self referral online by creating personal account	www.kooth.com/	Information Discussion boards 1:1 counselling
SHOUT	All ages	No referral	www.giveusashout.org/ TEXT 'SHOUT' TO 85258	24/7 helpline
CALM (Campaign Against Living Miserably)	15–35 years	No referral	Specifically for men Helpline: 0800 58 58 58 www.thecalmzone.net/	Support services
Crisis Number	All ages	No referral	01275 796209	Helpline
SEXUAL/ DOMESTIC ABUSE				
Kinergy	All ages	Referral form	Refer yourself or someone else by calling 0117 908 7712 www.kinergy.org.uk/	1:1 counselling Group therapy Support Groups
Rape Crisis	All ages	No referral	Helpline : 0808 802 9999 www.rapecrisis.org.uk/	Offers confidential emotional support
The Bridge	All ages, following rape/sexual assault	Self or professional	initial enquiry by phone (0117 342 6999) or email (ubh-tr.thebridgecanhelp@nhs.net)	Medical care, forensic examination, sexual health, emotional and psychological support, counselling; practical help; information about making a report to the police



SERVICE	WHO'S IT FOR?	REFERRAL PROCESS	CONTACT INFO	SERVICE OFFER
SEXUAL/ DOMESTIC ABUSE				
Woman kind	1625 Professional or self referral	No referral	www.womankindbristol.org.uk/	1:1 counselling, group psychotherapy, befriending and a helpline service
SARAS	1625 Professional or self referral	No referral	Helpline: 0808 801 0456 www.sarsas.org.uk/	Helpline and self help booklets
STRUGGLING WITH AN EATING DISORDER?				
Steps	All ages	GP referral	www.awp.nhs.uk/services/specialist/steps/	Support services
ABC	All ages	No referral	www.anorexiabulimiacaare.org.uk/	Helpline
BEAT	All ages	No referral	www.beateatingdisorders.org.uk/	Helpline
SWEADA	All ages	No referral	01749 34 33 44 www.swedauk.org/services/counselling	1:1 low cost counselling
SUBSTANCE SUPPORT				
Clubsoda	All ages	No referral	www.joinclubsoda.com/	Free online courses on drinking mindfully
SMART (any substance)	All ages	Self-referral	Helpline: 03300 536022 Recovery Face to Face groups: smartrecovery.org.uk	Helpline and face to face support groups



SERVICE	WHO'S IT FOR?	REFERRAL PROCESS	CONTACT INFO	SERVICE OFFER
SUBSTANCE SUPPORT				
BreakingFree Online.com	All ages	No referral	Download app from here: www.breakingfreeonline.com/ Your access code is DHIN11.	Digital recovery programme
UK Government	All ages	No referral	Advice on reducing your drinking at home Harmful drinking – GOV.UK (www.gov.uk)	Online resource
Drink aware App	All ages	No referral	For android: https://play.google.com/store/apps/details?id=uk.co.drinkaware&hl=en_GB For apple devices: https://apps.apple.com/gb/app/drinkaware/id901389586	Facts & advice about alcohol to encourage safer drinking
AA	All ages	Self-referral	Free national helpline: 0800 9177 650 www.alcoholics-anonymous.org.uk List of available meetings can be found online	Helpine and 1:1 support
The Swan Project	All ages	GP referral	www.theswanproject.co.uk/	Counselling with drug and alcohol
BEREAVEMENT SUPPORT				
Cruse	All ages	Self- referral	Refer by calling: 0117 926 4045 or they have an immediate national support line: 0808 808 1677	1:1 Counselling for those bereaved
NHS Advice on Bereavement	All ages	No referral	www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/	Information for support



SERVICE	WHO'S IT FOR?	REFERRAL PROCESS	CONTACT INFO	SERVICE OFFER
FAMILY SUPPORT				
DHI	All ages	No referral	www.webfam.dhi-online.org.uk/	Online self-help tool for families & carers of drug or alcohol users
AdFam	All ages	Self- referral	www.adfam.org.uk/	1:1 group support for families

Reminder to colleagues that Marcus and Ivana deliver keyworker coaching
You can contact them directly here:
marcus.fagon@1625ip.co.uk / ivana.popov@1625ip.co.uk

