



YOUNG PEOPLE'S MENTAL HEALTH RESOURCES

Welcome! This guide is here to help you find support for your mental health. Whether you're feeling overwhelmed, low, unsafe, or just want someone to talk to, you're not alone—and there are lots of places that can help.



IN AN EMERGENCY

Call 999 if you're in immediate danger:



If you've harmed yourself or feel like you might – ask for an ambulance.



If someone else is in danger – ask for the police.

FEELING SUICIDAL OR UNSAFE?

If you need help right now:

Call 111

Access to mental health crisis support in your area is via NHS 111.
 111

South Glos Intensive Team

Support for South Gloucestershire residents in mental health crisis.
 0117 378 4250

Bristol Sanctuary

A safe space open evenings (7pm–11pm) for people in emotional distress.
 Gloucester House, Dorian Way, Southmead Hospital, Bristol, BS10 5NB
 07709 295 661
 <https://www.second-step.co.uk/our-services/community-and-wellbeing/the-sanctuary-bristol/>

Samaritans (free, 24/7)

 116 123
 [samaritans.org](https://www.samaritans.org)



NEED SOMEONE TO TALK TO?

Bristol Mindline

0117 203 4419 or 0808 808 0330

 Wed–Sun, 7pm–11pm

 bristolmind.org.uk

SHOUT

 Text 85258

 24/7

 giveusashout.org

Kooth

 kooth.com

♦ Free online counselling and support for 11–25s

 Mon–Fri 12pm–10pm, Sat–Sun 6–10pm

ONGOING SUPPORT OR COUNSELLING

Off The Record (up to age 25)

Free mental health support for young people, incl. counselling, groups & drop-ins.

📞 0808 808 9120

✉️ hello@otrbristol.org.uk

🌐 otrbristol.org.uk

Meeting Minds LGBTQ+ (via Bristol Mind)

Counselling for LGBTQ+ individuals seeking safe, inclusive support.

✉️ counselling@bristolmind.org.uk

🌐 bristolmind.org.uk

Affordable & Low-Cost Options:

The Harbour: Therapy for grief and serious illness.

📍 30 Frogmore St, Bristol BS1 5NA

📞 0117 925 9348

🌐 the-harbour.org.uk

Ignite Life: Free counselling for young people.

📍 Unit 6 Bridge Road, Kingswood, Bristol BS15 4FW

🌐 <https://www.ignite-life.co.uk/>

Bourne Family Project: Family & individual therapy.

📍 Kingswood, Bristol

📞 0117 947 8441

🌐 bournefamilyproject.org

ACPS: Low-cost therapy in Bristol/Bath.

📍 Clifton, Bristol

📞 0117 930 4447

🌐 acps-bristol.org

ONGOING SUPPORT OR COUNSELLING

Affordable & Low-Cost Options:

Heart to Heart: Private low-cost service.

 Downend, Bristol
 07926 314 739
 hearttoheartbristol.co.uk

Southmead Project: Therapy for survivors of abuse.

 165 Greystoke Ave, Southmead, Bristol BS10 6AS
 0117 950 6022
 southmeadproject.org.uk

Swan Project: Low cost counselling, primarily related to substance use and addiction.

 1 Grosvenor Rd, St Paul's, Bristol BS5 6DH
 0117 924 7154
 swanproject.co.uk

Network Counselling Bristol: Affordable counselling for adults and young people.

 Elm Park, Filton BS34 7PS
 0117 950 7271
 network.org.uk

Womankind: Women's counselling, particularly for survivors of rape, sexual assault and domestic abuse. Adults and young people.

 Brunswick Square, Central Bristol
 0345 458 2914
 womankindbristol.org.uk

FEELING ANXIOUS OR LOW?

Talk to your GP – They can refer you or prescribe help

**Mental Health Coaches (via 1625ip) –
Ask a support worker**

AWP NHS Talking Therapies

Free NHS talking therapy service (CBT and more).
 awp.nhs.uk/talkingtherapies/referral

Changes Bristol

Peer-led groups.

 0117 941 1123

 info@changesbristol.org.uk

Bristol Wellbeing College

Free workshops.

 bristol.wellbeing.college@second-step.co.uk



EXPERIENCED ABUSE?

SARSAS (13+)

Support for people who've experienced sexual violence.

☎ 0808 801 0456 / 0464

✉ info@sarsas.org.uk

🌐 sarsas.org.uk

Rape Crisis

Free confidential helpline for women and girls.

☎ 0808 802 9999

🌐 rapecrisis.org.uk

STRUGGLING WITH THOUGHTS, VOICES, OR PARANOIA?

Early Intervention in Psychosis

Specialist support for people experiencing first episode psychosis.

☎ Bristol: 0117 919 2371

☎ South Glos: 0117 378 7970

🌐 <https://www.awp.nhs.uk/our-services/community-services/early-intervention-psychosis>

SUPPORT WHEN SOMEONE HAS DIED (BEREAVEMENT)

Survivors of Bereavement by Suicide (Bristol)

✉ bristol@uksobs.org

Cruse

Support for anyone who has lost someone

☎ 0808 808 1677

🌐 cruse.org.uk

Snowdrop

Bereavement support for families.

🌐 snowdropgriefsupport.org.uk

SANDS

Stillbirth and neonatal death charity.

☎ 0808 164 3332

✉ helpline@sands.org.uk

🌐 sands.org.uk





DRUG OR ALCOHOL WORRIES?

Talk to Frank

Confidential drug advice.

 0300 123 6600

 frank@talktofrank.com

 talktofrank.com

Bristol Drugs Project

Support with substance use.

 0117 987 6000

 info@bdp.org.uk

 bdp.org.uk

EATING DIFFICULTIES?

Steps (via GP referral) Local support service.

ABC – Anorexia & Bulimia Care.

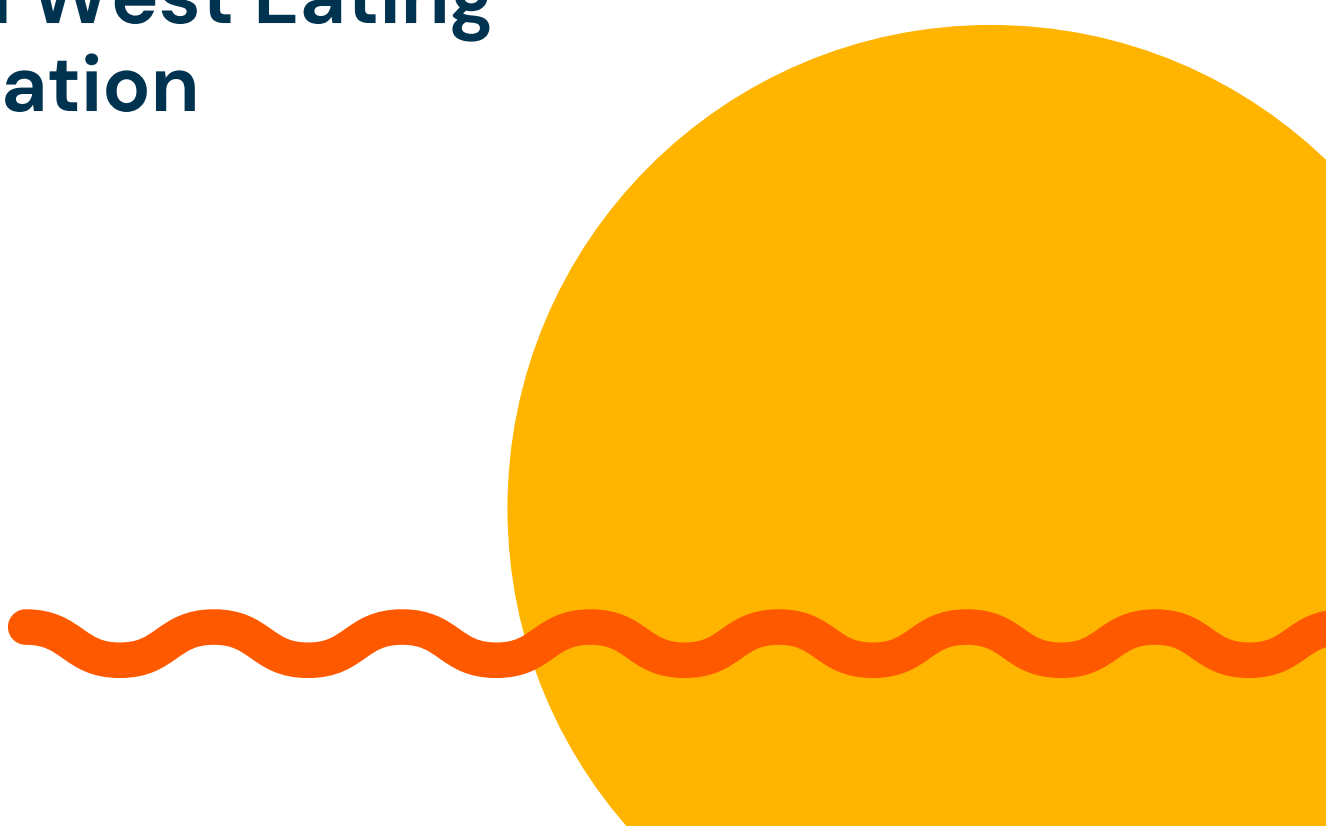
☎ 03000 11 12 13
✉ support@anorexiabulimiare.org.uk
🌐 anorexiabulimiare.org.uk

BEAT

UK eating disorder charity.
☎ 0808 801 0677
✉ help@beateatingdisorders.org.uk
🌐 beateatingdisorders.org.uk

SWEADA – South West Eating Disorders Association

☎ 01749 343344



RELATIONSHIP OR DOMESTIC ISSUES?

National Domestic Abuse Helpline

 0808 2000 247

Next Link

Support and housing for those experiencing domestic abuse.

 0800 470 0280

 enquiries@nextlinkhousing.co.uk

 nextlinkhousing.co.uk

Freedom Programme

Courses to help understand domestic abuse.

 0117 924 7154

 help@freedomprogramme.co.uk

 freedomprogramme.co.uk

Relate

Counselling for individuals, couples and families

 0117 942 8444 or 0300 100 1234

 info@relate-avon.org.uk

 relate-avon.org.uk

Shore Space

Community and support hub.

 info@shorespace.org.uk

 shorespace.org.uk



UNDER 18?

CAMHS (Child & Adolescent Mental Health Services)

Ask your GP, school, or social worker to refer you
 cchp.nhs.uk

APPS THAT CAN HELP

These apps can help you manage stress, anxiety, low mood, or suicidal thoughts. They are free or have free versions available.

Popular & Trusted Apps:

Headspace – Guided meditations, sleep sounds, and mindfulness exercises to help you relax and focus.

 headspace.com

Calm – Offers breathing exercises, meditations, and sleep stories for better mental health and sleep.

 calm.com

MindShift CBT – Uses CBT strategies to help with anxiety, including panic, perfectionism, and social anxiety.

 anxietycanada.com

BetterStop Suicide – Designed to help stop suicidal thoughts in the moment with calming strategies and guidance.

 betterstopsuicide.com



APPS THAT CAN HELP

Popular & Trusted Apps:

MindDoc – Offers mental health check-ins, self-help exercises, and mood tracking tools.

 minddoc.com

Sanvello – Combines mood tracking, guided journeys, and community support based on CBT.

 sanvello.com

Smiling Mind – Short mindfulness and meditation programs created especially for young people.

 smilingmind.com.au

Youper – AI-powered emotional health assistant that helps you manage thoughts and improve self-awareness.

 youper.ai

How We Feel – Helps you build emotional awareness by tracking your feelings throughout the day and reflecting on what influences them.

 howwefeel.org

APPS THAT CAN HELP

Crisis & Self-Harm Support Apps:

distrACT – Offers quick, private access to information and help for people who self-harm.

 distractapp.co.uk

StayAlive – A suicide prevention app that includes safety planning, coping tools, and support contacts.

 prevent-suicide.org.uk

Calm Harm – Uses distraction and coping techniques to help manage urges to self-harm.

 calmharm.co.uk

