

SIGNPOSTING CONTENTS PAGE

Information about local (Bristol & South Glos) and national support services - use the links to jump to the relevant topics. Thank you to Bristol Mind who were a fabulous resource in compiling this document!

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ABUSE / VIOLENCE

Somerset & Avon Rape & Sexual Abuse Support (SARSAS) sarsas.org.uk/

The Bridge thebridgecanhelp.org.uk/

Bristol Against Violence and Abuse (BAVA) bava.org.uk/

CRUSH (By BAVA) bava.org.uk/professionals/projects/crush/

Next Link (Women) nextlinkhousing.co.uk/

Safe Link safelinksupport.co.uk/

Julian House julianhouse.org.uk/

The Southmead Project southmeadproject.org.uk/counselling

Lighthouse Victim and Witness Care lighthousevictimcare.org/

Victim Support (National) victimsupport.org.uk/

Women's Aid (National - Women) womensaid.org.uk/

Survivors UK (National - Young Men) survivorsuk.org/

Womankind womankindbristol.org.uk/

APPS

Headspace headspace.com/

CALM calm.com/

SAM sam-app.org.uk/

Smiling Mind smilingmind.com.au/



Clear Fear	clearfear.co.uk/
Calm Harm	calmharm.co.uk/
Combined Minds	combinedminds.co.uk/
My Possible Self	mypossibleself.com/
Tellmi	tellmi.help/
DistrACT	expertselfcare.com/health-apps/distract/
Eating Disorder Support App	expertselfcare.com/eating-disorder-support-app/
Stay Alive	stayalive.app/
CBT Thought Diary	cbtthoughtdiary.com/
Daylio Journal	daylio.net/
Stressheads	themix.org.uk/apps-and-tools/stressheads
Mindshift	anxietycanada.com/resources/mindshift-cbt/
Catch It	liverpool.ac.uk/it/app-directory/catch-it/
Emoodji	emoodji.co.uk/
Rise Up	recoverywarriors.com/app/

BEREAVEMENT

Cruse	cruse.org.uk/
Winston's Wish	winstonswish.org/
Survivors of Bereavement by Suicide (SOBS)	uksobs.org/we-can-help/local-support-groups/find/

Grief Encounter griefencounter.org.uk/
Bristol Stillbirth and Neonatal Death Society (SANDS) bristol.sands.org.uk/
SOBS Helpline (National) uksobs.org/contact/
Child Bereavement UK (National) childbereavementuk.org/
Blue Cross Pet Bereavement Service (National) bluecross.org.uk/

BLACK PEOPLE & PEOPLE OF COLOUR

Nilaari nilaari.co.uk/
Kiki Bristol (QTIPOC) facebook.com/KikiSocials/
Black, African and Asian Therapies Network (BAATN) baatn.org.uk/
OTR's Project Zazi otrbristol.org.uk/what-we-do/zazi/
Bristol Black Carers bristolblackcarers.org.uk/
Bristol Mind's Women Without Borders bristolmind.org.uk/mind-without-borders
Barnardos Boloh Helpline helpline.barnardos.org.uk/

BULLYING

Bullying UK (National) bullying.co.uk/

Bullies Out (National) bulliesout.com/

Ditch the Label (National) ditchthelabel.org/

COMMON MH DIFFICULTIES (E.G. ANXIETY / LOW MOOD)

OTR Bristol otrbristol.org.uk/

Kooth kooth.com/

Changes Bristol changesbristol.org.uk/

Womankind womankindbristol.org.uk/

Vita Minds vitahealthgroup.co.uk/nhs-services/nhs-mental-health/

Creative Youth Network creativeyouthnetwork.org.uk/

Anna Freud (National) annafreud.org/

No Panic (National) nopanic.org.uk/

Social Anxiety Bristol socialanxietybristol.org.uk/

Talk Club (Men) talkclub.org/

Andy's Man Club (Men) andysmanclub.co.uk/

DISABILITY & SEND SUPPORT

SEND and You (SAY) sendandyou.org.uk/

Bristol SEND Local Offer bristol.gov.uk/web/bristol-local-offer

**West of England Centre for Inclusive Living
(WECIL)** wecil.co.uk/

Brandon Trust brandontrust.org/

Bristol Autism Spectrum Services (BASS) awp.nhs.uk/services/specialist/autism-spectrum/

HFT Bristol & Bath hft.org.uk/about-us/locations/south-west-england/hft-bristol-and-bath/

EATING DISORDERS

Bristol Eating Disorder Support Group bristoleatingdisordersupportgroup.weebly.com/

Talk ED talk-ed.org.uk/

Food Addicts in Recovery Anonymous beateatingdisorders.org.uk/

Overeaters Anonymous oagb.org.uk/find-a-meeting/

BEAT (National) beateatingdisorders.org.uk/

Eating Disorder Support App expertselfcare.com/eating-disorder-support-app/

SWEDA swedauk.org/

Rise Up recoverywarriors.com/app/



EDUCATION / TRAINING / EMPLOYMENT

- Prince's Trust princes-trust.org.uk/
- Creative Youth Network (CYN) creativeyouthnetwork.org.uk/Pages/Category/help-to-get-a-job
- Young Bristol youngbristol.com/our-programmes/instructor-training-scheme/
- Post 16 Participation p16p.co.uk/about
- West of England Works westofenglandworks.org.uk/
- Felix Fix Up (Bike workshop) onefrontdoor.org.uk/felix-fix-up-bike-maintenance-at-felix-road/

FAITH GROUPS

- CASS (Community Access Support Services) cassbristol.org/
- Hidayah (LGBTQI+ Org) hidayahlgbt.com/what-we-do/
- Muslim Youth Helpline (National) myh.org.uk/
- Jewish Helpline (National) jewishhelpline.org/
- Imaan (National LGBTQ Org) imaanlondon.wordpress.com/

GENDER & SEXUALITY

Changes Bristol	changesbristol.org.uk/support/support-groups/find-a-group-temp/
Alphabets LGBTQ+ Youth Cafe	diversitytrust.org.uk/young-peoples-services/
OTR Freedom Youth	otrbristol.org.uk/what-we-do/freedom/
Creative Youth Network (CYN)	creativeyouthnetwork.org.uk/proud-to-be
Albert Kennedy Trust (akt)	akt.org.uk/news/akt-in-bristol
Kiki Bristol	facebook.com/KikiSocials/
Hidayah (Muslim Org)	hidayahlgbt.com/
LGBT+ Switchboard (National)	switchboard.lgbt/
LGBT Foundation (National)	lgbt.foundation/
Imaan (National Muslim Org)	imaanlondon.wordpress.com/
MindLine Trans+ (National)	mindlinetrans.org.uk/
Mermaids (National)	mermaidsuk.org.uk/
Gendered Intelligence (National)	genderedintelligence.co.uk/
FFLAG	fflag.org.uk/

HATE CRIME / DISCRIMINATION

SARI	sariweb.org.uk/
Bristol Hate Crime & Discrimination Services	bhcds.org.uk/
GALOP (LGBTQ+)	galop.org.uk/



HOMELESSNESS / UNSTABLE HOUSING

1625ip 1625ip.co.uk/

Adolescent Support Home Services ashsltd.com/

Albert Kennedy Trust (akt) akt.org.uk/news/akt-in-bristol

Missing Link (Women) missinglinkhousing.co.uk/

Developing Health & Independence (DHI) dhi-online.org.uk/

LOW COST / FREE COUNSELLING

Network Counselling network.org.uk/

WomanKind womankindbristol.org.uk/

Vita Minds vitahealthgroup.co.uk/nhs-services/nhs-mental-health/

HearttoHeart Counselling hearttoheartbristol.co.uk/

Knowle West Health Association kwha1.wordpress.com/

Better Help betterhelp.com/

Avon Counselling and Psychotherapy Service acps-bristol.org.uk/

PARENT / CARERS

- Bourne Family Project** bournefamilyproject.org/
- OTR Resilient Parenting** otrbristol.org.uk/what-we-do/resilient-parenting
- SEND and You (SAY)** sendandyou.org.uk/
- Parent Buddies** parentbuddies.co.uk/
- Happy Maps** happymaps.co.uk/
- Mermaids (Gender Diverse Org)** mermaidsuk.org.uk/
- FFLAG (LGBT+)** fflag.org.uk/
- Family Lives UK** familylives.org.uk/
- Single Parent Action Network** singleparents.org.uk/
- Parental Minds** parentalminds.org.uk/
- Charlie Waller Trust** charliewaller.org/
- Anna Freud** annafreud.org/
- Young Minds** youngminds.org.uk/
- Inside the Teenage Brain** pbs.org/wgbh/pages/frontline/shows/teenbrain

REFUGEE / ASYLUM SEEKER

- Aid Box Community** aidboxcommunity.co.uk/
- Youth Refugee Choir** bristolmind.org.uk/mental-health-resources/youth-refugee-choir/
- Learning Partnership West (LPW)** lpw.org.uk/

Bristol Refugee Rights bristolrefugeerights.org/

Adolescent support home services ashsltd.com/

Micro Rainbow (LGBTQI) microrainbow.org/

SELF-HARM

Missing Link (Women) missinglinkhousing.co.uk/

Self-Injury Self Help (SISH) sishbristol.org.uk/

Self-Injury Support (Women & girls) selfinjurysupport.org.uk/

Harmless (National) harmless.org.uk/

National Self-Harm Network Forum nshn.co.uk/forum/

NSPCC nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/

DistrACT expertselfcare.com/health-apps/distract/

Calm Harm calmharm.co.uk/

STUDENTS

University of Bristol Wellbeing Support bristol.ac.uk/students/support/wellbeing/request-support/services/

Bristol SU Wellbeing Network bristolsu.org.uk/groups/bristol-su-wellbeing-network-2740



- Nightline (UoB)** bristol.nightline.ac.uk/
- UWE Wellbeing Support** uwe.ac.uk/life/health-and-wellbeing/get-wellbeing-support/wellbeing-service
- BIMM Wellbeing Support** bimm.ac.uk/student-support/
- Togetherall (UoB & BIMM)** togetherall.com/
- Talk Campus (UoB)** talkcampus.io/
- Students Against Depression** studentsagainstdepression.org/
- Student Space** studentspace.org.uk/

SUBSTANCE ABUSE / ADDICTION

- Bristol Drugs Project (BDP)** bdp.com/
- Developing Health & Independence (DHI)** dhi-online.org.uk/
- Cocaine Anonymous** meetings.cocaineanonymous.org.uk/meetings/
- Narcotics Anonymous** ukna.org/meetings/search
- Chandos House (Male-identifying)** chandoshouse.org/
- The Southmead Project** southmeadproject.org.uk/
- Hawkspring** hawkspring.org.uk/
- Missing Link (Women)** missinglinkhousing.co.uk/
- FRANK (National)** talktofrank.com/
- Al-Anon Family & Alateen (National)** al-anonuk.org.uk/

SUICIDE + CRISIS SUPPORT

AWP awp.nhs.uk/

The Sanctuary mungos.org/our-services/the-sanctuary/

CAMHS Crisis Line 0800 953 1919

Samaritans (National) samaritans.org/

Papyrus (National) papyrus-uk.org/

Staying Safe (National) staying-safe.net/home

National Suicide Prevention Alliance nspa.org.uk/

SHOUT giveusashout.org/

Stay Alive stayalive.app/

You can also visit your local A&E or call 999 to get support from emergency services

TRAVELLER / ROMA COMMUNITIES

GRT Bristol bristol.gov.uk/web/grt-bristol

Friends, Families and Travellers (National) gypsy-traveller.org/

18+ SUPPORT

Vita Health Group vitahealthgroup.co.uk/nhs-services/

Changes changesbristol.org.uk/

The Mix themix.org.uk/

Creative Youth Network creativeyouthnetwork.org.uk/

Bourne Family Project bournefamilyproject.org/

OTR Bristol otrbristol.org.uk/

Womankind womankindbristol.org.uk/

Young Minds (National) youngminds.org.uk/

Bristol Mind bristolmind.org.uk/

Campaign Against Living Miserably thecalmzone.net/

Talk Club (Men) talkclub.org/

Andy's Man Club (Men) andysmanclub.co.uk/

UNDER 11s

Carers Support Service carerssupportcentre.org.uk/

Bourne Family Project bournefamilyproject.org/

Bristol Drugs Project bdp.org.uk/

Brook brook.org.uk/services/brook-bristol/

Families in Focus (Bristol) bristol.gov.uk/social-care-health/social-work-contact-details-children-and-young-people



Families in Focus (South Glos) southglos.gov.uk/health-and-social-care/strategies-plans-and-policies/children-young-people-and-families/families-in-focus

The Green House the-green-house.org.uk/

Happy Maps (National) happymaps.co.uk/

Childline (National) childline.org.uk/

The Mix (National) themix.org.uk/

YOUTH WORK

YOU Foundation theyoufoundation.org/

Young Bristol youngbristol.com/

Youth Moves youthmoves.org.uk/

Creative Youth Network (CYN) creativeyouthnetwork.org.uk/

Krunch krunch.org.uk/krunch-sw/

Learning Partnership West (LPW) lpw.org.uk/