

# 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/](https://sarsas.org.uk/)

Bristol Against Violence and Abuse (BAVA) [bava.org.uk/](https://bava.org.uk/)

CRUSH (By BAVA) [bava.org.uk/professionals/projects/crush/](https://bava.org.uk/professionals/projects/crush/)

Next Link (Women) [nextlinkhousing.co.uk/](https://nextlinkhousing.co.uk/)

Julian House [julianhouse.org.uk/](https://julianhouse.org.uk/)

The Southmead Project [southmeadproject.org.uk/counselling](https://southmeadproject.org.uk/counselling)

Lighthouse Victim and Witness Care [lighthousevictimcare.org/](https://lighthousevictimcare.org/)

Victim Support (National) [victimsupport.org.uk/](https://victimsupport.org.uk/)

Women's Aid (National - Women) [womensaid.org.uk/](https://womensaid.org.uk/)

Survivors UK (National - Young Men) [survivorsuk.org/](https://survivorsuk.org/)

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## BEREAVEMENT

Cruse [cruse.org.uk/](https://cruse.org.uk/)

Winston's Wish [winstonswish.org/](https://winstonswish.org/)

Survivors of Bereavement by Suicide (SOBS) [uksobs.org/we-can-help/local-support-groups/find/](https://uksobs.org/we-can-help/local-support-groups/find/)

Grief Encounter [griefencounter.org.uk/](https://griefencounter.org.uk/)

Bristol Stillbirth and Neonatal Death Society (SANDS) [bristol.sands.org.uk/](https://bristol.sands.org.uk/)

SOBS Helpline (National) [uksobs.org/contact/](https://uksobs.org/contact/)

Child Bereavement UK (National) [childbereavementuk.org/](https://childbereavementuk.org/)

Blue Cross Pet Bereavement Service (National) [bluecross.org.uk/](https://bluecross.org.uk/)

# BLACK PEOPLE & PEOPLE OF COLOUR

Nilari [nilari.co.uk/](http://nilari.co.uk/)

Kiki Bristol (QTIPOC) [facebook.com/KikiSocials/](https://facebook.com/KikiSocials/)

Black, African and Asian Therapies Network (BAATN) [baatn.org.uk/](http://baatn.org.uk/)

OTR's Project Zazi [otrbristol.org.uk/what-we-do/zazi/](http://otrbristol.org.uk/what-we-do/zazi/)

Bristol Black Carers [bristolblackcarers.org.uk/](http://bristolblackcarers.org.uk/)

Bristol Mind's Women Without Borders [bristolmind.org.uk/mental-health-resources/mind-without-borders-working-in-the-community/](http://bristolmind.org.uk/mental-health-resources/mind-without-borders-working-in-the-community/)

Barnardos Boloh Helpline [helpline.barnardos.org.uk/](http://helpline.barnardos.org.uk/)

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## BULLYING

Bullying UK (National) [bullying.co.uk/](http://bullying.co.uk/)

Bullies Out (National) [bulliesout.com/](http://bulliesout.com/)

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

OTR Bristol [otrbristol.org.uk/](http://otrbristol.org.uk/)

Changes Bristol [changesbristol.org.uk/](http://changesbristol.org.uk/)

Womankind [womankindbristol.org.uk/](http://womankindbristol.org.uk/)

Vita Minds [vitahealthgroup.co.uk/nhs-services/nhs-mental-health/](http://vitahealthgroup.co.uk/nhs-services/nhs-mental-health/)

Creative Youth Network [creativeyouthnetwork.org.uk/](http://creativeyouthnetwork.org.uk/)

Anna Freud (National) [annafreud.org/](http://annafreud.org/)

No Panic (National) [nopanice.org.uk/](http://nopanice.org.uk/)



## DISABILITY & SEND SUPPORT

**Supportive Parents** [supportiveparents.org.uk/](https://supportiveparents.org.uk/)

**Bristol SEND Local Offer** [bristol.gov.uk/web/bristol-local-offer](https://bristol.gov.uk/web/bristol-local-offer)

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

**Brandon Trust** [brandontrust.org/](https://brandontrust.org/)

**Bristol Autism Spectrum Services (BASS)** [awp.nhs.uk/services/specialist/autism-spectrum/](https://awp.nhs.uk/services/specialist/autism-spectrum/)

**HFT Bristol & Bath** [hft.org.uk/about-us/locations/south-west-england/hft-bristol-and-bath/](https://hft.org.uk/about-us/locations/south-west-england/hft-bristol-and-bath/)

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## EATING DISORDERS

**Bristol Eating Disorder Support Group** [bristoleatingdisordersupportgroup.weebly.com/](https://bristoleatingdisordersupportgroup.weebly.com/)

**Food Addicts in Recovery Anonymous** [beateatingdisorders.org.uk/](https://beateatingdisorders.org.uk/)

**Overeaters Anonymous** [oagb.org.uk/find-a-meeting/](https://oagb.org.uk/find-a-meeting/)

**BEAT (National)** [beateatingdisorders.org.uk/](https://beateatingdisorders.org.uk/)

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## EDUCATION / TRAINING / EMPLOYMENT

**Prince's Trust** [princes-trust.org.uk/](https://princes-trust.org.uk/)

**Creative Youth Network (CYN)** [creativeyouthnetwork.org.uk/Pages/Category/help-to-get-a-job](https://creativeyouthnetwork.org.uk/Pages/Category/help-to-get-a-job)

**Young Bristol** [youngbristol.com/our-programmes/instructor-training-scheme/](https://youngbristol.com/our-programmes/instructor-training-scheme/)

**Post 16 Participation** [p16p.co.uk/about](https://p16p.co.uk/about)

**West of England Works** [westofenglandworks.org.uk/](https://westofenglandworks.org.uk/)

**Felix Fix Up (Bike workshop)** [onefrontdoor.org.uk/felix-fix-up-bike-maintenance-at-felix-road/](https://onefrontdoor.org.uk/felix-fix-up-bike-maintenance-at-felix-road/)



## FAITH GROUPS

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

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## GENDER & SEXUALITY

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

## HATE CRIME / DISCRIMINATION

SARI [sariweb.org.uk/](http://sariweb.org.uk/)

Bristol Hate Crime & Discrimination Services [bhcds.org.uk/](http://bhcds.org.uk/)

GALOP (LGBTQ+) [galop.org.uk/](http://galop.org.uk/)

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## HOMELESSNESS / UNSTABLE HOUSING

1625ip [1625ip.co.uk/](http://1625ip.co.uk/)

Adolescent Support Home Services [ashsltd.com/](http://ashsltd.com/)

Albert Kennedy Trust (akt) [akt.org.uk/news/akt-in-bristol](http://akt.org.uk/news/akt-in-bristol)

Missing Link (Women) [missinglinkhousing.co.uk/](http://missinglinkhousing.co.uk/)

Developing Health & Independence (DHI) [dhi-online.org.uk/](http://dhi-online.org.uk/)

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## LOW COST / FREE COUNSELLING

Help! Counselling [help-counselling.org.uk/](http://help-counselling.org.uk/)

Network Counselling [network.org.uk/](http://network.org.uk/)

WomanKind [womankindbristol.org.uk/](http://womankindbristol.org.uk/)

Vita Minds [vitahealthgroup.co.uk/nhs-services/nhs-mental-health/](http://vitahealthgroup.co.uk/nhs-services/nhs-mental-health/)

HearttoHeart Counselling [hearttoheartbristol.co.uk/](http://hearttoheartbristol.co.uk/)

Knowle West Health Association [kwha1.wordpress.com/](http://kwha1.wordpress.com/)

Better Help [betterhelp.com/](http://betterhelp.com/)

Avon Counselling and Psychotherapy Service  
(ACPS) [acps-bristol.org.uk/](http://acps-bristol.org.uk/)



## PARENT / CARERS

**Bourne Family Project** [bournefamilyproject.org/](http://bournefamilyproject.org/)

**OTR Resilient Parenting** [otrbristol.org.uk/what-we-do/resilient-parenting/](http://otrbristol.org.uk/what-we-do/resilient-parenting/)

**Parent Buddies** [parentbuddies.co.uk/](http://parentbuddies.co.uk/)

**Happy Maps** [happymaps.co.uk/](http://happymaps.co.uk/)

**Mermaids (Gender Diverse Org)** [mermaidsuk.org.uk/](http://mermaidsuk.org.uk/)

**FFLAG (LGBT+)** [fflag.org.uk/](http://fflag.org.uk/)

**Family Lives UK** [familylives.org.uk/](http://familylives.org.uk/)

**Single Parent Action Network** [singleparents.org.uk/](http://singleparents.org.uk/)

**Parental Minds** [parentalminds.org.uk/](http://parentalminds.org.uk/)

**Charlie Waller Trust** [charliewaller.org/](http://charliewaller.org/)

**Anna Freud** [annafreud.org/](http://annafreud.org/)

**Young Minds** [youngminds.org.uk/](http://youngminds.org.uk/)

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## REFUGEE / ASYLUM SEEKER

**Aid Box Community** [aidboxcommunity.co.uk/](http://aidboxcommunity.co.uk/)

**Youth Refugee Choir** [bristolmind.org.uk/mental-health-resources/youth-refugee-choir/](http://bristolmind.org.uk/mental-health-resources/youth-refugee-choir/)

**Learning Partnership West (LPW)** [lpw.org.uk/](http://lpw.org.uk/)

**Bristol Refugee Rights** [bristolrefugeerights.org/](http://bristolrefugeerights.org/)

**Adolescent support home services** [ashsltd.com/](http://ashsltd.com/)

**Micro Rainbow (LGBTQI)** [microrainbow.org/](http://microrainbow.org/)

## SELF-HARM

- Missing Link (Women) [missinglinkhousing.co.uk/](https://missinglinkhousing.co.uk/)
- Self-Injury Self Help (SISH) [sishbristol.org.uk/](https://sishbristol.org.uk/)
- Self-Injury Support (Women & girls) [selfinjurysupport.org.uk/](https://selfinjurysupport.org.uk/)
- Harmless (National) [harmless.org.uk/](https://harmless.org.uk/)

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## SUBSTANCE ABUSE / ADDICTION

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



## SUICIDE + CRISIS SUPPORT

**Bristol Mental Health Team** [bristolmentalhealth.org/](https://bristolmentalhealth.org/)

**The Sanctuary** [bristolmentalhealth.org/services/bristol-sanctuary/](https://bristolmentalhealth.org/services/bristol-sanctuary/)

**CAMHS Crisis Line** 0800 953 1919

**Samaritans (National)** [samaritans.org/](https://samaritans.org/)

**Papyrus (National)** [papyrus-uk.org/](https://papyrus-uk.org/)

**Staying Safe (National)** [stayingssafe.net/home](https://stayingssafe.net/home)

**National Suicide Prevention Alliance** [nspa.org.uk/](https://nspa.org.uk/)

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

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## TRAVELLER / ROMA COMMUNITIES

**GRT Bristol** [bristol.gov.uk/web/qrt-bristol](https://bristol.gov.uk/web/qrt-bristol)

**Friends, Families and Travellers (National)** [gypsy-traveller.org/](https://gypsy-traveller.org/)



## 18+ SUPPORT

**Help! Counselling** [help-counselling.org.uk/](http://help-counselling.org.uk/)

**Vita Health Group** [vitahealthgroup.co.uk/nhs-services/nhs-mental-health/](http://vitahealthgroup.co.uk/nhs-services/nhs-mental-health/)

**LOTTY** [facebook.com/lottulpw/](https://facebook.com/lottulpw/)

**Changes, Bristol** [changesbristol.org.uk/](http://changesbristol.org.uk/)

**The Mix** [themix.org.uk/](http://themix.org.uk/)

**Creative Youth Network** [creativeyouthnetwork.org.uk/](http://creativeyouthnetwork.org.uk/)

**Bourne Family Project** [bournefamilyproject.org/](http://bournefamilyproject.org/)

**OTR Bristol** [otrbristol.org.uk/](http://otrbristol.org.uk/)

**Womankind** [womankindbristol.org.uk/](http://womankindbristol.org.uk/)

**Young Minds (National)** [youngminds.org.uk/](http://youngminds.org.uk/)

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## UNDER 11s

**Help! Counselling** [help-counselling.org.uk/](http://help-counselling.org.uk/)

**Carers Support Service - Young Carers Service** [carerssupportcentre.org.uk/](http://carerssupportcentre.org.uk/)

**Bourne Family Project** [bournefamilyproject.org/](http://bournefamilyproject.org/)

**Bristol Drugs Project** [bdp.org.uk/](http://bdp.org.uk/)

**Brook** [brook.org.uk/services/brook-bristol/](http://brook.org.uk/services/brook-bristol/)

**Families in Focus (Bristol)** [bristol.gov.uk/social-care-health/social-work-contact-details-children-and-young-people](http://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](http://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/](http://the-green-house.org.uk/)

**Happy Maps (National)** [happymaps.co.uk/](http://happymaps.co.uk/)

**Childline (National)** [childline.org.uk/](http://childline.org.uk/)

**The Mix (National)** [themix.org.uk/](http://themix.org.uk/)



# YOUTH WORK

**YOU Foundation** [theyoufoundation.org/](http://theyoufoundation.org/)

**Young Bristol** [youngbristol.com/](http://youngbristol.com/)

**Youth Moves** [youthmoves.org.uk/](http://youthmoves.org.uk/)

**Creative Youth Network (CYN)** [creativeyouthnetwork.org.uk/](http://creativeyouthnetwork.org.uk/)

**Krunch** [krunch.org.uk/krunch-sw/](http://krunch.org.uk/krunch-sw/)

**Learning Partnership West (LPW)** [lpw.org.uk/](http://lpw.org.uk/)