



North Somerset

SUPPORT SERVICES OVER THE FESTIVE PERIOD

NATIONAL SERVICES

SHOUT TEXT LINE

Ages: Any Age | Location: National | Website: giveusashout.org

Free crisis text service for anyone who is struggling to cope.

SAMARITANS

Ages: All ages | Location: National | Website: Samaritans.org

Helpline offering 24/7 listening support.

THE MIX

Ages: Up to 25 | Location: National | Website: themix.org.uk

Information, helpline, webchat and online counselling to help young people with a range of issues.

KOOTH

Ages: Up to 18 | Location: National | Website: kooth.com

An online mental wellbeing community providing free, safe and anonymous support, including helpful articles, discussion boards, a daily journal, and the opportunity to chat with the team about anything that's on your mind.

CHILDLINE

Ages: Up to 19 | Location: National | Website: childline.org.uk

Confidential service offering information and support through their website and helpline services.

CALM - CAMPAIGN AGAINST LIVING MISERABLY

Ages: All Ages | Location: National | Website: thecalmzone.net

CALM's helpline and livechat are open from 5pm to midnight everyday. 365 days a year.

LGBT+ SWITCH BOARD

Ages: All Ages | Location: National | Website: switchboard.org.uk/

LGBTQ+ helpline providing support around issues including sexuality, gender identity, sexual health and emotional wellbeing.



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USEFUL APPS

CALM HARM

Ages: 12+ | Website: calmharm.co.uk

Provides tasks to help resist or manage the urge to self-harm.

MY POSSIBLE SELF

Ages: 12+ | Website: mypossibleself.com

A toolkit to help guide you through life's challenges and practice self-care.

DISTRACT

Ages: 17+ | Website: nhs.uk/apps-library/distract

Aims to help you better understand self-harm, monitor symptoms and reduce the risk of suicide.

CLEAR FEAR

Ages: 4+ | Website: clearfear.co.uk

Helps you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.

SMILING MIND

Ages: 4+ | Website: smilingmind.com.au

Mindfulness meditation app designed to assist you in dealing with the pressures, stresses and challenges of daily life.

MEETOO

Ages: 12+ | Website: meetoo.help

Moderated app for teenagers providing peer support, expert help, educational and creative resources, and links to UK charities and helplines.



SUPPORT SERVICES OVER THE FESTIVE PERIOD

LOCAL SERVICES

SAFE HAVEN

Ages: 16+ | Location: Weston-Super-Mare | Website: secondstep.co.uk

Mental health crisis support and signposting seven days a week from 6pm-midnight.

MENTAL HEALTH URGENT RESPONSE LINE

Ages: Any age | Location: Online | Website: awp.nhs | Number: 0800 953 1919

Mental health crisis support and signposting 24/7.



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