



## ***SUPPORT SERVICES FOR YOUNG BLACK PEOPLE AND YOUNG PEOPLE OF COLOUR***

### ***NILAARI***

Ages: All ages | [nilaari.co.uk](http://nilaari.co.uk)

A support service offering talking therapies for those identifying as Black, Asian or from a minoritised ethnic group.

### ***BOLOH***

Ages: 11+ | [helpline.barnardos.org.uk](http://helpline.barnardos.org.uk)

Helpline and webchat for young people identifying as Black, Asian or from a minoritised ethnic group.

### ***BATTN***

[baatn.org.uk](http://baatn.org.uk)

Specialise in working psychologically, informed by an understanding of intersectionality, with people who identify as Black, African, South Asian and Caribbean.

### ***BRISTOL BLACK CARERS***

[bristolblackcarers.org.uk](http://bristolblackcarers.org.uk)

Support and Assistance for Caribbean, African & Asian Carers in Bristol.

### ***ST PAUL'S ADVICE CENTRE***

[stpaulsAdvice.org.uk](http://stpaulsAdvice.org.uk)

Free advice for anyone living in St Paul's Bristol covering topics like financial matters, employment, housing and immigration. Legal advice, and advice in languages other than English, are also available.

### ***MIND WITHOUT BORDERS GREENSPACE PROJECT***

[bristolmind.org.uk/help-and-support/mind-without-borders/greenspace/](http://bristolmind.org.uk/help-and-support/mind-without-borders/greenspace/)

for Refugee and Asylum Seekers who would like to just get outside in a safe, quiet space with others



### ***MUSLIM YOUTH HELPLINE***

Ages: All ages | [myh.org.uk](http://myh.org.uk) | 0808 808 2008

Offer a free and confidential service offering support to vulnerable youth in need. Common issues range from relationships, mental health concerns, sexual abuse and religious issues.

### ***COMMUNITY ACCESS SUPPORT SERVICE (CASS)***

[cassbristol.org](http://cassbristol.org)

The community access support service works with community, equality and faith groups to improve awareness of mental health and provide links to support services in Bristol.