

Mental Health Signposting Sheet

For individuals in a high level of emotional distress or mental health crisis

Local

Crisis Resolution and Home Treatment Team

Tel: 0800 169 0398 | If immediate danger to life call 999 | www.ghc.nhs.uk/our-teams-and-services/crhtt/ | For 11 year olds and up (For children under 11 years old the GP should be contacted or 111/999 out of hours | 24 hours a day, 7 days a week | An increased level of care for those with mental health conditions or experiencing emotional and psychological distress | Minimised face-to-face contact – use of telephone, text and video-based technology

National

Samaritans

Tel: 116 123 | Email: jo@samaritans.org
www.samaritans.org/
 24/7 listening support via email and phone call

Campaign Against Living Miserably (CALM)

Tel: 0800 58 58 58 | www.thecalmzone.net/
 A leading movement against suicide | Helpline and webchat – 7 hours a day, 7 days a week

Stay Alive App

www.prevent-suicide.org.uk/find-help-now/stay-alive-app/ | An app for those at risk of suicide or those worried about someone else

If a person is already being supported by specialist mental health services, they should contact the relevant team

Further information can be found on the Gloucestershire Health & Care NHS Foundation Trust (GHC) website:

General information about GHC - www.ghc.nhs.uk/ | **What GHC do** - www.ghc.nhs.uk/a-z/

Coronavirus information and how services are affected - www.ghc.nhs.uk/coronavirus/

For individuals seeking help with anxiety, low mood or depression (NOT in immediate crisis)

Local

<p>Qwell www.qwell.io Online anonymous counselling for adults Access to self-care resources and peer support via online forums Register under 'Gloucestershire adults' Open access</p>	<p>Community Advice, Links, Mental Health Support (CALMHS) Tel: 0345 8638323 01452 317460 Text: 07812 067087 www.independencetrust.co.uk/CALMHS/about Offering those with moderate to severe mental ill health 1:1 support, personal support plans and signposting to other services Phone, video call, text or email Accepting referrals</p>	<p>Community Wellbeing Service Cheltenham & Tewkesbury - 0300 365 6463 Cotswold - 01452 528491 Gloucester - 0300 131 0024 Forest of Dean - 01594 812447 Stroud & Berkeley Vale - 0345 863 8323 Connecting people to local services, organisations and groups that can help improve general wellbeing and meet wider social needs For anyone over 16 living in Gloucestershire or registered with a Gloucestershire GP</p>	<p>IAPT (Improving Access to Psychological Therapies) – Let's Talk Tel: 0800 073 2200 www.ghc.nhs.uk/our-teams-and-services/letstalk/ The service provides support for mental health conditions, such as depression, anxiety, PTSD, OCD and phobias</p>	<p>Mental Health Matters Tel: 0808 145 4507 For adults 18 and over 24 hour phone and web chat for emotional support and signposting to services They are experiencing high demand currently, if unable to get through first time then advised to keep trying Open access currently</p>	<p>Alexandra Wellbeing House Email: admin@sgmind.org.uk www.sgmind.org.uk/the-alexandra/ Gloucestershire Telephone Wellbeing Support Weekly telephone calls plus safety and support planning using 5 Ways to Wellbeing Accepting new referrals from NHS Teams and 3rd sector organisations</p>
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For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis)

Local

<p>School Nurse Tel: 07507 333351 www.ghc.nhs.uk/our-teams-and-services/school-nursing/ For 5 to 19 year olds ChatHealth is open Monday to Friday from 9am to 4.30pm for 11- 19 year olds who may want to discuss a health issue</p>	<p>Children and Young People's Services (CYPS) https://cayp.ghc.nhs.uk/ Up to 18th birthday Mental health services for children and young people (and their families/carers) who are experiencing mental health and emotional wellbeing difficulties The child or young person should be registered with a Gloucestershire GP CYPS also provides services for children and young people who have health issues related to a moderate to severe learning disability</p>	<p>TIC+ (Teens in Crisis) Tel: 01594 372777 Text: 07520 634063 www.ticplus.org.uk/ For 9 to 21 year olds Counselling by phone, online text chat or video chat</p>
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Mental Health Signposting Sheet

For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis) CONTINUED

National

<p>Childline Tel: 0800 1111 www.childline.org.uk/ Childline counsellors available online or on the phone from 9am – midnight</p>	<p>Young Gloucestershire Tel: 01452 501008 www.youngglos.org.uk/young-people/mental-health For 11 to 25 year olds Counselling by phone and via online chat Emergency Support packages to existing clients Connect – the alternative education programme Detached youth work - for vulnerable Online activities</p>	<p>Mix Tel: 0808 808 4994 www.themix.org.uk/ For under 25 year olds UK's leading support service for young people Support with mental health, money, homelessness, finding a job, relationships and drugs</p>	<p>Young Minds Tel: 0808 802 5544 – parents helpline www.youngminds.org.uk/ Online information and advice to support children, young people and their parents</p>
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For individuals seeking support in their community to support their wellbeing

Local

<p>Change, Grow, Live (CGL) Tel: 01452 223 014 www.changegrowlive.org/drug-alcohol-recovery-service-gloucestershire Drug and Alcohol Recovery Service Appointments by phone and email</p>	<p>Gloucestershire Carers Hub Tel: 0300 111 9000 Email: carers@peopleplus.co.uk www.gloucestershirecarershub.co.uk/ Offering information, advice and guidance to carers 9am to 5pm, Monday to Friday</p>	<p>Gloucestershire Domestic Abuse Support Service (GDASS) www.gdass.org.uk/ A service to reduce the level of domestic abuse and improve the safety of victims and their families Contact should be made using the online referral form</p>
<p>Gloucestershire Self Harm Helpline Tel: 0808 801 0606 Text: 07537 410 022 www.gloucestershireselfharm.org/ For people who self harm, their families and carers Telephone, web chat and text support 5 – 10pm daily</p>	<p>MHELO (Mental Health Experience Led Opportunities) Tel: 01452 234003 www.inclusiongloucestershire.co.uk Mental health user led support on Facebook</p>	<p>The Cavern Tel: 01452 307201 www.kftseekers.org.uk/cavern Support and advice available everyday from 6pm to 11pm or a live chat is available on the website</p>

For individuals seeking basic self-care tools and resources to help them look after their emotional wellbeing

National

<p>Every Mind Matters www.nhs.uk/oneyou/every-mind-matters/ Expert advice and practical tips to help people look after their mental health and wellbeing</p>	<p>Five Ways to Wellbeing - NHS www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/ A wide variety of useful links about mental health</p>	<p>Head Talks www.headtalks.com/ Aims to inspire and engage those interested in mental health and wellbeing. Subscribe to the newsletter.</p>
<p>Mental Health Foundation www.mentalhealth.org.uk/ Information to support mental health, including how to look after mental health during the Coronavirus outbreak</p>	<p>Mind www.mind.org.uk/ Providing a wide range of information and resources to support mental health problems people are facing at this time</p>	<p>OCD UK www.ocduk.org/ Supporting those with Obsessive-Compulsive Disorder (OCD) in the UK</p>
<p>Rethink Mental Illness www.rethink.org/ Offering an online hub to provide practical support information during Coronavirus outbreak</p>	<p>Sane www.sane.org.uk/ A leading UK mental health charity to improve the quality of life for anyone affected by mental illness</p>	<p>Time To Change www.time-to-change.org.uk/ Changing attitudes to mental health in the workplace, in communities and with children and young people</p>

Other useful links:

Your Circle - www.yourcircle.org.uk/ | **GloSFamilies Directory** - www.gloSFamiliesDirectory.org.uk/kb5/gloucs/gloSFamilies/home.page
Gloucestershire Community Help Hub - www.gloucestershire.gov.uk/gloucestershires-community-help-hub/
Looking After Your Wellbeing - www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/

Version 2 – 6 May 2020

Service availability can be subject to change - please visit websites for the latest service information