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<p>24/7 Support & Connect</p> <p>Immediate emotional and practical support helpline.</p> 	<p>An NHS, free, confidential 24/7 helpline for people who live in Bristol, North Somerset, and South Gloucestershire.</p> <p>The line is staffed by experienced counsellors, who you can talk to and they will listen. They will offer emotional support and can connect you to organisations available in the local area.</p>	<p>https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/247supportandconnect/</p> <p>Tel: 0800 0126549</p>
<p>Avon and Wiltshire Mental Health Partnership</p> <p>Mental health 24/7 telephone response line</p> 	<p>Staff will be available 24/7 to provide advice, guidance and support over the phone to anyone who may be worried about their own or someone else's mental health.</p> <p>They provide round-the-clock support for adults and children, seven days a week, 365 days a year.</p> <p>If you or your loved one feels unsafe, at risk or unable to cope without professional advice, our dedicated staff, will respond to your enquiries and arrange for trained mental health advisors and clinicians to help enable you to manage your difficulties.</p>	<p>Tel: 0300 303 1320</p> <p>http://www.awp.nhs.uk/news-publications/trust-news/2020/april/mental-health-247-telephone-response-line</p>
<p>Beat</p> <p>Support for eating disorders</p> 	<p>Beat is the UK's leading eating disorder charity. It provides support for people and their families on a range of disorders, including anorexia nervosa, binge eating and bulimia.</p>	<p>Studentline: 0808 801 0811</p> <p>www.beateatingdisorders.org.uk</p>
<p>Home from Hospital Service (Alliance homes)</p> <p>Based at Weston General Hospital and provides help and support for patients to move back home safely after a stay at the hospital.</p> 	<p>Examples of the help provided include:</p> <ul style="list-style-type: none"> • making sure your home is suitable for you to move back into • carrying out essential shopping • making sure you have appropriate clothes ready for your discharge • contacting other agencies or services that can help • helping you to re-instate or make new claims for welfare benefits • helping you to sort out debts/other financial issues • helping you to access adaptations and equipment like handrails, key safes and community alarms - to make your home safer for you • helping you to find opportunities to overcome loneliness and isolation 	<p>Tel: 01934 636363 - ext 3193</p> <p>Email: hospitalteam@alliancehomes.org.uk</p> <p>Web: https://www.alliancehomes.org.uk/care-and-support-services/our-support-services/support-to-move-home-from-hospital/</p>

<p>Tenancy Support (Alliance homes)</p> 	<p>Alliance can help with:</p> <ul style="list-style-type: none"> • Housing options • Settle successfully into a new home - for example arranging removals, finding furniture and essential household items and setting up utility accounts • Welfare benefits you may be entitled too • Access to health and social services • Financial problems such as rent arrears or other debts • Aids and adaptations for your home • Access to education, training, volunteering and employment opportunities • Access to community groups and services that reduce loneliness and isolation • Access advice and support if you care for a family member or friend <p>You don't have to live in one of their homes to be able to access these support services.</p>	<p>Tel: 03000 120120 option 3.</p> <p>Web: https://www.alliancehomesgroup.org.uk/</p> <p>Email: support@alliancehomes.org.uk</p>
<p>Citizens Advice North Somerset (CANS)</p> 	<p>An independent charity that provides free, impartial and confidential advice on a range of issues including benefits, debt, employment, housing, consumer problems, family and personal matters, legal procedures, education, health and discrimination.</p>	<p>Web: www.nscab.org.uk</p>
<p>Cruse Bereavement Care</p> 	<p>Cruse Bereavement care exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. The organisation provides counselling and support. It offers information, advice, education and training services.</p>	<p>Tel: 01179264045 or 0808 8081677</p> <p>Web: https://www.cruse.org.uk/get-help/local-services/south-west/bristol-and-district</p>
<p>Head Above the Waves</p>	<p>Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.</p>	<p>www.hatw.co.uk</p>
<p>Kooth</p> 	<p>Free, safe and anonymous online support for young people (aged 10-24) Monday – Friday 12pm – 10pm; Weekend: 6-10pm</p> <p>Staff available to both manage information and engage with young people.</p>	<p>https://kooth.com/</p>
<p>Next Link</p> 	<p>Support services for anyone (women, men, children) who has been the victim of domestic abuse.</p> <p>Our services include telephone help and advice, safe houses, community outreach services and group programmes.</p>	<p>Tel: 0800 4700 280 or 0800 694 9999</p> <p>Web: www.nextlinkhousing.co.uk</p> <p>Email: enquiries.northsomerset@nextlinkhousing.co.uk</p>
<p>Samaritans</p>	<p>The Samaritans offer a safe place for you to talk any time you like, in your own way, about whatever's getting to you. You don't have to be suicidal to call us.</p>	<p>Call for free any time, from any phone on 116 123 or you can email jo@samaritans.org.</p>

<p>The Children's Society (National)</p> 	<p>A national charity that offers advice and support on mental health and emotional issues. It also provides a 'vault' of resource for a range of ages.</p>	<p>https://www.childrenssociety.org.uk/information/young-people</p>
<p>We are with You (Addaction)</p> 	<p>Free, confidential support with alcohol, drugs or mental health</p>	<p>Tel: 01934 427940</p> <p>Web: https://www.wearewithyou.org.uk/services/north-somerset/</p>
<p>Your Bump 2 Baby Wellbeing Guide</p> 	<p>Helping you find the right mental health support during pregnancy, birth and beyond.</p> <p>It includes details of voluntary organisations offering support, as well as the statutory services and community services.</p>	<p>https://bump2babywellbeingguide.org/find-help-in-north-somerset/</p>
<p>OTR (Off the Record)</p> 	<p>OTR is a mental health social movement by and for young people aged 11-18 in North Somerset. Getting free wellbeing info support couldn't be easier – explore this website and sign-up directly to the project or service you want to try.</p>	<p>https://otrnorthsomerset.org.uk/</p>

Under 25s	Over 25s	Parents
<p>YOUNGMINDS Crisis Messenger <small>mentally shout 43252</small></p> <p>Text YM to 85258 Open 24/7</p>	<p>mind for better mental health</p> <p>Call 0300 123 3393 9am - 6pm, Mon - Fri</p>	<p>YOUNGMINDS Parents Helpline</p> <p>Call 0808 802 5544 9:30am - 4pm, Mon - Fri</p>
<p>THE MIX</p> <p>Call 0808 808 4994 3pm - 12am, every day</p>	<p>SAMARITANS</p> <p>Call 116 123 Open 24/7</p>	
<p>childline <small>ONLINE, ON THE PHONE, ANYTIME</small></p> <p>Call 0800 1111 7:30am - 3:30am, every day</p>	<p>For more advice and information visit: youngminds.org.uk/find-help</p>	