

## 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/](http://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](mailto:jo@samaritans.org)  
[www.samaritans.org/](http://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/](http://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/](http://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** - [www.ghc.nhs.uk/](http://www.ghc.nhs.uk/) | **What GHC do** - [www.ghc.nhs.uk/a-z/](http://www.ghc.nhs.uk/a-z/) | **Coronavirus information and affected services** - [www.ghc.nhs.uk/coronavirus/](http://www.ghc.nhs.uk/coronavirus/)

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

#### Local

#### Community Advice, Links, Mental Health Support (CALMHS)

Tel: 0345 8638323 | 01452 317460  
 Text: 07812 067087  
[www.independencetrust.co.uk/CALMHS/about](http://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 | For anyone over 18 living in Gloucestershire and registered with a Gloucestershire GP

#### IAPT (Improving Access to Psychological Therapies) – Let’s Talk

Tel: 0800 073 2200  
[www.ghc.nhs.uk/our-teams-and-services/letstalk/](http://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

#### 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

#### Qwell

[www.qwell.io](http://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

#### Gloucestershire Counselling Services

Funded counselling sessions for those whose mental health has been more severely affected by Covid-19 | For those with personal circumstances or vulnerabilities which mean they would not usually be able to access counselling and self-fund it  
 Referrals from GPs, Community Wellbeing Service, CALMHS, Citizens Advice Bureau or Occupational Health Team  
 Following a referral, access the service by visiting:  
[www.gloscounselling.org.uk/product/individual-counselling/](http://www.gloscounselling.org.uk/product/individual-counselling/) (select ‘Pre-Paid registration’ option at payment page) **OR** Tel: 01453 766310 to request a hard copy registration pack

#### Alexandra Wellbeing House

Email: [admin@sgmind.org.uk](mailto:admin@sgmind.org.uk)  
[www.sgmind.org.uk/the-alexandra/](http://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 3<sup>rd</sup> sector organisations

#### Mental Health Matters

Tel: 0808 145 4507  
 For adults 18 and over | **ONLY open to individuals who are existing clients of specialist mental health services at GHC**  
 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

## Mental Health Signposting Sheet

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

#### Local

<p><b>Children and Young People's Services (CYPS)</b>  <a href="https://cayp.ghc.nhs.uk/">https://cayp.ghc.nhs.uk/</a>   Up to 18<sup>th</sup> 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><b>School Nurse</b>                  Tel: 07507 333351  <a href="http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/">www.ghc.nhs.uk/our-teams-and-services/school-nursing/</a>   For 5 to 19 year olds   ChatHealth is open Monday to Friday from 9am to 4.30pm for 11 to 19 year olds who may want to discuss a health issue</p>	<p><b>TIC+ (Teens in Crisis)</b>                  Tel: 01594 372777   Text: 07520 634063   <a href="http://www.ticplus.org.uk/">www.ticplus.org.uk/</a>   For 9 to 21 year olds   Counselling by phone, text chat or video chat  <b>New TIC+ Chat 1:1 Drop-in</b>   an anonymous helpline for children and young people aged 9 to 21 in Gloucestershire who are struggling with mild or temporary mental health issues due to the Covid-19 pandemic                  Sunday to Thursday 5pm to 9pm   Open access                  Tel: 0300 303 8080 or use the online chat at <a href="http://www.ticplus.org.uk">www.ticplus.org.uk</a></p>
<p style="text-align: center;"><b>Young Gloucestershire</b></p> <p style="text-align: center;">Tel: 01452 501008   <a href="http://www.youngglos.org.uk/young-people/mental-health">www.youngglos.org.uk/young-people/mental-health</a>                  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  <b>New Young Gloucestershire Link Chat for Vulnerable Young People</b>                  Offering support to young people aged 16 to 25 with their mental health during this time   Trained mental health youth workers available daily   Offering Zoom and phone calls   Mindfulness sessions, counselling support online, fitness sessions etc.                  Support is tailored to individual need   Open access but is targeted to young people who may be facing additional challenges in their lives   Tel: 01452 501008 Email: <a href="mailto:getinvolved@youngglos.org.uk">getinvolved@youngglos.org.uk</a></p>		<p style="text-align: center;"><b>Kooth</b></p> <p><a href="http://www.kooth.com">www.kooth.com</a>   For 11 to 18 year olds living in Gloucestershire, experiencing issues with their emotional wellbeing, such as anxiety, low mood or stress   Free anonymous counselling from qualified counsellors via an online mental wellbeing platform   Counselling can be accessed through a drop-in service or booked sessions   Open access</p>
<b>National</b>		
<p style="text-align: center;"><b>Childline</b></p> <p style="text-align: center;">Tel: 0800 1111  <a href="http://www.childline.org.uk/">www.childline.org.uk/</a>                  Childline counsellors available online or on the phone from 9am to midnight</p>	<p style="text-align: center;"><b>The Mix</b></p> <p style="text-align: center;">Tel: 0808 808 4994   <a href="http://www.themix.org.uk/">www.themix.org.uk/</a>                  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 style="text-align: center;"><b>Young Minds</b></p> <p style="text-align: center;">Tel: 0808 802 5544 – parents helpline  <a href="http://www.youngminds.org.uk/">www.youngminds.org.uk/</a>                  Online information and advice to support children, young people and their parents</p>

### For individuals seeking support in their community to support their wellbeing - Local

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

## Mental Health Signposting Sheet

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

<p style="text-align: center;"><b>Five Ways to Wellbeing - NHS</b></p> <p><a href="http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/">www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/</a>   Useful links about mental health</p>	<p style="text-align: center;"><b>Head Talks</b></p> <p><a href="http://www.headtalks.com/">www.headtalks.com/</a>   Aims to inspire and engage those interested in mental health and wellbeing</p>	<p style="text-align: center;"><b>Every Mind Matters</b></p> <p><a href="http://www.nhs.uk/oneyou/every-mind-matters/">www.nhs.uk/oneyou/every-mind-matters/</a>   Expert advice and practical tips to look after mental health</p>
<p style="text-align: center;"><b>Mind</b></p> <p><a href="http://www.mind.org.uk/">www.mind.org.uk/</a>   A wide range of information and resources to support mental health</p>	<p style="text-align: center;"><b>Mental Health Foundation</b></p> <p><a href="http://www.mentalhealth.org.uk/">www.mentalhealth.org.uk/</a>   Information to support mental health</p>	<p style="text-align: center;"><b>OCD UK</b></p> <p><a href="http://www.ocduk.org/">www.ocduk.org/</a>   Supporting those with Obsessive-Compulsive Disorder (OCD) in the UK</p>
<p style="text-align: center;"><b>Rethink Mental Illness</b></p> <p><a href="http://www.rethink.org/">www.rethink.org/</a>   Offering an online hub to provide practical support and information</p>	<p style="text-align: center;"><b>Sane</b></p> <p><a href="http://www.sane.org.uk/">www.sane.org.uk/</a>   A leading UK mental health charity for anyone with mental illness</p>	<p style="text-align: center;"><b>Time To Change</b></p> <p><a href="http://www.time-to-change.org.uk/">www.time-to-change.org.uk/</a>   Changing attitudes to mental health</p>

### Other useful resources

Your Circle - [www.yourcircle.org.uk/](http://www.yourcircle.org.uk/)

Glofamilies Directory - [www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/home.page](http://www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/home.page)

Gloucestershire Community Help Hub - [www.gloucestershire.gov.uk/gloucestershires-community-help-hub/](http://www.gloucestershire.gov.uk/gloucestershires-community-help-hub/)

On Your Mind - [www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)

Looking After Your Wellbeing - [www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/](http://www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/)