

# 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 | 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 about GHC** - [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 how services are affected** - [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

#### 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 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

#### 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

#### 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

#### 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

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

### Local

#### School Nurse

Tel: 07507 333351

[www.ghc.nhs.uk/our-teams-and-services/school-nursing/](http://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

#### Young Gloucestershire

Tel: 01452 501008

[www.youngglos.org.uk/young-people/mental-health](http://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

#### TIC+ (Teens in Crisis)

Tel: 01594 372777

Text: 07520 634063

[www.ticplus.org.uk/](http://www.ticplus.org.uk/)

For 9 to 21 year olds

Counselling by phone, online text chat or video chat

## Mental Health Signposting Sheet

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

#### National

<p style="text-align: center;"><b>Childline</b></p> <p style="text-align: center;">Tel: 0800 1111 www.childline.org.uk/ Childline counsellors available online or on the phone from 9am – midnight</p>	<p style="text-align: center;"><b>Mix</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Young Minds</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Change, Grow, Live (CGL)</b></p> <p style="text-align: center;">Tel: 01452 223 014 www.changegrowlive.org/drug-alcohol-recovery-service-goucestershire Drug and Alcohol Recovery Service Appointments by phone and email</p>	<p style="text-align: center;"><b>Gloucestershire Carers Hub</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Gloucestershire Domestic Abuse Support Service (GDASS)</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Gloucestershire Self Harm Helpline</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>MHELO (Mental Health Experience Led Opportunities)</b></p> <p style="text-align: center;">Tel: 01452 234003 www.inclusiongloucestershire.co.uk Mental health user led support on Facebook</p>	<p style="text-align: center;"><b>The Cavern</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>Every Mind Matters</b></p> <p style="text-align: center;">www.nhs.uk/oneyou/every-mind-matters/ Expert advice and practical tips to help people look after their mental health and wellbeing</p>	<p style="text-align: center;"><b>Five Ways to Wellbeing - NHS</b></p> <p style="text-align: center;">www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/ A wide variety of useful links about mental health</p>	<p style="text-align: center;"><b>Head Talks</b></p> <p style="text-align: center;">www.headtalks.com/ Aims to inspire and engage those interested in mental health and wellbeing. Subscribe to the newsletter.</p>
<p style="text-align: center;"><b>Mental Health Foundation</b></p> <p style="text-align: center;">www.mentalhealth.org.uk/ Information to support mental health, including how to look after mental health during the Coronavirus outbreak</p>	<p style="text-align: center;"><b>Mind</b></p> <p style="text-align: center;">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 style="text-align: center;"><b>OCD UK</b></p> <p style="text-align: center;">www.ocduk.org/ Supporting those with Obsessive-Compulsive Disorder (OCD) in the UK</p>
<p style="text-align: center;"><b>Rethink Mental Illness</b></p> <p style="text-align: center;">www.rethink.org/ Offering an online hub to provide practical support information during Coronavirus outbreak</p>	<p style="text-align: center;"><b>Sane</b></p> <p style="text-align: center;">www.sane.org.uk/ A leading UK mental health charity to improve the quality of life for anyone affected by mental illness</p>	<p style="text-align: center;"><b>Time To Change</b></p> <p style="text-align: center;">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/](http://www.yourcircle.org.uk/) | **GloSFamilies Directory** - [www.gloSFamiliesDirectory.org.uk/kb5/gloucs/gloSFamilies/home.page](http://www.gloSFamiliesDirectory.org.uk/kb5/gloucs/gloSFamilies/home.page)  
**Gloucestershire Community Help Hub** - [www.gloucestershire.gov.uk/gloucestershires-community-help-hub/](http://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/](http://www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/)