

# 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 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

<p><b>Qwell</b>  <a href="http://www.qwell.io">www.qwell.io</a>                      Online                      anonymous                      counselling for                      adults   Access                      to self-care                      resources and                      peer support via                      online forums                      Register under                      'Gloucestershire                      adults'                      Open access</p>	<p><b>Community Advice, Links,                      Mental Health Support                      (CALMHS)</b>                      Tel: 0345 8638323   01452                      317460                      Text: 07812 067087  <a href="http://www.independencetrust.co.uk/CALMHS/about">www.independencetrust.co.uk/                      CALMHS/about</a>                      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><b>Community Wellbeing Service</b>                      Cheltenham &amp; Tewkesbury - 0300                      365 6463                      Cotswold - 01452 528491                      Gloucester - 0300 131 0024                      Forest of Dean - 01594 812447                      Stroud &amp; 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><b>IAPT (Improving                      Access to                      Psychological                      Therapies) – Let's                      Talk</b>                      Tel: 0800 073 2200  <a href="http://www.ghc.nhs.uk/our-teams-and-services/letstalk/">www.ghc.nhs.uk/our-teams-and-                      services/letstalk/</a>                      The service provides                      support for mental                      health conditions, such                      as depression, anxiety,                      PTSD, OCD and                      phobias</p>	<p><b>Mental Health                      Matters</b>                      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><b>Alexandra Wellbeing                      House</b>                      Email:  <a href="mailto:admin@sgmind.org.uk">admin@sgmind.org.uk</a>  <a href="http://www.sgmind.org.uk/the-alexandra/">www.sgmind.org.uk/the-                      alexandra/</a>                      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</p>
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## For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis)

### Local

<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- 19 year olds                      who may want to discuss a health issue</p>	<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</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, online text                      chat</p>
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Service availability can be subject to change - please visit websites for the latest service information

# Mental Health Signposting Sheet

	disability	or video chat
<b>For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis) CONTINUED</b>		
<b>National</b>		
<p><b>Childline</b> Tel: 0800 1111 www.childline.org.uk/ Childline counsellors available online or on the phone from 9am – midnight</p>	<p><b>Young Gloucestershire</b> 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><b>Mix</b> 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><b>Young Minds</b> Tel: 0808 802 5544 – parents helpline www.youngminds.org.uk/ Online information and advice to support children, young people and their parents</p>

<b>For individuals seeking support in their community to support their wellbeing</b>		
<b>Local</b>		
<p><b>Change, Grow, Live (CGL)</b> Tel: 01452 223 014 www.changegrowlive.org/drug-alcohol-recovery-service-gloucestershire Drug and Alcohol Recovery Service Appointments by phone and email</p>	<p><b>Gloucestershire Carers Hub</b> 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><b>Gloucestershire Domestic Abuse Support Service (GDASS)</b> 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><b>Gloucestershire Self Harm Helpline</b> 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><b>MHELO (Mental Health Experience Led Opportunities)</b> Tel: 01452 234003 www.inclusiongloucestershire.co.uk Mental health user led support on Facebook</p>	<p><b>The Cavern</b> 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>

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

<p><b>Other useful links:</b>  <b>Your Circle</b> - www.yourcircle.org.uk/   <b>GloSFamilies Directory</b> - www.gloSFamiliesDirectory.org.uk/kb5/gloucs/gloSFamilies/home.page  <b>Gloucestershire Community Help Hub</b> - www.gloucestershire.gov.uk/gloucestershires-community-help-hub/</p>
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# Mental Health Signposting Sheet

**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/)