

# Bristol Mental Health and Wellbeing



Directory of Services for Children and Young People



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# Introduction

This directory provides a place for children and young people, their families and professionals to get quick, easy and direct access to up-to-date mental health and wellbeing information in Bristol, including:

- Clear, accurate information about support and services available in Bristol
- Ideas for activities locally to help you look after your wellbeing
- Self-help tools and information including online resources

Searching online is often now the first way people look for information when they, or the people they care for or support, need help. Bristol is committed to improving access to online information and resources, in particular in the area of mental health. This directory is part of a long-term plan to make digital choices available for people in the area who want to improve their wellbeing.

You can contact the team with any comments/feedback about the directory or with any ideas at: [jcu@bristol.gov.uk](mailto:jcu@bristol.gov.uk). Unfortunately, we are unable to respond to queries about individual situations or give advice.

For directories of services in other local areas, please follow the links below:

- [North Somerset](#)
- [South Gloucestershire](#)

*Please note, this publication is designed to offer a broad overview of the main mental health and wellbeing services available to young people aged 0-25, their families and professionals. It is not intended to be a comprehensive directory of all services.*

***All information is provided by organisations and services themselves. We cannot guarantee the quality of all the services and resources listed here so we advise young people, their families and carers to make their own assessments of quality and suitability for their specific purposes.***

*All services are free to access unless otherwise stated.*

*Where possible this directory includes information on who has oversight for various organisations, to support you in making assessments of quality, safety and suitability.*

*The information is correct as of **June 2024** and is updated regularly.*

# How to Support Mental Health and Wellbeing

Mental health and wellbeing is not just about specific mental health services. It is about how we think and feel about our lives and ourselves.

Looking after your wellbeing is key to how we manage and deal with ups and downs throughout our lives. [The NHS website](#) sets out five ways to look after your wellbeing:

1. Connect with other people
2. Be active
3. Learn new skills
4. Give to others (including giving your time through volunteering)
5. Pay attention to the present moment ('mindfulness')

There are a huge number of organisations, teams and groups in Bristol that can help you with your wellbeing. Why not check one of the websites below for some ideas:

## **Join a sports club**

[Bristol Active City](#)  
[BBC Club Finder](#)  
[The West of England Sport Trust \(Wesport\)](#)

## **Learn a musical instrument or join a music group**

[Bristol Plays Music](#)

## **Join a local group like Scouts or Girlguiding**

[Find your local Scout Group](#)  
[Find your nearest Girlguiding Unit](#)  
[Sea Cadets](#)  
[Woodcraft Folk](#)

## **Take up arts and crafts**

[Creative Shift](#)  
[Bristol Arts on Referral Alliance – Wellbeing Arts Groups](#)  
[ACTA Community Theatre](#)  
[Bristol Old Vic – Young Company](#)  
[Travelling Light Theatre](#)

## **Volunteer and help out in your community**

[Can Do Bristol](#)  
[NCS | National Citizen Service](#)

## **Take part in after school activities**

[Activities for young people](#)  
[Bristol Local Offer – Things to Do](#)

## **Find your local children's centre**

[Children's centres](#)

## **Join your local library**

[Find a library](#)  
Bristol libraries stock books on a range of mental health topics – including those from the [Reading Well booklist](#)

## **Find a park or play area**

[Parks finder](#)

# Directory of Mental Health Services

This Directory provides information on a range of services available in Bristol to support the mental health of children and young people, their parents and carers, and professionals working with them.

So that you can easily tell the level of support offered, services will be split into five categories, known as *iThrive*:



- 1) **Thriving** - Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies
- 2) **Getting Advice** – Those who need advice, signposting, self-management and one-off contact
- 3) **Getting Help** – Those who need focused, goals-based help
- 4) **Getting More Help** - Those who need more extensive and specialised goals-based help
- 5) **Getting Risk Support** – Those who need risk management and crisis support, including for those who have not benefitted from or been able to use other help

Each entry in the Directory will include a key at the top of the page indicating the level of *iThrive* support, the age range of the service, and whether the service is for

- Children & young people (**CYP**)
- Parents & carers (**P&C**)
- Professionals working with children, young people, parents and carers (**PRO**)

# Services for Children and Young People

## 1625 Independent People



16-25

CYP; PRO

1625 Independent People works with young people who are homeless, leaving care or at risk of homelessness in Bristol and the South West. Our services ranges from signposting or advice, to intensive one-to one support, supported housing, group activities and peer support.

As well as providing safe, stable accommodation, we provide practical and emotional support to ensure vulnerable young people can build healthy relationships, develop independent living skills and can access jobs and training. We nurture the existing skills, strengths and talent in young people, to show them they can believe in themselves, and that they have the skills to thrive as an independent adult.

Our staff are trained to provide emotional support, as young people often have histories that involve trauma and disrupted family life. We know that positive relationships based on trust, mutual respect and dignity is the key tool for change for young people.

<b>What do they offer?</b>	Mental health support, signposting, relationship building
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
<b>Who is this for?</b>	Children & young people; Professionals
<b>Age range</b>	16-25
<b>How do I access this service?</b>	Self-referral; Social care referral; Personal assistant referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community)
<b>Address</b>	58-59 Old Market Street, Bristol, BS2 0ER
<b>Accessibility Information</b>	<a href="https://www.1625ip.co.uk/accessibility/">https://www.1625ip.co.uk/accessibility/</a>
<b>Website</b>	<a href="https://www.1625ip.co.uk">https://www.1625ip.co.uk</a>
<b>Telephone</b>	0117 317 8800
<b>Email</b>	<a href="mailto:enquiries@1625ip.co.uk">enquiries@1625ip.co.uk</a>
<b>Social Media</b>	 <a href="#">1625ip</a>  <a href="#">1625independentpeople</a>  <a href="#">1625ip</a>
<b>Who monitors or accredits this service?</b>	

## Babbasa






11-30

CYP

Babbasa inspires and supports under-represented young people in Bristol to pursue their ambitions through skill-training, professional mentoring, events and recruitment support services. Our services work with young people, businesses and the community to make Bristol a more equal and inclusive city. We believe that talent is evenly distributed across the globe, but opportunities are not, and we aim to create a world where all young people feel able and empowered to realise their ambitions. But we can't do it alone. That's why we work with employers, education providers and enterprise investors to overcome biases and create inclusive environments for young people to thrive.

Babbasa runs 5 core programmes: the support programme targets ages 11-19 and supports young people on a 1:1 basis covering mental health and wellbeing, challenge, mentoring, enterprise & placement programme targets 16 – 25 year olds with their career aspirations, wellbeing, leadership skills, and enterprise ambitions.

<b>What do they offer?</b>	Youth Empowerment, Young Leaders, Mental Health and Wellbeing, Career Support, Ambition, Career Progression
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Children & young people, particularly under-represented young people in Bristol (ethnically diverse/low-income backgrounds)
<b>Age range</b>	11-30
<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Backfields House, Upper York Street, St Pauls, Bristol, BS2 8QJ
<b>Accessibility Information</b>	Lift and disabled toilet in building, videos on website
<b>Website</b>	<a href="https://babbasa.com/">https://babbasa.com/</a>
<b>Telephone</b>	0117 924 1707
<b>Email</b>	<a href="mailto:admin@byep.org.uk">admin@byep.org.uk</a>
<b>Social Media</b>	 <a href="#">babbasahub</a>  <a href="#">babbasahub</a>  <a href="#">babbasahub</a>
<b>Who monitors or accredits this service?</b>	

## Barnardo's Against Child Exploitation (BACE)



0-25

CYP; PRO

BACE is the amalgamation of Old Market Services BASE Team (Barnardo's Against Sexual Exploitation), ROUTES team (which supports children and young people at risk of Child Criminal Exploitation) and Safe Choices (Barnardo's service which supports children and young people who have been reported missing).

Supports young people up to the age of 25 BACE works alongside children, young people and young adults of all genders who are being, or are at high risk of sexual and or criminal exploitation. BACE deliver a relationship based, trauma-informed intervention to young people both a one-to-one basis and through group work. Support is decided alongside the young person providing them with a sense of empowerment, sessions and intervention is tailored to meet the individual's needs.

<b>What do they offer?</b>	Harm reduction and safety planning work, Practical support around the risk of exploitation, Psychosocial structured and creative exploitation intervention, Safe space to talk through difficulties or worries, Crisis intervention, Mental health support, Sexual health support, Substance and alcohol support, Professional consultation
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
<b>Who is this for?</b>	Children & young people; Professionals
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Phone 0117 934 9726 for advice on making a referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	38-39 Old Market Street, Bristol, BS2 0EZ
<b>Accessibility Information</b>	
<b>Website</b>	
<b>Telephone</b>	0117 934 9726
<b>Email</b>	<a href="mailto:oldmarketservices@barnardos.org.uk">oldmarketservices@barnardos.org.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	



## Barnardo's HYPE Service





0-25

CYP

Barnardo's HYPE Service involves young people as health champions. Health Champions work together to create change in health services, including mental health services.

There are opportunities to volunteer and to be paid.

Activities include interviewing staff, creating digital media, making presentations and doing peer research.

<b>What do they offer?</b>	Supporting young people's voice, volunteering opportunities, opportunities for creating change
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Online
<b>Address</b>	Second Floor, Junction 3 Library, Baptist Mills Court, Bristol BS5 0YL
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.barnardoshype.org">https://www.barnardoshype.org</a>
<b>Telephone</b>	07734 603 648
<b>Email</b>	<a href="mailto:J3admin@barnardos.org.uk">J3admin@barnardos.org.uk</a>
<b>Social Media</b>	 <a href="#">Barnardos-HYPE-Blog-112337810440341</a>  <a href="#">BarnardosHYPE</a>
<b>Who monitors or accredits this service?</b>	

## Be Safe Service



**0-18**

**CYP; P&C; PRO**

Be Safe is a multi-disciplinary team working with children and young people who have engaged in problematic and/or harmful sexual behaviour, and their parents/carers and the support network around them. The service offers direct assessment and intervention services as well as consultation, advice and training to professionals. For Bristol all ages, for South Gloucestershire for 7-11 year or commissioned.

Be Safe Service is part of Avon and Wiltshire Mental Health Partnership NHS Trust Child and Adolescent Mental Health Service

<b>What do they offer?</b>	Support for problematic/harmful sexual behaviour
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
<b>Who is this for?</b>	Children & young people, including those with learning disabilities, autism and other neuro-development difficulties; Parents & Carers; Professionals
<b>Age range</b>	0-18
<b>How do I access this service?</b>	Referral through social care, GPs and other health providers, schools and other education providers, Youth Offending Teams, and Police.  For direct work with a child or young person Be Safe usually expect social care involvement, unless agreed with the service.
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Barton Hill Settlement, 43 Ducie Road, Bristol, BS5 0AX
<b>Accessibility Information</b>	Clinic rooms are downstairs with disabled access. Can also offer services online/virtually or through outreach.
<b>Website</b>	<a href="http://cchp.nhs.uk/cchp/explore-cchp/be-safe">http://cchp.nhs.uk/cchp/explore-cchp/be-safe</a>
<b>Telephone</b>	0117 340 8700 0117 340 8600
<b>Email</b>	<a href="mailto:awp.besafe@nhs.net">awp.besafe@nhs.net</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>


## Bourne Family Project



4-12

CYP; P&C

We provide affordable children's play therapy for children aged 4-12. We also run indoor and outdoor toddler groups for the local community.

<b>What do they offer?</b>	Play therapy, Talking therapy
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people; Parents & carers
<b>Age range</b>	4-12
<b>How do I access this service?</b>	Self-referral; Referral from GPs, social care, schools, nurseries, other services
<b>Where do I access this service?</b>	At our location
<b>Address</b>	Bourne Chapel, Waters Road, Kingswood, Bristol, BS15 8BE
<b>Accessibility Information</b>	Our therapy rooms are up a staircase and unfortunately not accessible to all.
<b>Website</b>	<a href="https://www.bournefamilyproject.org">https://www.bournefamilyproject.org</a>
<b>Telephone</b>	0117 947 8441
<b>Email</b>	<a href="mailto:info@bournefamilyproject.org">info@bournefamilyproject.org</a>
<b>Social Media</b>	 <a href="https://www.instagram.com/bournefamilyproject">bournefamilyproject</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a> , <a href="#">British Association of Play Therapists (BAPT)</a> , <a href="#">Association for Dance Music Psychotherapy (ADMP)</a> , <a href="#">Play Therapy UK (PTUK)</a>

## The Bridge Foundation







0-25

CYP; P&C; PRO

The Bridge Foundation is a Bristol-based charity that provides accessible, high quality clinical services to a wide range of individuals, professionals and commissioners. Since our formation in 1983, we have grown into a multidisciplinary, psychoanalytic Centre of Excellence, specialising in child and family mental health. Today, our Bridge Psychotherapy Service and Bridge in Schools programme provide therapy and consultation for more than 200 clients a week.

We are commissioned by schools, social services and undertake a lot of work funded by the Adoption Support Fund. Clients can also self-refer into our fee-paying services for families, children and adults. Due to the pandemic we have been able to reach a wider range of people by offering our services remotely. We also run a vibrant programme of public events and training courses, to promote the application of psychoanalytic thinking in clinical practice, the arts and public life.

<b>What do they offer?</b>	Family therapy, Child counselling, Counselling, Psychotherapy, Art therapy, Play therapy; Adoption support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people; Parents & carers; Professionals
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral; Professional referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	13 Sydenham Road, Bristol, BS6 5SH
<b>Accessibility Information</b>	Accessible therapy room available
<b>Website</b>	<a href="https://www.bridgefoundation.org.uk/">https://www.bridgefoundation.org.uk/</a>
<b>Telephone</b>	0117 942 4510
<b>Email</b>	<a href="mailto:info@bridgefoundation.org.uk">info@bridgefoundation.org.uk</a>
<b>Social Media</b>	 <a href="#">bridgefoundationbristol</a>  <a href="#">bridgefoundationbristol</a>  <a href="#">Bridge therapy</a>  <a href="#">the-bridge-foundation-bristol</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a>

## The Bridge, Sexual Assault Referral Centre




0-25

CYP; P&C; PRO

The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted at any time in their lives.

We also offer information and support to friends and family if someone you care about has been affected by rape or serious sexual assault.

<b>What do they offer?</b>	Sexual assault support, Medical support; Emotional and psychological support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people; Parents & carers; Professionals
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral; Professional referral (with consent)
<b>Where do I access this service?</b>	At our location; Online
<b>Address</b>	2nd Floor, Central Health Clinic, Tower Hill, Bristol, BS2 0JD
<b>Accessibility Information</b>	Service is aimed to be accessible to all
<b>Website</b>	<a href="https://www.thebridgecanhelp.org.uk/">https://www.thebridgecanhelp.org.uk/</a>
<b>Telephone</b>	0117 342 6999
<b>Email</b>	<a href="mailto:ubh-tr.thebridgecanhelp@nhs.net">ubh-tr.thebridgecanhelp@nhs.net</a>
<b>Social Media</b>	 <a href="#">TheBridgeSARC</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commisison (CQC)</a> , <a href="#">NHS England</a>

## Bristol Children's Centres



0-5

CYP; P&C; PRO

Universal and targeted family support for families and children under 5. There are four area hubs North, South, East and Central. All areas deliver universal and targeted groups and one to one family support. Services include baby groups, stay and play sessions. We offer targeted groups including family wellbeing sessions, antenatal programmes and Rockabye sessions. Evidence based parenting programmes are also provided along with additional adult learning courses. 1:1 support includes home visiting and signposting to other agencies.

**What do they offer?** Universal and targeted support for families and children from pre-birth to five

**What level of support is this? (*iThrive*)** Thriving; Getting Advice; Getting Help

**Who is this for?** Children & young people; Parents & carers; Professionals

**Age range** 0-5

**How do I access this service?** Self-referral; Social care referral; Health referral

**Where do I access this service?** At our location; Outreach (in the community)

**Address** Find your local children's centre: <https://www.bristol.gov.uk/schools-learning-early-years/childrens-centre>



### Accessibility Information

**Website** **Hubs:** Central - <https://centralbristolcc.co.uk/>; East - <https://www.eastbristolchildrenscentre.co.uk/>; North - <https://northbristolcc.org.uk/>; South - <https://www.southbristolcc.org.uk/>

**Telephone** **Hubs:** Central - 0117 903 0337; East - 0117 353 2899; North - 0117 377 2685; South - 0117 903 0214

**Email** **Hubs:** Central - [cbcc@bristol-schools.uk](mailto:cbcc@bristol-schools.uk); East - [eastbristol.childrenscentres@bristol-schools.uk](mailto:eastbristol.childrenscentres@bristol-schools.uk); North - [nbcc@bristol-schools.uk](mailto:nbcc@bristol-schools.uk); South - [sbcc@bristol-schools.uk](mailto:sbcc@bristol-schools.uk)

### Social Media

 [CentralBristolCC](#)  
 [eastbristolchildrenscentres](#)  
 [northbristolcc](#)  
 [SouthBristolChildrenCentreHub](#)

**Who monitors or accredits this service?**

## Bristol Creative Therapy Centre C.I.C



4-13

CYP

We provide affordable 1-1 play therapy and dance movement psychotherapy sessions to children and young people. We can also work with an individual child and their parent and with small groups of children. There is a charge for our service (£), however our aim is that our charges will be affordable to enable our therapy to be accessible. Please contact us for further information.

**What do they offer?** 1-1 therapy, play therapy, dance movement psychotherapy, group therapy.

**What level of support is this? (*iThrive*)** Getting Help

**Who is this for?** Children and young people. We work with children with adverse childhood experiences.

**Age range** Generally the age is 4 - 13, however we will always consider working with an older child if the therapy is deemed appropriate.

**How do I access this service?** Parent referral; Professional referral

**Where do I access this service?** At our location;

**Address** The Vassall Centre, Gill Ave, Bristol BS16 2QQ

**Accessibility Information** The building is accessible

**Website** [www.bristolcreativetherapycentre.org](http://www.bristolcreativetherapycentre.org)

**Telephone** 07498 531213

**Email** [bristolcreativetherapycentre@gmail.com](mailto:bristolcreativetherapycentre@gmail.com)

**Social Media**

**Who monitors or accredits this service?** [PTUK](#), [ADMP-UK](#), [The National Counselling Society](#), [Professional Standards Authority](#)

## Bristol Drugs Project (BDP Youth)






5-25

CYP; P&C

Bristol Drugs Project (BDP) has 35 years' experience of developing and delivering services for people whose drug or alcohol use is problematic - one of our most marginalised modern-day populations. Children are supported through specialist workers co-located within Bristol's Families in Focus teams and an Intensive Family Support Service. BDP currently delivers:

- Youth groups and activities for Children Affected by Substances (parental alcohol or other drug use) for those aged 5 – 18.
- The Youth Alcohol Drug Diversion project offers a non-criminalising intervention to those 10-18 on their first drug possession offence
- New Leaf provides support for young people 11-19 where there is an entrenched relationship between their cannabis use and extra familial harm.
- New Leaf Rapid provides support for young people 11-19 where they are at risk of school exclusion due to drug possession or behaviours from being a Child Affected By Substances

<b>What do they offer?</b>	Support for young people affected by drugs and alcohol
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
<b>Who is this for?</b>	Children & young people involved with and affected by familial alcohol and other drugs; Parents & carers
<b>Age range</b>	5-19 – see above (or up to 25 if young person has a learning difficulty)
<b>How do I access this service?</b>	Self-referral; Professional referral (see BDP website)
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	11 Brunswick Square, Bristol, BS2 8PE
<b>Accessibility Information</b>	Services can be delivered in city centre, education settings (schools and colleges), youth settings and community, or online if required
<b>Website</b>	<a href="https://www.bdp.org.uk/">https://www.bdp.org.uk/</a>
<b>Telephone</b>	0117 987 6008
<b>Email</b>	<a href="mailto:Info@bdp.org.uk">Info@bdp.org.uk</a>
<b>Social Media</b>	 <a href="#">bdpyouth</a>  <a href="#">bristoldrugsproject</a>  <a href="#">BDProads</a>
<b>Who monitors or accredits this service?</b>	



## Bristol Horn Youth Concern





10-24

CYP

Bristol Horn Youth Concern (BHYC) aims to work with young people and youths from deprived areas of Bristol providing advice and information on skills for employment based on the philosophy that it is the community itself who can best create sustainable solutions to its problems. BHYC's key objectives are to build up the life skills of the disadvantaged young people as well as encouraging them into active involvement in sports.

- Young participants' active participation and development in these activities will be enormously recognised within their community as they will gain a positive reception from their local communities
- Through sport and activities young people improve their mental health and wellbeing.

<b>What do they offer?</b>	Supporting young, work experience & volunteering opportunities, Sport through education
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	10-24
<b>How do I access this service?</b>	Self-referral; Parental-referral; Professional-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community)
<b>Address</b>	The Coach House, 2 Upper York Street, St Pauls, Bristol, BS2 8QN
<b>Accessibility Information</b>	Only stairs to access first floor
<b>Website</b>	
<b>Telephone</b>	07557510546
<b>Email</b>	<a href="mailto:info@bristolhyc.org.uk">info@bristolhyc.org.uk</a>
<b>Social Media</b>	 <a href="#">Bristolhyc</a>  <a href="#">bristolhyc</a>
<b>Who monitors or accredits this service?</b>	

## CAMHS – Child and Adolescent Mental Health Service



**0-18**

**CYP; P&C; PRO**

Child and Adolescent Mental Health Services (CAMHS) are teams of mental health professionals who work with children and young people with emotional, behavioural or mental health difficulties. There are also CAMHS Primary Mental Health Specialists working in other settings such as schools, and local authority social care and Families in Focus teams.

Children/young people and parent(s)/carer(s) can be seen individually. Sometimes, one appointment is enough to enable someone to cope better with their difficulties, but if further appointments are needed they will work in partnership to offer on going therapeutic interventions. CAMHS includes specialist teams to help with learning disabilities, self-harm, substance misuse, sexual behaviour, eating disorders and supporting children in care.

<b>What do they offer?</b>	Mental health support, Counselling, Therapeutic support, Family support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
<b>Who is this for?</b>	Children & young people, with specialist support available for children in care and children with learning disabilities; Parents & carers; Professionals
<b>Age range</b>	0-18
<b>How do I access this service?</b>	Health Professionals, Social Care and Schools can refer through the Single Point of Entry form available here - <a href="http://cchp.nhs.uk/cchp/clinicians">http://cchp.nhs.uk/cchp/clinicians</a>
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Woodland View, Thornfield Road, Bristol, BS10 6NB ( <b>North Bristol</b> ); Knowle Clinic, Broadfield Road, Bristol, BS4 2UL ( <b>South Bristol</b> ); 43 Ducie Road, Barton Hill, Bristol, BS5 0AX ( <b>East/ Central Bristol</b> ); CAMHS Intensive Outreach Team, Kingsdown Fort, Henrietta Street, Kingsdown, Bristol, BS2 8HR
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://cchp.nhs.uk/cchp/explore-cchp/child-family-consultation-services-camhs-0">https://cchp.nhs.uk/cchp/explore-cchp/child-family-consultation-services-camhs-0</a>
<b>Telephone</b>	0117 354 6800 ( <b>North Bristol</b> ); 0117 340 8121 ( <b>South Bristol</b> ) 0117 340 8600 ( <b>East/ Central Bristol</b> )
<b>Email</b>	
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>



## Carers Support Centre



5-18

CYP; P&C; PRO

Our Young Carers Service provides help and support to children aged 5-18, their families and professionals working with young carers in Bristol and South Gloucestershire. The service offers activities and groups to support the needs of young carers, including support for young carers' mental health.

<b>What do they offer?</b>	Young carers support; Mental health support; Groups; Activities
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Young carers and their families; Professionals
<b>Age range</b>	5-18
<b>How do I access this service?</b>	Self-referral; Professional referral (GP, schools, hospital, social care)
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ
<b>Accessibility Information</b>	The Vassall Centre is a barrier free accessible building
<b>Website</b>	<a href="https://www.carerssupportcentre.org.uk/young-carers/">https://www.carerssupportcentre.org.uk/young-carers/</a>
<b>Telephone</b>	0117 965 2200
<b>Email</b>	<a href="mailto:youngc@carerssupportcentre.org.uk">youngc@carerssupportcentre.org.uk</a>
<b>Social Media</b>	 <a href="#">YoungCarersBSG</a>  <a href="#">YoungCarersBSG</a>
<b>Who monitors or accredits this service?</b>	

## Creative Youth Network






11-19

CYP

Creative Youth Network enables young people, no matter their background or circumstances, to reach their potential. We build trusting relationships with young people, which enable us to address their individual needs.

We run youth centres across Bristol and provide one to one support, as well as a wide range of programmes and activities. We provide one to one wellbeing support to 11-19 year olds, delivered by Wellbeing Practitioners. We can help with mild to moderate mental health issues, in a flexible way, for 6-12 sessions.

<b>What do they offer?</b>	Youth work, Group support, Wellbeing support, Mental health support; One-to-one support; Activities
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	11-19
<b>How do I access this service?</b>	Self-referral or professional referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Various locations, see <a href="https://www.creativeyouthnetwork.org.uk/contact-us1">https://www.creativeyouthnetwork.org.uk/contact-us1</a>
<b>Accessibility Information</b>	Accessibility of website: <a href="https://www.creativeyouthnetwork.org.uk/accessibility">https://www.creativeyouthnetwork.org.uk/accessibility</a> ; contact <a href="mailto:info@creativeyouthnetwork.org.uk">info@creativeyouthnetwork.org.uk</a> for specific accessibility information for each location
<b>Website</b>	<a href="https://www.creativeyouthnetwork.org.uk">https://www.creativeyouthnetwork.org.uk</a>
<b>Telephone</b>	0117 947 7948
<b>Email</b>	<a href="mailto:info@creativeyouthnetwork.org.uk">info@creativeyouthnetwork.org.uk</a>
<b>Social Media</b>	 <a href="#">creativeyouthnetwork</a>  <a href="#">creativeyouthnet</a>  <a href="#">creative_youth</a>
<b>Who monitors or accredits this service?</b>	

## Cruse Bereavement Support






4-17

CYP; P&C

We help people through one of the most painful times in life – with bereavement support, information and campaigning. Our values underpin who we are as an organisation. We believe in being kind, ambitious, inclusive and genuine. Children and young people experience the same sorts of feelings as adults when someone dies. But they may express them differently. Our volunteers are trained to work with children aged 4-17 years, in-person, on the phone or by video call.

Children and young people may react in a number of ways after the death of someone close. These can include both emotional and physical responses. Understanding the signs of grief in a child means we can give them the help they need.

<b>What do they offer?</b>	Grief and bereavement support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Bereaved children & young people
<b>Age range</b>	4-17
<b>How do I access this service?</b>	Self-referral via email
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>
<b>Telephone</b>	0808 808 1677 (national helpline)
<b>Email</b>	<a href="mailto:bristol@cruse.org.uk">bristol@cruse.org.uk</a>
<b>Social Media</b>	 <a href="#">crusesupport</a>  <a href="#">crusebereavementsupport</a>  <a href="#">CruseSupport</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a>

## Empire Fighting Chance



Empire Fighting Chance is a leading sport for development charity that was born on Bristol's streets in 2006 to fight the impact of inequality on young people's lives. We use a powerful combination of non-contact boxing and intensive personal support to challenge and inspire young people aged 8 to 25 to realise their unique potential.

We deliver four psychologically informed non-contact boxing programmes that reach over 5,000 vulnerable young people every year. We run these programmes in our gym, in schools, and through a growing network of partner organisations and affiliated amateur boxing clubs in England and Wales.

**What do they offer?** Mentoring; Therapy; Careers advice and support; Boxing; Education; Youth work

**What level of support is this? (*iThrive*)** Thriving; Getting Advice; Getting Help

**Who is this for?** Children & young people

**Age range** 8-25

**How do I access this service?** Self-referral; Professional referral (schools, local authority, charitable organisations, health services); Parent/carer referral

**Where do I access this service?** At our location; Outreach (in the community)

**Address** The Mill, Lower Ashley Road, Easton, Bristol, BS5 0YJ




**Accessibility Information** Accessible, including accessible facilities

**Website** <http://www.empirefightingchance.org/>

**Telephone** 0117 233 8700

**Email** [info@empirefightingchance.org](mailto:info@empirefightingchance.org)

**Social Media**

-  [empirefightingchance](#)
-  [EmpireFightingChance](#)
-  [EmpireFightingC](#)

**Who monitors or accredits this service?**

## Enable Inclusion Team



4-16

CYP; P&C; PRO

The EIT is part of Enable Trust and is a team of four psychologists who work with children, adolescents, families and schools to support positive, meaningful, inclusive and values-consistent engagement in education.

The EIT works primarily to support children and young people who are, or may be, at risk of exclusion from mainstream education. The primary purpose of the EIT is to support the creation of educational contexts for these groups of students to thrive, prosper and engage in successful, inclusive educational experiences, in line with the SEND Code of Practice (DfE, 2015) and the recent SEND Green Paper (DfE, 2022).

<b>What do they offer?</b>	Acceptance and Commitment Therapy (DNA-V model)
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people at risk of exclusion from mainstream education; Parents & Carers; Professionals
<b>Age range</b>	4-16
<b>How do I access this service?</b>	Local authority referral
<b>Where do I access this service?</b>	Outreach (in the community)
<b>Address</b>	Gillingstool, Thornbury, South Gloucestershire, BS35 2EG
<b>Accessibility Information</b>	Accessible, including accessible facilities
<b>Website</b>	<a href="https://enabletrust.org.uk/page/?title=Enable+Inclusion+Team&amp;pid=84">https://enabletrust.org.uk/page/?title=Enable+Inclusion+Team&amp;pid=84</a>
<b>Telephone</b>	01454 553000
<b>Email</b>	<a href="mailto:EIT@enabletrust.org.uk">EIT@enabletrust.org.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	All EIT Psychologists are registered with the <a href="#">Health &amp; Care Professionals Council</a> (HCPC).




## The Green House



0-18

CYP; P&C; PRO

The Green House is a specialist support service for children, young people and families living in Avon and Somerset who have experienced sexual assault/abuse. The Green House offers a range of evidence-based individual therapies (12 to 24 sessions) as well as nature-based group therapies to children and young people up to the age of 18 who have experienced sexual abuse, living in Bristol, Bath and North East Somerset, North Somerset and South Gloucestershire. We also offer 1-1 support and psychoeducation groups to parents and carers. We can offer professional consultation to professionals supporting young people who have disclosed sexual abuse or assault. All therapies can be accessed pre-trial – i.e., when a report has been made to the police and the criminal case is ongoing. Therapy Services are available at our centre in St Paul's, Knowle West Health Park, Stoke Gifford and online.

<b>What do they offer?</b>	Sexual abuse and sexual assault support, Trauma-informed counselling, Creative Therapy, Mental Health support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people who have experienced sexual harm/ assault/ abuse; Parents & carers; Professionals
<b>Age range</b>	0-18
<b>How do I access this service?</b>	Self-referral; Professional referral
<b>Where do I access this service?</b>	At our location; Online
<b>Address</b>	St Agnes Lodge, 45 Thomas Street, St Paul's, Bristol, BS2 9LJ
<b>Accessibility Information</b>	Venue and bathroom wheelchair accessible
<b>Website</b>	<a href="https://the-green-house.org.uk/">https://the-green-house.org.uk/</a>
<b>Telephone</b>	0117 325 1707
<b>Email</b>	<a href="mailto:info@the-green-house.org.uk">info@the-green-house.org.uk</a>
<b>Social Media</b>	 <a href="https://www.facebook.com/tghbristol">tghbristol</a>  <a href="https://twitter.com/GreenHseBristol">GreenHseBristol</a>  <a href="https://www.instagram.com/the.greenhousebristol">the.greenhousebristol</a>
<b>Who monitors or accredits this service?</b>	



## Health Visiting Service



28 weeks pregnant – school entry age

CYP; P&C

The health visiting service is a home visiting service that supports parents/carers during their transition to parenthood. Members of the team will work in partnership with parents to identify their strengths and the challenges they face, so that all families can be supported whatever their circumstances.

Some common discussions in home visits include infant feeding, how you and your family are feeling, play and child development, how to keep your family safe and where to find support you might find helpful in your local community. Families will see a member of their health visiting team during pregnancy, after the baby is born, at 6 weeks, 1 year and 2 years. Families can drop into any of our baby hubs which are offered in a range of locations every week.

**What do they offer?** Health needs assessments, Primary prevention, Targeted interventions, Early intervention

**What level of support is this? (*iThrive*)** Thriving; Getting Advice; Getting Help

**Who is this for?** Children & young people

**Age range** 28 weeks pregnant to child school entry age

**How do I access this service?** Midwife referral

**Where do I access this service?** At our location; Outreach (in the community); Online

**Address** Locations - <https://cchp.nhs.uk/cchp/explore-cchp/health-visiting/how-get-help-a-health-visitor>

**Accessibility Information**

**Website** <https://cchp.nhs.uk/cchp/explore-cchp/health-visiting/health-visiting-bristol>

**Telephone** 0300 125 6264 (South Bristol Hub)  
0300 125 6278 (North Bristol Hub)  
0300 125 6274 (East & Central Bristol Hub)

**Email**

**Social Media**

**Who monitors or accredits this service?** [Care Quality Commission \(CQC\)](#)

## In Charley's Memory





11+

CYP; P&C

We provide 1:1 counselling for anyone over the age of 11, the sessions are not capped and you can be seen for the length of time you need. We provide 1:1 counselling for anyone over the age of 11, the sessions are not capped and you can be seen for the length of time you need. Sessions are charged (£), with the pre-therapy session free for under 25s.

We also aim to:

- Make support services to young adults with Mental Health conditions more accessible and reliable to work with other organisations and to help raise the profile of Mental Health.
- To advance the education and knowledge surrounding Mental Health within learning environments and wider communities; we achieve this by working closely with schools and colleges and through drop-in sessions and school assemblies.

<b>What do they offer?</b>	Mental health support, Counselling (anxiety, low mood, depression, obsessive compulsive disorder - OCD)
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	Children & young people; Parents & carers
<b>Age range</b>	11+
<b>How do I access this service?</b>	Self-referral; GP referral
<b>Where do I access this service?</b>	At our location
<b>Address</b>	Unit 6, Brue Way, Highbridge, Somerset, TA9 4AW
<b>Accessibility Information</b>	We have a session room which is accessible for all. We also have an accessible toilet.
<b>Website</b>	<a href="https://www.incharleymemory.com/">https://www.incharleymemory.com/</a>
<b>Telephone</b>	01278 557 490
<b>Email</b>	<a href="mailto:hello@incharleymemory.com">hello@incharleymemory.com</a>
<b>Social Media</b>	 <a href="#">incharleymemory</a>  <a href="#">ICMCharity</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a> ; <a href="#">UK Council for Psychotherapy (UKCP)</a>

## The Jack Hazeldine Foundation (The JHF Youth Charity)





8-18

CYP

The JHF Youth Charity supports vulnerable young people and those with special educational needs by giving them access to experienced and passionate youth mentors and tutors. Our mentors/tutors engage with young people in sessions tailored to the needs of each individual. Sessions can take place within a school environment, in the community or in the young person's home. Goals are agreed and worked towards over with the overall aim of removing barriers to learning and helping the young person explore their future potential. Tailor-made programmes include outdoor learning, Y6 to Y7 transition support, school support packages, brick-based therapy, work experience, college transition, gaining independence and travel training.

With a multiagency and child-centred approach, JHF programmes inspire positive changes in behaviour, resilience and self-esteem, empowering young people to re-engage with their schools, families and wider communities. Through the support of a consistent, positive role model, young people are empowered to thrive. We have some funded places available but mostly there is a fee for this service (£).

<b>What do they offer?</b>	Mentoring, tutoring, SEND support; wellbeing support; 1:1 support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	8-18 (up to 25 if an EHCP is in place)
<b>How do I access this service?</b>	School, SEND Officer, Health or Social referral; parent/carer referral via <a href="#">online referral form</a>
<b>Where do I access this service?</b>	At our location; Outreach (in the community)
<b>Address</b>	Unit 2 The Stables, Clevedon Hall Estate, Victoria Road, Clevedon BS21 7SJ
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://thejhf.org">https://thejhf.org</a>
<b>Telephone</b>	01275 873 962
<b>Email</b>	<a href="mailto:hello@thejhf.org">hello@thejhf.org</a>
<b>Social Media</b>	 <a href="#">jhfcharity</a>  <a href="#">JHFcharity</a>
<b>Who monitors or accredits this service?</b>	

## JC Therapeutic Solutions



3-12

CYP

Play & Creative Arts Therapy in a nutshell it is a gentle form of therapy where the child leads and the therapist follows. I invite my clients to share their world with me through play. Through this I can reflect back and accept difficult feelings bringing them into the open and helping the clients to process them. It is non-directive non-judgemental and evidenced based (£). Some reduced rate spaces that are based on personal circumstances.

**What do they offer?** Play Therapy

**What level of support is this? (*iThrive*)** Getting Help

**Who is this for?** Children & young people

**Age range** 3-12

**How do I access this service?** Self-referral

**Where do I access this service?** At our location

**Address** 5 The Park, Bradley Stoke, Bristol, BS32 0AP

**Accessibility Information**

**Website** <https://www.jctherapeuticsolutions.org.uk/>

**Telephone** 07906 544 623

**Email** [j\\_l\\_churchill@hotmail.com](mailto:j_l_churchill@hotmail.com)

**Social Media**

**Who monitors or accredits this service?** [Play Therapy UK \(PTUK\)](#); [Academy of Play and Child Psychotherapy \(APAC\)](#)

## JIGSAW Thornbury






0-25

CYP; P&C

JIGSAW Thornbury is a charity that works with children and young people aged 0-25 with additional needs or disabilities, and their families. Everyone can join in, with or without a diagnosis. We provide friendship, support, compassion and fun, along with 17 innovative services that empower the whole family to connect, fit in and thrive.

We enhance inclusion by raising awareness to help everyone understand the challenges that those with additional needs or disabilities face and to celebrate the unique strengths and qualities they bring. As well as our regular service offer, our venue in the heart of Thornbury is open from 11am-1pm on the 4th Saturday of each month when everyone is welcome to visit our young volunteers' community cafe and browse our SENSory lending library.

<b>What do they offer?</b>	Drop-in support groups, Young volunteers scheme, SEN-sory lending library, Holiday activities, After school activities, Youth club, Wellbeing support, Parent training, youth empowerment session
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people - particularly CYP with additional needs and their families; Parents & Carers
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral via website; School referral
<b>Where do I access this service?</b>	At our location
<b>Address</b>	15-17 St Mary Street, Thornbury, BS35 2AB
<b>Accessibility Information</b>	Accessible venue and toilet
<b>Website</b>	<a href="https://www.jigsawthornbury.org.uk/">https://www.jigsawthornbury.org.uk/</a>
<b>Telephone</b>	01454 567508
<b>Email</b>	<a href="mailto:admin@jigsawthornbury.org.uk">admin@jigsawthornbury.org.uk</a>
<b>Social Media</b>	 <a href="#">jigsaw_thornbury</a>  <a href="#">jigsawthornbury</a>  <a href="#">jigsawthornbury</a>
<b>Who monitors or accredits this service?</b>	

## Kooth



11-18

CYP

Kooth is a free, safe and anonymous online wellbeing advice and support service for CYP. The Kooth team are available to chat 7 days a week, 365\* days of the year. Our friendly online team are available to chat from 12pm-10pm weekdays and 6pm-10pm weekends.

- **Chat with our team** - accredited counsellors provide safe and effective support to you. Your chat session can be up to 1 hour long to talk about whatever issues are on your mind.
- **Send us a message** – support via messages instead of chat. Our counsellors are well trained professionals who will assess your needs and provide you with the required support.
- **Kooth Magazine** - is packed with helpful articles covering everything from mental health issues to more general subjects such as holidays and gaming.
- **Kooth Discussion Boards** – you can start a discussion about a topic about anything you're interested in, e.g. asking for advice or just having a rant about something on your mind!
- **Mini Activity Hub** – this enables children and young people to express their feelings. Examples of activities include good sleep hygiene practices, mindfulness techniques and breathing exercises.

**What do they offer?** Wellbeing & Mental Health Support, Online Community, Counselling, Messaging, Forums, Articles & Self-Help Activities

**What level of support is this? (*iThrive*)** Thriving; Getting Advice; Getting Help

**Who is this for?** Children & young people

**Age range** 11-18

**How do I access this service?** Self-referral (no referral needed)

**Where do I access this service?** Online

**Address**

**Accessibility Information**

**Website** <https://www.kooth.com>

**Telephone** 020 3984 9337

**Email** [contact@kooth.com](mailto:contact@kooth.com)  
[parents@kooth.com](mailto:parents@kooth.com)

**Social Media**  [kooth\\_uk](#)  
 [kooth\\_plc](#)

**Who monitors or accredits this service?** [British Association for Counselling and Psychotherapy \(BACP\)](#)

## Love Squared



5+

CYP; P&C

We want to bring love to children and families' services. We don't think it's enough to care a bit, you have to care a lot if you want to transform outcomes. We directly deliver imaginative, and carefully case managed services for children and young people with social, emotional, and mental health needs. We believe that you can't change outcomes without looking at issues holistically and thoughtfully. For us it's about long-term change..

**What do they offer?** Mentoring - Therapeutic/ Activity Based; Emotional support and advice (all free to access)

Wellbeing & education packages including tutoring and mentoring for children with EHCPs (£)

**What level of support is this? (*iThrive*)** Thriving; Getting Advice; Getting Help; Getting More Help

**Who is this for?** Children & young people, particularly CYP with SEND and SEMH needs; parents & carers

**Age range** 5+

**How do I access this service?** Self-referral; Peer-referral; Professional referral; Parent/ Carer referral - If you're unsure you can contact us directly through the website.

**Where do I access this service?** At our location; Outreach (in the community); Online

**Address** Unit 1, Avonmead House, 40-48 Stokes Croft, BS1 3QD


**Accessibility Information** We don't have a bathroom accessible for those with disabilities on site.

**Website** <https://lovesquared.org.uk/>

**Telephone** 0117 366 0079

**Email** [maddie@lovesquared.org.uk](mailto:maddie@lovesquared.org.uk) for initial referrals

**Social Media**  [lovesquaredcharity](#)

 [lovesquaredcharity](#)

 [lovesquared](#)

**Who monitors or accredits this service?**




## Learning Partnership West (LPW)



8-18

CYP; PRO

We support children and young people aged 8-18 (up to 25 with LD) with 1-1, group and open access play and youth work. We build strong relationships with children and young people to help them overcome trauma and engage in education, family and community life.

<b>What do they offer?</b>	Play, Youth, Education, 1-1, Group Sessions, Youth Work
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Children and young people; Professionals;
<b>Age range</b>	8-18
<b>How do I access this service?</b>	Usually through local authorities, schools or young people direct for open access youth and play
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	LPW House, Princess Street, Bedminster, BS3 4AG
<b>Accessibility Information</b>	All venues are accessible
<b>Website</b>	<a href="http://www.lpw.org.uk">www.lpw.org.uk</a>
<b>Telephone</b>	0117 987 3700
<b>Email</b>	<a href="mailto:enquiries@lpw.org.uk">enquiries@lpw.org.uk</a>
<b>Social Media</b>	 <a href="https://www.instagram.com/lpwbristol">lpwbristol</a>  <a href="https://www.facebook.com/lpw.bristol">lpw.bristol</a>  <a href="https://twitter.com/LPWorg">LPWorg</a>
<b>Who monitors or accredits this service?</b>	



## Mental Health Support Team (in education)



5-18

CYP; P&C; PRO

The Mental Health Support Teams (MHST) is a new initiative that has been funded through NHS England to offer mental health support to more children and young people who suffer from anxieties and low mood.

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected schools, colleges and education settings across Bristol, North Somerset and South Gloucestershire. We have 8 teams presently, with plans to increase this to 10 by 2024 to reach 50% coverage of schools.

<b>What do they offer?</b>	Low intensity cognitive behaviour therapy (LICBT) for low-moderate mental health difficulties alongside working in schools to assist them in delivering whole school approaches to promoting positive mental health and wellbeing.
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people, Parents & carers; Professionals
<b>Age range</b>	5-18
<b>How do I access this service?</b>	All professionals working with young people can make referrals through the mental health lead in schools. Where possible children & young people are encouraged to self-refer.  Accessed directly via the Mental Health Lead in the Schools (we are in) The full list can be found on OTR website listed below.
<b>Where do I access this service?</b>	At our location (schools)
<b>Address</b>	Office base: 2 Horfield Road, Bristol, BS2 8EA
<b>Accessibility Information</b>	We can provide access within a short distance to where children, young people and their families live as we are based in local schools that already have any special access requirements in place.
<b>Website</b>	<a href="https://www.otrbristol.org.uk/what-we-do/mhst/">https://www.otrbristol.org.uk/what-we-do/mhst/</a> <a href="https://otrnorthsomerset.org.uk/what-we-do/mhst/">https://otrnorthsomerset.org.uk/what-we-do/mhst/</a>
<b>Telephone</b>	0117 403 8735
<b>Email</b>	<a href="mailto:mhstenquiries@otrbristol.org.uk">mhstenquiries@otrbristol.org.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	CAMHS Governance through <a href="#">Avon &amp; Wiltshire Mental Health Partnership NHS Trust</a>

## Mothers for Mothers






**From pregnancy until youngest child starts school**

**CYP; P&C**

Our Helpline offers phone, text and online support five days a week (10am to 9pm), including weekly support calls at a pre-arranged time. Friends, family and healthcare professionals can also use it for support, information and referrals. Our Helpline is often the first step for a mother in accessing our other services. We offer Home Visits for women who are too unwell to access services and activities outside of their home. We have an Art Psychotherapy and Counselling Service. We run five weekly Peer Support Groups for women and pre-school children throughout the year.

Our SEND Peer Support service is aimed at women and birthing people who have children with additional needs (diagnosed or not) or themselves are Neurodivergent.

<b>What do they offer?</b>	Art psychotherapy, Counselling, Peer support groups for women and pre-school children, Gardening groups, Activities; Antenatal groups; Helpline; Home visits; Dads/Partners groups; Support calls
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people; Parents & Carers  Families impacted by Maternal Mental illness and emotional wellbeing needs
<b>Age range</b>	From pregnancy until youngest child starts school
<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	New Fulford Family Centre, Gatehouse Avenue, Bristol, BS13 9AQ
<b>Accessibility Information</b>	All venues are accessible
<b>Website</b>	<a href="https://mothersformothers.co.uk/">https://mothersformothers.co.uk/</a>
<b>Telephone</b>	0117 935 9366
<b>Email</b>	<a href="mailto:support@mothersformothers.co.uk">support@mothersformothers.co.uk</a>
<b>Social Media</b>	 <a href="#">Mothers for mothers</a>  <a href="#">mothersformothers</a>  <a href="#">m4mbristol</a>
<b>Who monitors or accredits this service?</b>	

## MusicSpace






0-25

CYP

MusicSpace provides a community-based music therapy service for people of all ages but predominantly children and young people with a wide range of disabilities, complex health needs and life limiting conditions.

We also work with looked after children and those experiencing difficulties with mental health. We have a centre in Southville, Bristol where people come for sessions. Our team of state-registered music therapists also work in early years settings, schools and residential homes across the region in addition to Bristol's Children's Hospital.

<b>What do they offer?</b>	Music therapy, Wellness, Safe environment; Mental health support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	Children & young people, particularly with autism, global developmental delay, sensory impairment, emotional and mental health needs
<b>Age range</b>	0-25
<b>How do I access this service?</b>	Self-referral; Parental referral; Health or social care professional referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	BS3 Community, The Southville Centre, Beaufey Road, Bristol, BS3 1QG
<b>Accessibility Information</b>	Centre has disabled access and access to a disabled toilet
<b>Website</b>	<a href="http://www.musicSPACE.org">www.musicSPACE.org</a>
<b>Telephone</b>	0117 953 1731
<b>Email</b>	<a href="mailto:info@musicSPACE.org">info@musicSPACE.org</a>
<b>Social Media</b>	 <a href="https://www.instagram.com/musicSPACEcharity">musicSPACEcharity</a>  <a href="https://www.facebook.com/musicSPACEcharity">musicSPACEcharity</a>  <a href="https://twitter.com/MusicSpaceBris">MusicSpaceBris</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Health and Care Professions Council (HCPC)</a>

## NAOS





6-25

CYP; P&C; PRO

NAOS is an intercultural therapy service. We provide individualised and accessible creative in room and outreach counselling and psychotherapy to children, young people and adults.

We have a Therapeutic Mentoring programme, providing support to young people in 1 to 1 and group settings. We also offer training and clinical supervision to professionals working with young people and support to parents and carers. The NAOS team are experienced in supporting people who have experienced trauma and in offering safe medium to long term therapy that supports individuals in living well now.

We offer individualised packages of support which can include working with schools and the other agencies around the client. We have some funded places available but mostly there is a fee for this service

<b>What do they offer?</b>	Trauma-informed counselling and psychotherapy; Therapeutic mentoring; Clinical supervision
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help; Getting More Help
<b>Who is this for?</b>	Children & young people; Parents & carers; Professionals
<b>Age range</b>	6-25
<b>How do I access this service?</b>	Self-referral; Professional referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	The Station, Silver Street, Bristol, BS1 2AG The Stables, 3-6 Wadham Street, Weston-Super-Mare, BS23 1JY
<b>Accessibility Information</b>	Both locations of our therapy rooms have lift access
<b>Website</b>	<a href="https://www.naos.org.uk/">https://www.naos.org.uk/</a>
<b>Telephone</b>	
<b>Email</b>	<a href="mailto:info@naos.org.uk">info@naos.org.uk</a>
<b>Social Media</b>	 <a href="#">naos.therapy</a>  <a href="#">naos.intercultural.therapy</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a>

## NHS Talking Therapies




16+

CYP; P&C; PRO

We all experience difficult times when we feel like we can't cope. These incidents can affect your everyday life and prevent you from leading a normal life. If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then NHS Talking Therapies can help.

We offer a range of short-term Talking Therapies to adults 16-years and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire. NHS Talking Therapies is a FREE service and you don't need to visit a GP to get help

<b>What do they offer?</b>	Therapy, Improving Access to Psychological Therapies (IAPT), Cognitive Behaviour Therapy (CBT), Talking therapies, Mental health support, Wellbeing support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Help
<b>Who is this for?</b>	Children & young people; Parents & carers; Professionals
<b>Age range</b>	16+
<b>How do I access this service?</b>	Self-referral; GP referral; Social care referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	
<b>Accessibility Information</b>	Website is fully accessible, locations for therapy are also accessible
<b>Website</b>	<a href="https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/">https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire-mental-health-services/</a>
<b>Telephone</b>	0333 200 1893
<b>Email</b>	<a href="mailto:enquiries@vhg.co.uk">enquiries@vhg.co.uk</a>
<b>Social Media</b>	 <a href="#">NHSTalkingTherapiesBNSSG</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a>

## Off the Record






11-25

CYP

Off the Record (OTR) is a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset. OTR isn't just a charity providing mental health services, it's a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people.

OTR provides information and support around wellbeing, including group work, sessions in schools and colleges, and one-to-one therapeutic support.

<b>What do they offer?</b>	Mental health support, Wellbeing support, Social action, Peer and support groups, Activities, 1:1 Therapies, Resilience Lab
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people
<b>Age range</b>	11-25
<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	<a href="http://www.otrbristol.org.uk/what-we-do/hubs/">http://www.otrbristol.org.uk/what-we-do/hubs/</a>
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.otrbristol.org.uk/">https://www.otrbristol.org.uk/</a> <a href="https://otrnorthsomerset.org.uk/">https://otrnorthsomerset.org.uk/</a>
<b>Telephone</b>	0808 808 9120
<b>Email</b>	<a href="mailto:hello@otrbristol.org.uk">hello@otrbristol.org.uk</a>
<b>Social Media</b>	 <a href="#">otrbristol</a>  <a href="#">otrbristol</a>  <a href="#">otrbristol</a>
<b>Who monitors or accredits this service?</b>	<a href="#">British Association for Counselling and Psychotherapy (BACP)</a> , <a href="#">Fundraising Regulator</a>

## Relate Avon



10+

CYP; P&C

We provide relationship counselling to adult individuals and couples; and family counselling. The family counselling will sometimes include children and young people with parents/carers. Any member of the family can come along to regular counselling sessions to discuss problems in a safe and relaxed setting. Typically we might see parents or step-parents with all or some of their children; young or adult siblings; or extended members of the family such as grandparents, aunts, uncles etc. By family, we mean any group of people who describe themselves as a family - so that could include friends as well.

Counselling is not provided for children & young people outside of a family counselling approach.

**What do they offer?** Counselling, Relationship support, Family support

**What level of support is this? (*iThrive*)** Getting Help

**Who is this for?** Children & young people; Parents & carers

**Age range** 10+

**How do I access this service?** Self-referral

**Where do I access this service?** At our location; Online

**Address** 133 Cheltenham Road, Bristol, BS6 5RR

**Accessibility Information** No disabled access

**Website** <https://www.relate-avon.org.uk/>

**Telephone** 0117 942 8444

**Email** [recep.relateavon@btconnect.com](mailto:recep.relateavon@btconnect.com)

**Social Media**  
 [RelateAvon](#)  
 [RelateAvon](#)

**Who monitors or accredits this service?**

## Rockabye (Parent Infant Support)



0-1

CYP; P&C

Rockabye supports mums in the antenatal and postnatal period. We offer small, closed groups that give emotional support to pregnant mums as they prepare for motherhood. After birth, we also offer small, closed groups for parents/carers and their babies that nourishes bonding.

We use talking, creative arts and mindfulness to support successful outcomes in both groups.

<b>What do they offer?</b>	Antenatal and postnatal support, Emotional and wellbeing support, Creative therapy, Mindfulness
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children & young people (babies); Parents & carers (new parents, pregnant mums)
<b>Age range</b>	0-1
<b>How do I access this service?</b>	Self-referral; Health visitor referral; Children's centre referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Service provided at children's centres
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.rockabye.org.uk/">https://www.rockabye.org.uk/</a>
<b>Telephone</b>	
<b>Email</b>	<a href="mailto:information@rockabye.org.uk">information@rockabye.org.uk</a>
<b>Social Media</b>	
<b>Who monitors or accredits this service?</b>	



## Safe Link Support






All Ages

CYP; P&C

Safe Link provides support to survivors of rape and sexual abuse across the whole of the Avon and Somerset area. We are the largest team of Independent Sexual Violence Advisors in the South West and our ISVAs provide practical and emotional support on a long term basis. Our CYPSVAs (Children & Young Persons Independent Sexual Violence Advisors) are trained in line with Home Office guidance and can work directly with the child or young person and provide support to the family.

They can provide a safe space to talk, emotional support, help to communicate with school, college or other professionals. The CYPSVAs help their clients feel safe and supported through the police process and beyond. They understand how scary or confusing it can be and do their best to help the young person understand what is happening, helping them to ask questions and talk to the police if needed. Our CYPSVAs also refer into other services such as support groups, counselling, creative groups, substance abuse services and many more.

Our CYPSVAs support the child or young person throughout the court process. We also understand that the end of the court case can be difficult and where the child or young person would like this, we provide some support after all criminal justice proceedings have finished.

<b>What do they offer?</b>	Emotional Support; Rape and sexual abuse support; signposting; post-proceedings support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children and young people; Parents/carers
<b>Age range</b>	All ages
<b>How do I access this service?</b>	Self-referral; Professional referral; Referral from friend/contact
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	5 Queen Square, Bristol, BS1 4JQ
<b>Accessibility Information</b>	Our office is accessible and we have meeting rooms on the ground floor.
<b>Website</b>	<a href="https://safelinksupport.co.uk/">https://safelinksupport.co.uk/</a>
<b>Telephone</b>	0333 323 1543
<b>Email</b>	<a href="mailto:Safe.link@safelinksupport.co.uk">Safe.link@safelinksupport.co.uk</a>
<b>Social Media</b>	 <a href="#">missinglinkbristol</a>  <a href="#">SafeLinkSupport</a>  <a href="#">SafeLinkSupport</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Lime Culture</a>


## Samaritans (Bristol)



All Ages

CYP; P&C; PRO

We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Our vision is that fewer people die by suicide.

<b>What do they offer?</b>	Emotional Support; Suicide Self-harm Prevention; Email; Phone Webchat; Prison; School; Listening
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children and young people; Parents/carers; Professionals;
<b>Age range</b>	All ages
<b>How do I access this service?</b>	Self-referral; Bristol Royal Infirmary.
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	We are currently closed to face-to-face, though our address is 27 St Nicholas Street, Bristol, BS1 1TP
<b>Accessibility Information</b>	Currently closed for face-to-face
<b>Website</b>	<a href="https://www.samaritans.org/branches/bristol/">https://www.samaritans.org/branches/bristol/</a>
<b>Telephone</b>	For Support: 116123 For admin/general enquiries: 0117 927 9387
<b>Email</b>	For support: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> For admin/general enquiries: <a href="https://www.samaritans.org/branches/bristol/volunteering-bristol-branch/">https://www.samaritans.org/branches/bristol/volunteering-bristol-branch/</a>
<b>Social Media</b>	 <a href="#">bristolsams</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Charity Commission</a>

## School Nursing Team



School nurses support children and young people to maximise their health and wellbeing by providing information and support to children, young people and their parents/carers. School nurses often see children in schools but sometimes they see children, young people and their parent/carer at home or another local venue. Some common discussions with children, young people and parents can include how they are feeling and finding ways to manage the challenges that children and young people face.

Other discussions can include sleep, stopping vaping or smoking, sexual health, how to keep yourself or your family safe and where to find support you might find helpful in your local community. Young people aged 11 and over can use the ChatHealth service which is a confidential, anonymous text messaging service enabling contact with a school nurse about a range of issues.

**What do they offer?** School nursing, Health advice, Health support, Mental health support, Sexual health support

**What level of support is this? (*iThrive*)** Thriving; Getting Advice; Getting Help

**Who is this for?** Children & young people

**Age range** 4-19

**How do I access this service?** Self-referral; Drop-in clinics at school; Professional referral

**Where do I access this service?** At our location; Outreach (in the community); Online

**Address**

**Accessibility Information**

**Website** <https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing>

**Telephone**  
07312 263093 (ChatHealth)  
0300 125 6277 (South Bristol)  
0117 908 4745 (East and Central Bristol)  
0300 124 5816 (North Bristol)

**Email**

**Social Media**

**Who monitors or accredits this service?** [Care Quality Commission \(CQC\)](#)

## Self-Injury Support



All Ages

CYP; P&C; PRO

A completely anonymous, confidential and non-judgmental listening service for anyone affected by self-harm/self-injury. The listening service is run by a group of trained volunteers and open on Monday and Thursday evenings 7-10pm. We also offer an A&E Follow-Up Service for anyone who has attended A&E due to self-injury. Additionally, we have a range of resources on our website and run online workshops for professionals on topics related to self-injury.

**What do they offer?** Listening; Self-harm and Self-injury support; Text support; Workshops

**What level of support is this? (*iThrive*)** Getting Advice; Getting Help

**Who is this for?** Children and young people, specifically young people affected by self-harm; Parents/carers; Professionals;

**Age range** All ages

**How do I access this service?** Self-referral (helpline, text support, resources); Hospital or GP referral (A&E follow-up service)

**Where do I access this service?** At our location; Outreach (in the community); Online

**Address** Central Bristol (this is only applicable to the A&E Follow-Up Service if you choose to have an appointment in person)

### Accessibility Information


**Website** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

**Telephone** 0117 927 9600

**Email** [info@selfinjurysupport.org.uk](mailto:info@selfinjurysupport.org.uk)

**Social Media**  [self\\_injury\\_support](#)

 [sisupportorguk](#)

 [sisupportorguk](#)

**Who monitors or accredits this service?**

## Well Aware





0-25

P&C; PRO

Our Well Aware website provides information on a wide range of organisations; support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire. Find out what's happening near you with our map search and links to travel information. If you don't have access to the internet just give us a call 0808 808 5252. One of our friendly advisers will search the database and send you the information you need, either by email or post. This is a free phone number, including from mobiles. Our telephone service is available Monday – Thursday, 9am-5pm and 9am-4:30pm on Fridays. Alternatively, get in touch via our contact form.

Well Aware is part of the Bristol based charity The Care Forum. The Care Forum is a health and social care voluntary organisation providing a mixture of frontline services and support to individuals, groups and organisations.

<b>What do they offer?</b>	Information, Advice, Signposting, Local health and wellbeing services
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Parents & carers; Professionals
<b>Age range</b>	0-25
<b>How do I access this service?</b>	No referral needed (Self-referral)
<b>Where do I access this service?</b>	Online
<b>Address</b>	
<b>Accessibility Information</b>	Website has Browsealoud and various accessibility settings such as text sizing, colour of text and the option to choose text only. We also run a phonenumber (0808 808 5252) for those that don't have internet access or would rather talk to one of our friendly advisers.
<b>Website</b>	<a href="https://www.wellaware.org.uk/">https://www.wellaware.org.uk/</a>
<b>Telephone</b>	0808 808 5252
<b>Email</b>	There is a Contact Us enquiry form on the website - <a href="https://www.wellaware.org.uk/contact-us">https://www.wellaware.org.uk/contact-us</a>
<b>Social Media</b>	 <a href="#">WellAwareSouthWest</a>  <a href="#">WellAware_TCF</a>
<b>Who monitors or accredits this service?</b>	

## Winston's Wish



5-25

CYP; P&C; PRO

We are a charity that helps support bereaved children, young people, their families and the professionals who support them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.

**What do they offer?** Bereavement and grief support, Advice, Group support, Resources, Free helpline, Online chat

**What level of support is this? (*iThrive*)** Getting Advice; Getting Help

**Who is this for?** Bereaved children & young people; Parents & carers; Professionals

**Age range** 5-25

**How do I access this service?** Self-referral; Professional referral

**Where do I access this service?** Outreach (in the community); Online

**Address**

**Accessibility Information** Online support, or via email or phone

**Website** <https://www.winstonswish.org/>

**Telephone** 08088 020 021

**Email** [ask@winstonswish.org](mailto:ask@winstonswish.org)

**Social Media**

-  [winstonswish](#)
-  [winstonswishcharity](#)
-  [winstonswish](#)

**Who monitors or accredits this service?**

## Unity Sexual Health




13+

CYP; P&C, PRO

Unity Sexual Health is a free and confidential integrated sexual health service for Bristol, North Somerset and South Gloucestershire. We specialise in providing a range of contraception (including patients who require more complex methods) and testing, diagnosis and treatment of sexually transmitted infections.

Unity offers a range of other services, set out on our website, including LGBTQ+ support, psychosexual help, and advice and support on issues including domestic violence and abuse, consent, gender and sexual exploitation.

<b>What do they offer?</b>	Sexual health, Advice, Support Information, Contraception
<b>What level of support is this? (<i>iThrive</i>)</b>	Thriving; Getting Advice
<b>Who is this for?</b>	Children & young people, Parents & carers; Professionals
<b>Age range</b>	13+
<b>How do I access this service?</b>	Self-referral; Professional referral (including GP referral)
<b>Where do I access this service?</b>	At our location
<b>Address</b>	Find your local clinic - <a href="https://www.unitysexualhealth.co.uk/locations/">https://www.unitysexualhealth.co.uk/locations/</a>
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.unitysexualhealth.co.uk">https://www.unitysexualhealth.co.uk</a>
<b>Telephone</b>	0117 342 6900
<b>Email</b>	
<b>Social Media</b>	 <a href="#">unitysexhealth</a>
<b>Who monitors or accredits this service?</b>	<a href="#">Care Quality Commission (CQC)</a>

## Young Victims Service





5-18

CYP; PRO

The Young Victims Service offers trauma-informed support and interventions on a voluntary basis, for children and young people affected by crime, anti-social behaviour or domestic abuse from across the Bristol, North Somerset, South Gloucestershire, Bath & North East Somerset and Somerset areas.

The service aims to rebuild confidence and increase feelings of safety. Advocates use a range of methods including face to face and online work with young people, drawing on their strengths to empower them to cope and recover and move forward from their experience.

<b>What do they offer?</b>	Trauma-informed victim support, Emotional and wellbeing support
<b>What level of support is this? (<i>iThrive</i>)</b>	Getting Advice; Getting Help
<b>Who is this for?</b>	Children and young people affected by crime, anti-social behaviour or domestic abuse
<b>Age range</b>	5-18
<b>How do I access this service?</b>	Self-referral (if aged 16+); Parental referral; Professional referral (with parent/carer consent or young person consent if aged 16+)
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	
<b>Accessibility Information</b>	
<b>Website</b>	<a href="https://www.youngvictims.org.uk/">https://www.youngvictims.org.uk/</a>
<b>Telephone</b>	01275 88 44 88
<b>Email</b>	<a href="mailto:young.victims@n-somerset.gov.uk">young.victims@n-somerset.gov.uk</a>
<b>Social Media</b>	 <a href="#">youngvictims</a>  <a href="#">youngvictims</a>
<b>Who monitors or accredits this service?</b>	<a href="#">North Somerset Youth Offending Service</a> ; <a href="#">Office of the Police and Crime Commissioner (Avon &amp; Somerset)</a> ; <a href="#">Home Office</a>



## Services for young people aged 18-25

### Community Access Support Service (CASS)



18+

P&C; PRO

The Community Access Support Service works with community, equality and faith groups to improve awareness of mental health and provide better links to support services in Bristol. We can run workshops with groups and organisations on mental health awareness to increase awareness of mental health conditions, improve knowledge of support available in Bristol, and develop the confidence of group members in supporting each other's mental wellbeing. We can provide resources containing information on mental health conditions and local support services, either via or workshops or our website.

<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	Wellspring Settlement, Beam Street, Barton Hill, BS5 9QY
<b>Website</b>	<a href="http://www.cassbristol.org">www.cassbristol.org</a>
<b>Telephone</b>	
<b>Email</b>	<a href="mailto:info@cassbristol.org">info@cassbristol.org</a>

### Changes Bristol



18+

CYP; P&C; PRO

Peer Support and Befriending Service for those experiencing mental ill-health and social isolation. We run support groups that happen face-to-face at the same time and place each week in different locations. We also run support groups online, a telephone befriending service, Walk and Talks, and mental health awareness training. We also run specific groups for specific communities, including Men, Women, Women of Colour, Men of Colour and people identifying as LGBTQIA+. Our services are ran by staff and volunteers of lived experience with mental health difficulties.

<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	Outreach (in the community); Online
<b>Address</b>	Various locations – see website for details
<b>Website</b>	<a href="https://changesbristol.org.uk/">https://changesbristol.org.uk/</a>
<b>Telephone</b>	0117 941 1123
<b>Email</b>	<a href="mailto:info@changesbristol.org.uk">info@changesbristol.org.uk</a>

## Network Counselling and Training



18+

CYP; P&C

Low-cost counselling and talking therapy for young adults over the age of 18

<b>How do I access this service?</b>	Self-referral
<b>Where do I access this service?</b>	At our location; Outreach (in the community); Online
<b>Address</b>	Elm Park, Filton, Bristol, BS34 7PS
<b>Website</b>	<a href="https://network.org.uk/">https://network.org.uk/</a>
<b>Telephone</b>	0117 950 7271
<b>Email</b>	<a href="mailto:reception@network.org.uk">reception@network.org.uk</a>

## Somerset and Avon Rape and Sexual Abuse Support



18+

CYP; P&C

Free specialist support service for people affected by rape and sexual abuse at any time in their life. Our services support people in Bath & NE Somerset, Bristol, North Somerset, Somerset and South Gloucestershire. Counselling, 1:1 specialist support, group work and training.

<b>How do I access this service?</b>	Self-referral; GP referral; Organisational referral
<b>Where do I access this service?</b>	At our location; Online
<b>Address</b>	Royal Oak House, Royal Oak Avenue, Bristol, BS1 4GB
<b>Website</b>	<a href="http://www.sarsas.org.uk">www.sarsas.org.uk</a>
<b>Telephone</b>	0117 929 9556
<b>Email</b>	<a href="mailto:info@sarsas.org.uk">info@sarsas.org.uk</a>

# Online Information and Resources

## **ABC**

ABC offer personal, on-going, emotional support and practical guidance for recovery for people struggling with anorexia nervosa, bulimia nervosa and binge eating, in addition to related self-harm.

03000 11 12 13

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

## **Action for Children – Parent Talk**

The Parent Talk section of the Action for Children website provides advice and a 1 to 1 service for parents who want a free and confidential live chat with a parenting coach.

<https://parents.actionforchildren.org.uk>

## **Anxiety UK**

Anxiety UK supports those living with anxiety and anxiety-based depression.

07537 416905 (Text)

03444 775774 (Tel)

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

## **BEAT**

BEAT are the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

Youthline (under 25): 0808 801 0711

[www.b-eat.co.uk](http://www.b-eat.co.uk)

## **Bullying UK**

Bullying UK provide advice on all aspects of bullying

0808 800 2222

[www.bullying.co.uk](http://www.bullying.co.uk)

## **Campaign Against Living Miserably (CALM)**

CALM works with young men in need of support and campaigns to help stop male suicide

0800 58 58 58

[www.thecalmzone.net/](http://www.thecalmzone.net/)

## **Child Bereavement UK**

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

08000 288 840

<https://childbereavementuk.org>

## **Childline**

Childline is a free, private and confidential service for children and young people to discuss any worries.

24-hour helpline 0800 1111

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

## **The Children's Society**

The Children Society website has an advice page which offers help on a range of topics, including finding work, abusive relationships, debt and difficulties with parents.

<https://www.childrensociety.org.uk/information/young-people/advice>

## **Epic Friends**

This site is about helping young people to help their friends who might be struggling to cope emotionally. Covers the most common teenage mental health issues.

[www.epicfriends.co.uk](http://www.epicfriends.co.uk)

## **Get Self Help**

Cognitive behaviour therapy resources and downloads for young people and adults.

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

## **Grief Encounter**

Grief Encounter provide specialist support to children and young people who have lost someone they love, through a helpline (9am -9pm Mon-Fri), web chat or email

0808 802 0111

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

## **Heads Above the Waves**

Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.

<http://hatw.co.uk/>

## **Hope Again**

The youth website of Cruse Bereavement Care where young people can learn from other young people, how to cope with grief and feel less alone.

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

**Mermaids** Information and support for transgender young people up to and including the age of 19, including a helpline, Mon-Fri 9.00am-9.00pm

08088010400

<https://mermaidsuk.org.uk/>

## **Mind**

Confidential support and information around any mental health issue.

86463 (Text) 0300 123 3393 (Tel)

[www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

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## **MindEd**

MindEd is a free educational resource on children and young people's mental health for all adults.

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

## **Mindline Trans+**

A national confidential, emotional, mental health support helpline for people who identify as transgender, agender, gender fluid, non-binary – Mon, Wed and Fri 8pm-12am. They also support family members and friends and provide signposting to other services and resources.

0330 330 5468

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

## **The Mix**

The Mix provide advice about mental health, sex, drugs, money and relationships for under 25s, as well as text messaging and 1:1 chat service.

0808 8084994

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

## **National Self Harm Network**

Support for individuals who self-harm to reduce emotional distress and improve their quality of life.

[www.nshn.co.uk](http://www.nshn.co.uk)

## **NHS Choices – Young People and Mental Health**

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

[www.nhs.uk/livewell/youth-mental-health](http://www.nhs.uk/livewell/youth-mental-health)

## **Papyrus**

Papyrus provide support, advice and information to anyone under 35 who is suicidal or concerned about someone else who is suicidal. You can call their support line, HOPELINEUK 9am-12am

0800 068 4141 (Tel), 07860 039967 (Text)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

## **Rise Above**

The Rise Above website provides health information and advice about a range of issues of importance to young people including body image, mental health, friendships, love, sleep, drinking and smoking.

<https://riseabove.org.uk/>

## **Self-Harm**

For young people 14-19 who self-harm and their friends, family and professionals. Be aware that this site contains sensitive information.

<https://www.selfharm.co.uk/>

### **Talk to Frank**

FRANK provides friendly and confidential advice about drugs.

0300 123 6600 (Tel), 82111 (Text)

[www.talktofrank.com](http://www.talktofrank.com)

### **Time to Change**

Time to Change is a growing movement of people changing how we all think and act about mental health

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

### **We are with you**

Provides a range of services for both drug and alcohol problems for clients and their family and friends. There is an online chat service for support.

01934 427940 (Tel)

<https://www.wearewithyou.org.uk>

### **Young Minds**

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. It runs a helpline for parents/carers and a messenger service for young people.

If someone is experiencing a mental health crisis, they can contact the messenger service and be connected to a trained volunteer in less than 5 minutes who will listen, help think through feelings and take the next steps towards feeling better. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

0808 802 5544 (Parents), 85258 (young people) [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **Your bump to baby wellbeing guide**

Helping parents find the right mental health support during pregnancy, birth and beyond and includes details of voluntary organisations offering support, as well as the statutory services and community services.

<https://bump2babywellbeingguide.org/>

# What to do in a crisis

## Worried about your mental health?

You can phone NHS 111 or see your GP if you have any worries about your mental health or the mental health of your child or the child you care for.

## What to do in an emergency or crisis situation

There is also a 24/7 Mental Health Crisis Line which offers support for children in crisis 24 hours a day, seven days a week, 365 days a year.

Telephone: **0800 953 9599**

For a BSL Interpreter, visit <https://247helpline.signvideo.net>

Professionals can help advise about strategies to manage mental health and whether any other support is needed.

In emergency situations, a child or young person can call 999 or attend the nearest 24-hour A&E unit.

A health professional will make an assessment and liaise with the Child and Adolescent Mental Health Services (sometimes referred to as 'CAMHS') to agree what support is required.

This may be an assessment or a referral on to an appropriate team for ongoing support.

It is important to remember that the police are not clinical or medical professionals, and should be viewed only as an option of last resort in any crisis situation, in response to immediate safety concerns.

## Worried about the safety of a child?

If you are worried about the welfare or safety of a child or young person, it is very important that you contact First Response on 0117 903 6444 or via their [website](#).

You can also report your concerns on the [Avon and Somerset Police website](#).