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| **For individuals in a high level of emotional distress or mental health crisis** |
| **Local** |
| **Crisis Resolution and Home Treatment Team**Tel: 0800 169 0398 **|** If immediate danger to life call 999 **|** www.ghc.nhs.uk/our-teams-and-services/crhtt/ **|** For 11 year olds and up (For children under 11 years old the GP should be contacted or 111/999 out of hours **|** 24 hours a day, 7 days a week **|** An increased level of care for those with mental health conditions or experiencing emotional and psychological distress **|** Minimised face-to-face contact – use of telephone, text and video-based technology |
| **National** |
| **Samaritans**Tel: 116 123 **|** Email: jo@samaritans.org www.samaritans.org/24/7 listening support via email and phone call | **Campaign Against Living Miserably (CALM)**Tel: 0800 58 58 58 **|** www.thecalmzone.net/A leading movement against suicide **|** Helpline and webchat – 7 hours a day, 7 days a week | **Stay Alive App**www.prevent-suicide.org.uk/find-help-now/stay-alive-app/ **|** An app for those at risk of suicide or those worried about someone else |

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| **If a person is already being supported by specialist mental health services, they should contact the relevant team****Further information can be found on the Gloucestershire Health & Care NHS Foundation Trust (GHC) website:****General information about GHC** - www.ghc.nhs.uk/ **| What GHC do** - www.ghc.nhs.uk/a-z/**Coronavirus information and how services are** **affected** - www.ghc.nhs.uk/coronavirus/ |

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| **For individuals seeking help with anxiety, low mood or depression (NOT in immediate crisis)** |
| **Local** |
| **Qwell**www.qwell.ioOnline anonymous counselling for adults **|** Access to self-care resources and peer support via online forumsRegister under ‘Gloucestershire adults’Open access | **Community Advice, Links, Mental Health Support (CALMHS)**Tel: 0345 8638323 **|** 01452 317460Text: 07812 067087www.independencetrust.co.uk/CALMHS/aboutOffering those with moderate to severe mental ill health 1:1 support, personal support plans and signposting to other services Phone, video call, text or emailAccepting referrals | **Community Wellbeing Service**Cheltenham & Tewkesbury - 0300 365 6463Cotswold - 01452 528491Gloucester - 0300 131 0024Forest of Dean - 01594 812447Stroud & Berkeley Vale - 0345 863 8323Connecting people to local services, organisations and groups that can help improve general wellbeing and meet wider social needs **|** For anyone over 16 living in Gloucestershire or registered with a Gloucestershire GP  | **IAPT (Improving Access to Psychological Therapies) – Let’s Talk**Tel: 0800 073 2200www.ghc.nhs.uk/our-teams-and-services/letstalk/The service provides support for mental health conditions, such as depression, anxiety, PTSD, OCD and phobias | **Mental Health Matters**Tel: 0808 145 4507For adults 18 and over24 hour phone and web chat for emotional support and signposting to servicesThey are experiencing high demand currently, if unable to get through first time then advised to keep tryingOpen access currently | **Alexandra Wellbeing House**Email: admin@sgmind.org.ukwww.sgmind.org.uk/the-alexandra/ Gloucestershire Telephone Wellbeing SupportWeekly telephone calls plus safety and support planning using 5 Ways to WellbeingAccepting new referrals from NHS Teams and 3rd sector organisations |

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| **For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis)** |
| **Local** |
| **School Nurse**Tel: 07507 333351www.ghc.nhs.uk/our-teams-and-services/school-nursing/For 5 to 19 year olds **|** ChatHealth is open Monday to Friday from 9am to 4.30pm for 11- 19 year olds who may want to discuss a health issue | **Children and Young People’s Services (CYPS)**https://cayp.ghc.nhs.uk/Up to 18th birthday **|** Mental health services for children and young people (and their families/carers) who are experiencing mental health and emotional wellbeing difficulties **|** The child or young person should be registered with a Gloucestershire GP **|** CYPS also provides services for children and young people who have health issues related to a moderate to severe learning disability | **TIC+ (Teens in Crisis)**Tel: 01594 372777 Text: 07520 634063www.ticplus.org.uk/For 9 to 21 year oldsCounselling by phone, online text chator video chat |
| **For children and young people seeking help with low mood, anxiety or depression (NOT in immediate crisis) CONTINUED** |
| **National** |
| **Childline**Tel: 0800 1111www.childline.org.uk/Childline counsellors available online or on the phone from 9am – midnight | **Young Gloucestershire**Tel: 01452 501008www.youngglos.org.uk/young-people/mental-health For 11 to 25 year olds **|** Counselling by phone and via online chat **|** Emergency Support packages to existing clients **|** Connect – the alternative education programme **|** Detached youth work - for vulnerable **|** Online activities | **Mix**Tel: 0808 808 4994www.themix.org.uk/For under 25 year oldsUK’s leading support service for young peopleSupport with mental health, money, homelessness, finding a job, relationships and drugs | [**Young Minds**](https://youngminds.org.uk/)Tel: 0808 802 5544 – parents helplinewww.youngminds.org.uk/Online information and advice to support children, young people and their parents |

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| **For individuals seeking support in their community to support their wellbeing** |
| **Local** |
| **Change, Grow, Live (CGL)** Tel: 01452 223 014 www.changegrowlive.org/drug-alcohol-recovery-service-gloucestershireDrug and Alcohol Recovery ServiceAppointments by phone and email | **Gloucestershire Carers Hub**Tel: 0300 111 9000 Email: carers@peopleplus.co.ukwww.gloucestershirecarershub.co.uk/ Offering information, advice and guidance to carers 9am to 5pm, Monday to Friday  | **Gloucestershire Domestic Abuse Support Service (GDASS)**www.gdass.org.uk/A service to reduce the level of domestic abuse and improve the safety of victims and their familiesContact should be made using the online referral form |
| **Gloucestershire Self Harm Helpline**Tel: 0808 801 0606 **|** Text: 07537 410 022 www.gloucestershireselfharm.org/For people who self harm, their families and carers Telephone, web chat and text support 5 – 10pm daily  | **MHELO (Mental Health Experience Led Opportunities)**Tel: 01452 234003www.inclusiongloucesterhsire.co.ukMental health user led support on Facebook | **The Cavern**Tel: 01452 307201 **|** www.kftseekers.org.uk/cavernSupport and advice available everyday from 6pm to 11pm or a live chat is available on the website |

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

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| **Other useful links:****Your Circle** - www.yourcircle.org.uk/ **| Glosfamilies Directory** - www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page**Gloucestershire Community Help Hub** - www.gloucestershire.gov.uk/gloucestershires-community-help-hub/**Looking After Your Wellbeing** - www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/ |