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| **For individuals in a high level of emotional distress or mental health crisis** | |
| **HELP IN CRISIS**  **|** If there is an immediate danger to life, please dial 999 or go to your nearest Accident and Emergency Department:  **|** [www.nhs.uk/service-search/other-services/Urgent-Care/LocationSearch/1824](http://www.nhs.uk/service-search/other-services/Urgent-Care/LocationSearch/1824) | |
| **Local** | |
| **Crisis Resolution and Home Treatment Team**  Tel: 0800 169 0398 **|** [www.ghc.nhs.uk/our-teams-and-services/crhtt/](http://www.ghc.nhs.uk/our-teams-and-services/crhtt/)  **|** For 11-year-olds and up (For children under 11 years old the GP should be contacted or 111/999 out of hours **|** 24 hours a day, 7 days a week **|** An increased level of care for those with mental health conditions or experiencing emotional and psychological distress | | |
| **National** | |
| **Samaritans**  **|** Tel: 116 123 **|** Email: [jo@samaritans.org](mailto:jo@samaritans.org)  **|** [www.samaritans.org/](http://www.samaritans.org/)  **|** 24/7 free non-judgemental listening support | **Campaign Against Living Miserably (CALM)**  **|** Tel: 0800 58 58 58 **|** [www.thecalmzone.net/](http://www.thecalmzone.net/)  **|** A leading movement against suicide **|** Helpline and webchat 7 hours a day, 7 days a week |
| **SHOUT**  **|** Text SHOUT to 85258 **|** Email: [jo@samaritans.org](mailto:jo@samaritans.org)  **|** [www.giveusashout.org/](http://www.giveusashout.org/)  **|** 24/7 free non-judgemental mental health support | **Stay Alive App**  **|** [www.prevent-suicide.org.uk/find-help-now/stay-alive-app/](http://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/)  **|** An app for those at risk of suicide or those worried about someone else. This app has information, tools and local signposting information to help people stay safe in crisis. It can be used it to create own safety plan. |

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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** – [www.ghc.nhs.uk/](http://www.ghc.nhs.uk/) **| What GHC do** – [www.ghc.nhs.uk/a-z/](http://www.ghc.nhs.uk/a-z/) |

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| **For individuals seeking help with anxiety, low mood or depression (NOT in immediate crisis)** | | |
| **Local** | | |
| **Qwell**  **|** [www.qwell.io](http://www.qwell.io)  **|** Online anonymous free mental wellbeing support  **|** Access to counselling, self-help resources and peer support  **|** Register under ‘Gloucestershire adults’ | **NHS IAPT (Improving Access to Psychological Therapies) – Let’s Talk**  **|** Tel: 0800 073 2200 **|** [talk2gether.nhs.uk/](https://talk2gether.nhs.uk/)  **|** Support for mental health conditions, such as depression, anxiety, PTSD, OCD and phobias  **|** You can self-refer, or you can be referred by your GP | |
| **Community Wellbeing Service**  **|** Cheltenham & Tewkesbury – 0300 365 6463  **|** Cotswold – 01452 528491  **|** Gloucester – 0300 131 0024  **|** Forest of Dean – 01594 812447  **|** Stroud & Berkeley Vale – 0345 863 8323  **|** Connecting people to local services, organisations and groups that can help improve general wellbeing and meet wider social needs, for anyone over 16 living in Gloucestershire or registered with a Gloucestershire GP  **|** Search ‘Community Wellbeing Service’ on [www.yourcircle.org.uk/](http://www.yourcircle.org.uk/) | | **Community Advice, Links, Mental Health Support (CALMHS)**  | [www.independencetrust.co.uk/CALMHS/about](http://www.independencetrust.co.uk/CALMHS/about)  | Tel: 0345 863 8323 | 01452 317460 | Text: 07812 067087  **|** Offering those with moderate to severe mental ill health 1:1 support, personal support plans and signposting to other services  **|** You can self-refer, or be referred by your healthcare professional |
| **Gloucestershire Self Harm Helpline**  **|** [www.gloucestershireselfharm.org/](https://www.gloucestershireselfharm.org/)  **|** Tel: 0808 801 0606 **|** Text: 07537 410 022  **|** Webchat: [www.gloucestershireselfharm.org/](https://www.gloucestershireselfharm.org/)  **|** Safe, supportive, non-judgmental and informative space for people who self-harm, their friends, families and carers. Open to anyone in Gloucestershire every day 5pm to 10pm. | **On Your Mind**  **|** [www.onyourmindglos.nhs.uk](http://www.onyourmindglos.nhs.uk)  **|** Anonymous support finder for people aged under 25 and support  **|** For Parents, Carers or trusted Adult and Professionals working with this age group.  [www.onyourmindglos.nhs.uk/list-of-services](https://www.onyourmindglos.nhs.uk/list-of-services) | |

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| **For individuals seeking support in their community to support their wellbeing - Local** | | | |
| **Community Hubs and Social Groups**  **|** [www.yourcircle.org.uk/](http://www.yourcircle.org.uk/)  **|** There are a number of community and social groups that meet regularly in local areas across the county. Find out what’s going on in your area or choose from a range of categories to find out more. | **The Cavern**  **|** [www.kftseekers.org.uk/cavern](http://www.kftseekers.org.uk/cavern)  **|** Tel: 01452 307201  **|** Support and advice available every day from 6pm to 11pm or a live chat is available on the website  **|** Out of hours mental health support, with a non-clinical approach including face-to-face listening support, low level interventions such as board games and adult colouring, inclusive activities, and a supportive environment | | **Gloucestershire Action for Refugees and Asylum Seekers (GARAS)**  <https://www.garas.org.uk/>  **|** Support to those seeking asylum in Gloucestershire and those being resettled here. Drop-In Centre for  support and Advocacy available for a range of issues. General practical support & signposting. |
| **POhWER**  **|** Tel: 0300 003 1162 **|** Email: glosadvocacy@pohwer.net  | [www.pohwer.net/Gloucestershire](https://www.pohwer.net/Gloucestershire)  **|** Provides information, advice, support and advocacy services, specifically: mental capacity, mental health, mental health complaints and mental care act advocacy in Gloucestershire. | | **Gloucestershire Carers Hub**  **|** Tel: 0300 111 9000 **|** Email: [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)  **|** [www.gloucestershirecarershub.co.uk/](http://www.gloucestershirecarershub.co.uk/)  **|** Offering information, advice and guidance to carers 9am to 5pm, Monday to Friday | |

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| **For individuals seeking basic self-care tools and resources to help them look after their emotional wellbeing - National** | | |
| **Five Ways to Wellbeing – NHS** [www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/)  **|** Useful links about mental health | **Head Talks**  [www.headtalks.com/](http://www.headtalks.com/)  **|** Aims to inspire and engage those interested in mental health and wellbeing | **Every Mind Matters**  [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)  **|** Expert advice and practical tips to look after mental health |
| **Mind**  [www.mind.org.uk/](http://www.mind.org.uk/)  **|** A wide range of information and resources to support mental health | **Sane**  [www.sane.org.uk/](http://www.sane.org.uk/)  **|** A leading UK mental health charity for anyone with mental illness | **Rethink Mental Illness**  [www.rethink.org/](http://www.rethink.org/)  **|** Offering an online hub to provide practical support and information |

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| **Other useful resources**  **Your Circle** -directory to help you find your way around care and support and connect with people, places and activities in Gloucestershire. | [www.yourcircle.org.uk/](http://www.yourcircle.org.uk/)  **glosfamilies Directory** - | [www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page](http://www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/home.page)  | **Looking After Your Wellbeing** – useful information and signposting to support during challenging times | [www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/](http://www.gloucestershire.gov.uk/health-and-social-care/public-health/advice-on-covid-19/looking-after-your-wellbeing/) | |

**Other versions of this document include where services offer support for non-English speakers, and specific signposting information for CYP.**