

Bristol Mental Health and Wellbeing



Directory of Services for Children and Young People



Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



NHS

Avon and Wiltshire
Mental Health Partnership
NHS Trust

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. 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 **September 2022** 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.

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

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.

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

Barnardo's Against Sexual Exploitation (BASE)



0-18

CYP

BASE work alongside children and young people of all genders who are being, or are at high risk of being, sexually exploited. BASE deliver a relationship based, trauma informed, one to one intervention to children and young people. Support is decided between the young person and their BASE worker and is individually tailored to meet their needs. This can include:

- A safe space to talk through difficulties or worries
- Creative and therapeutic activities which can support sensory and emotional regulation and development of self-esteem, receiving practical help and support
- Opportunities to use psycho-education resources and activities, where appropriate BASE workers understand that not all children and young people feel ready to talk about their different experiences and therefore we work at the child's pace and with no expectation that they should talk about anything they don't feel comfortable with.

BASE workers are qualified in social work, youth work or mental health nursing or have other relevant experience in relation to the role.

What do they offer?	Mental health support, therapeutic support, sexual exploitation support, signposting
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people
Age range	0-18
How do I access this service?	Phone 0117 934 9726 for advice on making a referral
Where do I access this service?	Outreach (in the community)
Address	38-39 Old Market Street, Bristol, BS2 0EZ
Accessibility Information	Only stairs to access first and second floor
Website	https://www.barnardos.org.uk/what-we-do/services/base-bristol-hub-spokes
Telephone	0117 934 9726
Email	oldmarketservices@barnardos.org.uk
Social Media	
Who monitors or accredits this service?	

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.

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

Who monitors or accredits this service?

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

What do they offer?	Support for problematic/harmful sexual behaviour
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people, including those with learning disabilities, autism and other neuro-development difficulties; Parents & Carers; Professionals
Age range	0-18
How do I access this service?	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.
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Barton Hill Settlement, 43 Ducie Road, Bristol, BS5 0AX
Accessibility Information	Clinic rooms are downstairs with disabled access. Can also offer services online/virtually or through outreach.
Website	http://cchp.nhs.uk/cchp/explore-cchp/be-safe
Telephone	0117 340 8700 0117 340 8600
Email	awp.besafe@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

Bluebell Care



0-2

P&C; PRO

At Bluebell, we support parents with their perinatal mental health and wellbeing. We're a charity and we offer all our services for free. We provide a range of free, tried-and-tested services to help parents manage their perinatal mental health.

What do they offer? One-to-one help in the community; 11-week wellbeing programme; Wellbeing hub; Help for dads; Perinatal mental health support

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

Who is this for? Parents & carers; Professionals

Age range Parents of children aged 0-2

How do I access this service? Self-referral; Health professional referral

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

Address Bluebell Place, 2 Quay Street, Bristol, BS1 2JL




Accessibility Information

Website www.bluebellcare.org

Telephone 0117 922 0746

Email hello@bluebellcare.org

Social Media

-  [bluebellcare](#)
-  [bluebellcare](#)
-  [Bluebellsupportingfamilies](#)

Who monitors or accredits this service?

Bourne Family Project





4-14

CYP; P&C

We provide low-cost creative therapies for children aged 4-14. Just like adults, children face difficult challenges and have overwhelming feelings that may be difficult to understand. This might leave them feeling sad, angry or anxious. Their relationships might be affected, or their feelings may be reflected in their behaviour.

Talking things through can be difficult at any age but for a child, using words may be particularly hard; a child's natural language is creativity and play. The therapy space that we provide offers the child the opportunity of expressing their feelings and experiences in a safe, non-judgmental environment and introduces the creative process as a way for the child to access and get in touch with their experiences from within.

What do they offer?	Play therapy, Dance movement psychotherapy, Art therapy, Sand play, Creative therapy, Talking therapy
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers
Age range	4-14
How do I access this service?	Self-referral; Referral from GPs, social care, schools, nurseries, other services
Where do I access this service?	At our location
Address	Bourne Chapel, Waters Road, Kingswood, Bristol, BS15 8BE
Accessibility Information	Car park on site; stairs
Website	https://www.bournefamilyproject.org
Telephone	0117 947 8441
Email	info@bournefamilyproject.org
Social Media	 bournefamilyproject  bournefamilyproject
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP) , British Association of Play Therapists (BAPT) , Association for Dance Music Psychotherapy (ADMP) , Play Therapy UK (PTUK) , Association of Christian Counsellors (ACC)

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.

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

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.

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

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; East - eastbristol.childrenscentres@bristol-schools.uk; North - nbcc@bristol-schools.uk; South - 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

Telephone 07498 531213

Email 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:

- Targeted Youth Support in partnership with Creative Youth Network for young people aged 11-19 who are involved with and affected by drugs and alcohol.
- 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

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

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.

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

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.

What do they offer?	Young carers support; Mental health support; Groups; Activities
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Young carers and their families
Age range	5-18
How do I access this service?	Self-referral; Professional referral (GP, schools, hospital, social care)
Where do I access this service?	At our location; Outreach (in the community); Online
Address	The Vassall Centre, Gill Avenue, Bristol, BS16 2QQ
Accessibility Information	The Vassall Centre is a barrier free accessible building
Website	https://www.carerssupportcentre.org.uk
Telephone	0117 939 2562
Email	info@carerssupportcentre.org.uk
Social Media	 CarersBSG  CarersBSG
Who monitors or accredits this service?	

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.

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

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.

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

Dads in Mind



0-18

P&C; PRO

Dads in Mind offer both group and 1:1 support to dads supporting their partners with mental health during pregnancy and after birth and/or experiencing depression/anxiety related to their own new role as a parent. Depression and anxiety, or any mental health concern, can be heavy. Supporting your partner and becoming a Dad can feel overwhelming. Your new role might be the trigger for past worries to resurface or brand new ones to occur.

All our support workers have lived experience of managing mental ill health and/or supporting our partner and we are keen to give fathers the opportunity to have their voices heard too.

What do they offer? Mental health support; Parental support (post-natal depression, pregnancy, birth)

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

Who is this for? Dads and professionals working with dads

Age range 0-18

How do I access this service? Self-referral; Referral by health professional

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

Address Bluebell Place, 2 Quay Street, Bristol, BS1 2JL

Accessibility Information

Website <https://www.dadsinmind.org/>

Telephone

Email adrian@dadsinmind.org (Bristol & South Gloucestershire)
john@dadsinmind.org (North Somerset)

Social Media  [DADSINMIND](#)
 [DADSINMIND](#)

Who monitors or accredits this service?

Empire Fighting Chance



We use boxing as a hook to engage young people presenting to us with a range of issues, including anger, anxiety, depression, hyperactivity, self-harm and suicide idealization. Their distress is often expressed in ways that can lead them into trouble.

Our work aims to change the way young people think and behave and aims to achieve:

- Improved mental health, with young people improving their mental wellbeing and better managing mental ill-health symptoms (e.g. anger, anxiety and depression)
- Reduced risky, criminal and anti-social behaviour, such as aggressive behaviour, drug abuse, gang crime, harmful use of alcohol, offending, self-harm and vandalism
- Improved physical health, with young people improving their fitness and making positive changes to their diet and sleep patterns
- Improved attitudes towards their life and future, including a greater sense of purpose, stronger motivation and higher aspirations
- Improved relationships with their families, friends and adults
- Improved engagement with education, with young people improving their attendance and behaviour at school and progressing into further education, training and employment

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

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 908 6655

Email info@empirefightingchance.org

Social Media

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

Who monitors or accredits this service?



The Green House



0-25

CYP; P&C

We offer free specialist therapy to adults, children and young people who have been impacted by sexual abuse. Our Children and Young People's Service offers free, specialist therapy for children and young people who have experienced sexual abuse. Our therapists use creative therapies, such as art and drama therapy, to help children and young people explore their feelings and experiences in a way that feels right for them.

What do they offer?	Sexual abuse support, Trauma-informed counselling, Creative Therapy, Art Therapy, Mental Health support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers
Age range	0-25
How do I access this service?	Self-referral; Professional referral (with consent)
Where do I access this service?	At our location
Address	St Agnes Lodge, 45 Thomas Street, St Paul's, Bristol, BS2 9LJ
Accessibility Information	
Website	https://the-green-house.org.uk/
Telephone	0117 325 1707
Email	info@the-green-house.org.uk
Social Media	 GreenHseBristol  GreenHseBristol
Who monitors or accredits this service?	

Health Visiting Service



0-5

CYP; P&C

The health visiting service is a workforce of specialist community public health nurses who provide information, support and access to interventions to families with children in the first years of life and help empower parents to make decisions that affect their family's future health and wellbeing. This service is led by health visitors and supported by a skill mix team. The service is central to delivering public health outcomes for children.

We offer an area-based health visiting service working together with local providers to deliver integrated, evidence-based services for children and their families. The service has a focus on primary prevention, partnership working and early intervention. Mental health reviews will be undertaken, and support offered as part of regular schedule of visits.

What do they offer?	Health needs assessments, Primary prevention, Targeted interventions, Early intervention
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	0-5
How do I access this service?	Universal service, all families expecting a baby and /or with children under the age of 5 have access to the service; GP should allocate you a Health Visitor if eligible
Where do I access this service?	At our location; Outreach (in the community)
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
Telephone	0300 125 6264 (South Bristol Hub) 0300 125 6278 (North Bristol Hub) 0300 125 6274 (East & Central Bristol Hub)
Email	Email for each location - https://cchp.nhs.uk/cchp/explore-cchp/health-visiting/how-get-help-a-health-visitor
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

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 or disabilities by giving them access to experienced and passionate youth mentors, tutors, and therapeutic practitioners. Our mentors engage with young people in sessions tailored to the needs of each individual within a school environment or out in the community. Tailor-made programmes include outdoor learning workshops, transition coaching, school support packages, brick based therapy, education, employment or training coaching, youth offending support, gaining independence, travel training, and a SEND bespoke programme.

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

What do they offer?	Mentoring, tutoring, SEND support; wellbeing support; 1:1 support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people
Age range	8-18 (up to 25 if an EHCP is in place)
How do I access this service?	School, SEND Officer, Health or Social referral; parent/carer referral via online referral form
Where do I access this service?	At our location; Outreach (in the community); Online
Address	First Floor Offices, suite 4c, 6-8 Kenn Road, Clevedon, BS21 6EL
Accessibility Information	
Website	https://thejhf.org
Telephone	01275 873 962
Email	hello@thejhf.org
Social Media	 jhfcharity  jhfcharity  JHFcharity
Who monitors or accredits this service?	

JIGSAW Thornbury



0-25

CYP; P&C; PRO

JIGSAW Thornbury supports families who have children or young people (CYP) with additional needs and/or disabilities (AND), including those who may not yet have a diagnosis. These may be medical, physical, educational or mental health difficulties.

JIGSAW stands for Joining In, Growing Support, Awareness and Wellbeing. Our charity objectives are very much developed around this ethos: increasing inclusion and reducing isolation, promoting independence, developing self-esteem, raising awareness and enhancing understanding. We do this through a range of services, including support groups and wellbeing programmes.

What do they offer? Support groups, Young volunteers scheme, SEN-sory lending library, Holiday activities, Youth club, Wellbeing support, Parent training, Project 5 wellbeing and resilience programme

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

Who is this for? Children & young people - particularly CYP with additional needs and their families, and supporting siblings as well as the child with the additional needs

Age range 0-25

How do I access this service? Self-referral via website; School referral

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

Address 15-17 St Mary Street, Thornbury, BS35 2AB

Accessibility Information Venue is accessible, no accessible toilets currently

Website <https://www.jigsawthornbury.org.uk/>

Telephone 01454 567508

Email admin@jigsawthornbury.org.uk

Social Media  [jigsaw_thornbury](#)  [jigsawthornbury](#)
 [jigsawthornbury](#)

Who monitors or accredits this service?

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
parents@kooth.com

Social Media  [kooth_uk](#)
 [kooth_plc](#)

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

Leading Lights Education and Wellbeing






5-18

CYP

Leading Lights 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 provide imaginative, carefully curated and case managed programmes for children and families with mental health needs which are particularly suitable for those impacted by significant anxiety, self-harm and suicidal ideation. We have expertise in the intersection between mental health and special educational needs (SEN) and neurodiversity. We work long term, holistically and with a trauma-informed approach.

What do they offer?	Mentoring - Therapeutic/ Activity Based; Some access to counselling including creative arts, theraplay, play therapy; SEN Advocacy; Specialist Emotional Support for Crisis Periods and ongoing wellbeing support; Small Group Therapeutic Creative Arts and Gaming Projects (all free to access)
	Wellbeing & education packages including tutoring and mentoring for children with EHCPs (requires NHS/ local authority funding source)
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people
Age range	5-18
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://leadinglightseducationandwellbeing.org.uk
Telephone	0117 366 0079
Email	ella@leadinglightseducationandwellbeing.org.uk for initial referrals
Social Media	 leadinglightslove  LeadingLightsLove  LLTuition
Who monitors or accredits this service?	For counselling, children's counsellors are individually accredited by the British Association for Counselling and Psychotherapy (BACP)

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.

What do they offer? Play, Youth, Education, 1-1, Group Sessions, Youth Work

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

Who is this for? Children and young people; Professionals;

Age range 8-18

How do I access this service? Usually through local authorities, schools or young people direct for open access youth and play

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

Address LPW House, Princess Street, Bedminster, BS3 4AG

Accessibility Information All venues are accessible

Website www.lpw.org.uk

Telephone 0117 987 3700

Email enquiries@lpw.org.uk

Social Media

-  [lpwbristol](https://www.instagram.com/lpwbristol)
-  [lpw.bristol](https://www.facebook.com/lpw.bristol)
-  [LPWorg](https://twitter.com/LPWorg)

Who monitors or accredits this service?

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 six teams presently that covers 23% of the school-based population, with plans to increase this by 2024 to 50% coverage.

What do they offer?	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. The time this is offered is on a 50/50 basis, with an estimation that each average sized Primary school has an Education Mental Health Practitioner (EMHP) approx. half a day a week in situ.
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & young people, Parents & carers; Professionals
Age range	5-18
How do I access this service?	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.
Where do I access this service?	At our location
Address	Office base: 2 Horfield Road, Bristol, BS2 8EA
Accessibility Information	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.
Website	https://www.otrbristol.org.uk/what-we-do/mhst/ https://otrnorthsomerset.org.uk/what-we-do/mhst/
Telephone	0117 403 8735
Email	mhstenquiries@otrbristol.org.uk
Social Media	
Who monitors or accredits this service?	CAMHS Governance through Avon & Wiltshire Mental Health Partnership NHS Trust

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.

Monday takes place at Staple Hill Children Centre, Tuesday at St George's Park, Wednesday morning at New Fulford Family Centre in Hartcliffe, Wednesday afternoon Clarence Park, Weston-Super-Mare, Thursday at St Aldhelm's Church in Bedminster, Friday via zoom. We have a weekly antenatal group on Wednesday evenings and a monthly Dads and Partner's group. Other activities and trips are available throughout the year including our gardening group in Hartcliffe.

What do they offer?	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
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & Carers Families impacted by Maternal Mental illness and emotional wellbeing needs - from pregnancy until youngest child starts school
Age range	From pregnancy until youngest child starts school
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	New Fulford Family Centre, Gatehouse Avenue, Bristol, BS13 9AQ
Accessibility Information	All locations fully accessible
Website	https://mothersformothers.co.uk/
Telephone	0117 935 9366
Email	support@mothersformothers.co.uk
Social Media	 Mothers for mothers  mothersformothers  m4mbristol
Who monitors or accredits this service?	

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.

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

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 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

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

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.

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

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

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.

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

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 CYP SVAs (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 CYP SVAs 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 CYP SVAs also refer into other services such as support groups, counselling, creative groups, substance abuse services and many more.

Our CYP SVAs 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.

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


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.

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

School Nursing Team



4-19

CYP

The School Health Nursing Team is a public health nursing service made up of School Health Nurses and School Health Assistants who are experienced in working with children and young people. The School Health Nursing Service provides free, accessible health information and advice through brief interventions, early identification, prevention and signposting (including sexual health, healthy lifestyles and emotional wellbeing).

They aim to empower children, young people, families and schools to make positive health changes to improve outcomes.

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; Professional referral (social care, school)

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 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

We offer multi-channel (phone/text/webchat/email) support to girls and women affected by self-harm. Our services offer listening support from non-judgemental specially trained volunteers and you can talk about anything you want to. If you're not sure where to start just text or say 'hello' and we'll help you take it from there. Parents/carers/family/friends can also call for personal support. We offer training for professionals. We also have a website with a range of free resources available to download.

What do they offer? Listening; Self-harm and Self-injury support; Support for girls & women

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

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

Age range All ages

How do I access this service? Self-referral

Where do I access this service? Online

Address

Accessibility Information

Website www.selfinjurysupport.org.uk

Telephone 0117 927 9600

Email info@selfinjurysupport.org.uk

Social Media

-  [self_injury_support](#)
-  [sisupportorguk](#)
-  [sisupportorguk](#)

Who monitors or accredits this service?



Somerset and Avon Rape and Sexual Abuse Support (SARSAS)



13+

CYP; P&C; PRO

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. We support adults, children and young people of all genders.

What do they offer?	Counselling, 1:1 specialist support, group work, training
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Parents/carers; Professionals; Children and young people; Mainly adult victim-survivors but some of our services include CYP and their families.
Age range	13+
How do I access this service?	Self-referral or professional referral both accepted
Where do I access this service?	At our location; Outreach (in the community); Online
Address	PO Box 2942, Bristol BS1 9EU
Accessibility Information	We aim to provide support in accessible buildings wherever possible. We will check your access or other comfort needs when arranging an initial assessment
Website	www.sarsas.org.uk
Telephone	Helpline: 0808 801 0456 or 0808 801 0464 Bristol Office: 0117 929 9556 Taunton Office: 01823 324 944
Email	Support: support@sarsas.org.uk Information: info@sarsas.org.uk
Social Media	 SARSAS.helpline  SARSAS_uk  sarsassupport
Who monitors or accredits this service?	Accredited Rape Crisis Centre

VitaMinds



16+

CYP; P&C

We offer a range of short-term psychological therapies to adults aged 16 and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire. The service is aimed at those who suffer with low to moderate anxiety or depression.

We are not an emergency service and are not able to help with immediate crisis situations.

What do they offer?	Therapy, Improving Access to Psychological Therapies (IAPT), Cognitive Behaviour Therapy (CBT), Talking therapies, Mental health support, Wellbeing support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people with anxiety or low mood; Parents & carers
Age range	16+
How do I access this service?	Self-referral; GP referral; Social care referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	
Accessibility Information	Website is fully accessible, locations for therapy are also accessible
Website	https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire/
Telephone	0333 200 1893
Email	enquiries@vhg.co.uk
Social Media	
Who monitors or accredits this service?	NHS Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group

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.

What do they offer?	Information, Advice, Signposting, Local health and wellbeing services
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Parents & carers; Professionals
Age range	0-25
How do I access this service?	No referral needed (Self-referral)
Where do I access this service?	Online
Address	
Accessibility Information	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.
Website	https://www.wellaware.org.uk/
Telephone	0808 808 5252
Email	There is a Contact Us enquiry form on the website - https://www.wellaware.org.uk/contact-us
Social Media	 WellAwareSouthWest  WellAware_TCF
Who monitors or accredits this service?	

Winston's Wish







0-25

CYP; P&C; PRO

Winston's Wish is a national charity supporting children, young people and their families after a bereavement, including the death of a parent or sibling. Winston's Wish offers a wide range of practical support and guidance to bereaved children up to the age of 25, their families and professionals via a Freephone Helpline, online support, a crisis messenger text service, individual and group support, publications and training.

We support all children (including pre-school age) and young people up to the age of 25 when someone is seriously ill or when grieving for someone important to them. We are a specialist provider of support for children bereaved through suicide and for children with special educational needs or disabilities.

What do they offer?	Bereavement and grief support, Advice, Group support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Bereaved children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	Outreach (in the community); Online
Address	
Accessibility Information	Translator function on website, subtitles for virtual support
Website	https://www.winstonswish.org/
Telephone	08088 020 021
Email	lhewetson@winstonswish.org , rgooding@winstonswish.org , sunn@winstonswish.org (local practitioners) info@winstonswish.org (general contact)
Social Media	 winstonswish  winstonswishcharity  winstonswish  WinstonsWishCharity
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.

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

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.

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

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.

How do I access this service?	Self-referral
Where do I access this service?	Outreach (in the community); Online
Address	Wellspring Settlement, Beam Street, Barton Hill, BS5 9QY
Website	www.cassbristol.org
Telephone	
Email	info@cassbristol.org

Changes Bristol



18+

CYP; P&C; PRO

Peer Support Service for those suffering mental distress, 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 Befriending service, Walk and Talk service, and mental health awareness. We provide a network of peer support groups and train people with lived experience to facilitate them, offering many volunteer opportunities.

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

Network Counselling and Training



18+

CYP; P&C; PRO

We provide affordable counselling to adults experiencing distress, regardless of background, worldview or ability to pay. We offer between 12 and 40 sessions, and can offer counselling in person or remotely.

How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Online
Address	Elm Park, Filton, Bristol, BS34 7PS
Website	https://network.org.uk/
Telephone	0117 950 7271
Email	info@network.org.uk

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

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

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

Bullying UK

Bullying UK provide advice on all aspects of bullying

0808 800 2222

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/

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

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

Get Self Help

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

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/

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/

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

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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

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/

National Self Harm Network

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

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

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

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

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

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

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 adults and children in crisis 24 hours a day, seven days a week, 365 days a year.

Telephone: **0800 953 1919**

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 903 644 or via their [website](#).

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