

Mental Health and Wellbeing

For Mental Health Crisis:

Under 18 CAMHS 24/7 line – 0800 953 9599

Mental Health Support – 111 (Option 2)

SHOUT *Free and confidential text service for anyone in crisis* – Text SHOUT to 85258

Bristol Mindline *Out of hours confidential listening service running Weds-Sun 7pm – 11pm* – 0117 203 4419

<https://bristolmind.org.uk/services/mind-line-telephone-support/>

If you are in immediate danger, call 999

Local to Bristol and South Glos

Wellbeing

Vita Minds Bristol/South Glos/North Somerset Talking Therapies – Referral via GP, or self-referral for CBT, Counselling, Employment Support, EDMR therapy, Interpersonal therapy and Online Therapy. Ages 16+

<https://vitahealthgroup.co.uk/nhs-talking-therapies/bristol-north-somerset-and-south-gloucestershire/> 0333 200 1893 or through your GP

WomanKind *Therapy centre supporting women in Bristol with professional counselling, group psychotherapy, befriending and a helpline service (age 18+)* – 0117 916 6461 <https://www.womankindbristol.org.uk/>

Barnardos HYPE service *A Bristol/South Glos service aiming to empower young people age 11-21 to share their experiences of health service to support change* <https://bristolmind.org.uk/services/mind-line-telephone-support/>

Off the Record Bristol *Support for mental health and wellbeing through 1:1, groups, projects and social activism across Bristol and South Glos* <https://www.otrbristol.org.uk/>

Social Anxiety Bristol - A self-help group available to anyone experiencing social anxiety, offering a safe space to talk and meet people who have been through similar experiences <https://socialanxietybristol.org.uk/>

SISH Bristol (Self-Injury self help) Bristol based community organisation for 18+ <https://sishbristol.org.uk/support-groups/>

Second Step Bristol – Mental Health Services including support with housing, mens mental health, community support and a range of wellbeing courses and therapies <https://www.second-step.co.uk/our-services/>

Changes Bristol – Peer support groups including walk and talk, Nature Groups and phone befriending services in Bristol for people over 18 <https://changesbristol.org.uk/>

Talk Club Bristol – A mental health social group for Men (18+) helping men improve their mental health <https://talkclub.org/clubs/?btn> – Lots of Bristol locations!

Young Victims Support for young people who have been victim of or impacted by a crime <https://youngvictims.org.uk/>

Nilaari Culturally responsive support for men and women of colour in Bristol/South Glos and North Somerset including 1:1 therapy, practical support and group therapy (18+) <https://nilaari.co.uk/services/>

Domestic Violence and Sexual Assault Support

Next Link Bristol/South Glos Provide a range of domestic abuse support services to women and children (safe houses, children's services, dedicated Black and Ethnic Minority Services, resettlement and outreach services). Live chat also available via the website.– 0800 4700 280 <https://nextlinkhousing.co.uk/>

Somerset and Avon rape and sexual abuse support Confidential support for those who have experienced sexual abuse, providing information, support, signposting, group work and counselling <https://www.sarsas.org.uk/>

The Bridge Bristol *Help and support if you have been affected by rape or sexual abuse* – 0117 342 6999 <https://www.thebridgecanhelp.org.uk/>

Eating Disorder Support

Bristol Eating Disorder Support Group – *For age 18+, a space for people with eating disorders and their friends and family to access support*

<https://bristoleatingdisordersupportgroup.weebly.com/>

LGBTQ+ support

LGBTQ Youth Café Yate – *Youth coffee for young people age 14-19 who want advice, support and information* – 01454 869 441

info@yatearmadillo.co.uk <https://yatetowncouncil.gov.uk/youth>

Drug and Alcohol Support

Bristol Drugs Project (Horizons Youth) – *Free alcohol and drugs service for individuals who want to change their attitudes and behaviours around drugs and alcohol* <https://www.horizonsbristol.co.uk/>

Bereavement

Cruse Bereavement *Supporting bereaved young people and adults in Bristol, South Glos and North somerset offering telephone support, weekly one to ones, drop in sessions, therapeutic groups and email support* 0117 926 4045 <https://www.cruse.org.uk/>

Survivors of Bereavement by Suicide (SOBS) *Support for young people age 18+ in Bristol who have been bereaved by suicide* <https://uksobs.com/>

Grief Encounter *Support for young people managing grief*
<https://www.griefencounter.org.uk/about-us/contact-us/> **helpline** 0808

802 0111

Support for Refugees

1625 Independent People – Supporting refugees and asylum seekers to get to know their environment and local communities, including life skills, housing and education <https://www.1625ip.co.uk/>

Art refuge – Using art and art therapy to support people who are displaced <https://www.artrefuge.org.uk/>

Bridges for Communities Runs a number of programmes for people seeking sanctuary in Bristol including befriending, walking groups, stitching groups and one off events <https://www.bridgesforcommunities.com/>

Trauma foundation South West – Providing long-term professional psychotherapy and an art therapy group for people seeking sanctuary <https://www.tfs.co.uk/>

For a comprehensive list of what is available to refugees and asylum seekers - <https://bristol.cityofsanctuary.org/bristol-organisations/bristol-organisations>

If you are under 18 and worried about your safety, or the safety of another young person:

Bristol First Response – 0117 903 6444

South Glos Access and Response – 01454 866000

Immediate Risk – 999

Websites and Apps

Mental Health and Wellbeing

Young Minds Confidential online and telephone information and support up to 25 years of age, including support with ADHD and Autism <https://www.youngminds.org.uk/>

Kooth Online counselling and wellbeing platform for young people 11-19
<https://www.kooth.com/>

Childline Support and advice 24/7 for any issues, no problem too big or too small 0800 1111 <https://www.childline.org.uk/>

Samaritans Free, confidential support for those experiencing despair, distress, self-harm or suicidal feelings – Phone **116 123** or
<https://www.samaritans.org/>

Anna Freud Self Care Strategies to support self-care
<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>

The Mix – Support service for anyone under 25 with information on various topics such as mental health, break ups and drug and alcohol support)
<https://www.themix.org.uk/> text **85258** for urgent support

Anxiety

No Panic A voluntary charity which helps people who suffer from panic attacks, phobias and obsessive compulsive disorders. Help available 7 days a week <https://www.nopanic.org.uk/> **Helpline** 0300 772 9844

Self-Harm and suicide prevention

Self Injury Support Information and support for self-harm.
<https://www.selfinjurysupport.org.uk/> or telephone helpline 0808 800 8088

TESS Text and email support service for women and girls affected by self harm. Text available Tues, Weds, Thurs from 7pm – 9.30 – 07537432444

Calm Harm An app designed to help people manage the urge to self harm, download here <https://www.nhs.uk/apps-library/calm-harm/>

DistrACT An app to give easy, quick and discreet access to information about self-harm and suicidal thoughts <https://www.nhs.uk/apps-library/distract/>

Stay Alive An app/Website suicide prevention resources, full of information and tools to help you stay safe in crisis <https://styalive.prevent-suicide.org.uk/>

Papyrus HOPEline UK Youth suicide prevention advise offering support to anyone under 35 who is having suicidal thoughts or is worrying about someone who is having thoughts of suicide <https://stayalive.prevent-suicide.org.uk/> **Helpline** – 0800 068 4141 **Text** – 07786209697 **Email** – pat@papyrus-uk.org

Young Men

Campaign Against Living Miserably (CALM) -Website for young men seeking support and information for wellbeing and various issues such as drugs, homelessness <https://www.thecalmzone.net/> **Helpline (5pm – midnight every day)** 0800 58 58 58

Survivors UK A helpline for adult men 18 and over who have experienced rape or sexual abuse at any time in their life <https://www.survivorsuk.org/>

SARSAS Confidential support for men and boys who have experienced sexual violence or abuse at any time in their lives
<http://www.sarsas.org.uk/helpline/>

Eating Disorders

BEAT (Beat Eating disorders) Help and support for young people with eating disorders or concerns around eating.
<https://www.beateatingdisorders.org.uk/> **Helpline** (3pm – 8pm Monday to Friday) 0808 802 0677

Bullying and Cyberbullying

Bullying UK – Advice and support to young people and families experiencing bullying **Helpline** 0808 800 2222 <https://www.bullying.co.uk/>

LGBTQ+

Mermaids UK Supporting trans, non-binary and gender diverse young people <https://mermaidsuk.org.uk/?id=3>

LGBTQIA+ Switchboard For anyone, anywhere in the country at any point in their journey for support around sexuality, gender identity or jus the way you are feeling <https://switchboard.lgbt/>

BME

Muslim Youth Helpline *Free and confidential services offering support to youth in need, issues including mental health, relationships and religious issues* <https://myh.org.uk/> Call 0808 808 2008 or add to contacts and message through WhatsApp

Karma Nirvana *For young people who have, are or are at risk of honour based violence and abuse* <https://karmanirvana.org.uk/> 0800 5999 247

Addiction

AL Anon Family and ALateen – *Support for people who's lives have been or still are impacted by someone elses drinking including meeting and support for young people age 12-17* <https://al-anonuk.org.uk/>

FRANK *Honest information about drugs, their effects and the law around them. Services include text service, confidential phone number, email service, live chat and service to locate treatment and counselling* <https://www.talktofrank.com/> **Helpline** 0300 123 6600

Bereavement

Winstons Wish *Free, accessible online grief support for children and young people. Services are online* <https://winstonswish.org/> **Helpline** 08088 020 021

Blue Cross for Pets – *Support with managing loss of pets* <https://www.bluecross.org.uk/pet-loss>

Support in School

If you need help or someone to talk to in school, you can:

- Speak to a member of the Safeguarding Team, Head of House Team, or Inclusion Team
- Talk to any adult you trust

You can also email:

- safeguarding@p16.clf.uk (monitored by Safeguarding and Heads of House)
- Or email your preferred staff member:
staff.member@clf.uk (*replace "staff.member" with their name*)

Safeguarding Team



Stacey Gwynn
Safeguarding Lead
CNG0



Lana Crosbie
DSL/SENCO/Assistant Head
CNG5

Head of House Team



Kath Woodward
Parks House
The Eye

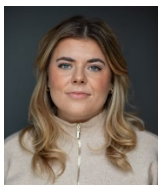


Laura Osbourne
Mandela House
The Eye



Katy Dodd
Malala House
The Eye

Inclusion Team



Alex Wollacott
Deputy SENCO
The Hub



Andrew Dolman
Student Support
The Hub