

A GUIDE TO SUPPORT SERVICES

Shout Crisis Text Line

A free, confidential, 24/7 text messaging service for anyone in crisis. Text **"SHOUT"** to **85258**.

Young Minds Crisis Messenger

For young people under 19, text **"YM"** to **85258** for 24/7 support.

Kooth

Ages: Up to 18 Website: **kooth.com** An online mental wellbeing community providing free, safe and anonymous support, including helpful articles, discussion boards, a daily journal, and the opportunity to chat with the team about anything that's on your mind.

Childline

Provides free, confidential advice and support for children and young people under 19. **Call 0800 1111** anytime, 24 hours a day, 365 days a year.

PAPYRUS HOPELINEUK

A national charity dedicated to the prevention of young suicide, offering phone, text, and email support for those under 35. Open 9am to midnight every day. **Call 0800 068 4141**.

Samaritans

Offers a non-judgmental listening service for anyone struggling to cope, available 24/7, 365 days a year. **Call 116 123**.

NHS Mental Health Crisis Line

For urgent mental health needs that are not an emergency, call **111** and select option 2, or call the AWP (Avon and Wiltshire Mental Health Partnership NHS Trust) 24-hour support line on **0800 953 1919**.

**CREATIVE
YOUTH
NETWORK.**

Bristol Mindline

A local listening service open on certain hours, including some bank holidays. Check the Bristol Mind website for specific holiday opening times.

A GUIDE TO HOUSING AND HOMELESSNESS SUPPORT SERVICES

IF YOU ARE A YOUNG PERSON (16-25) AND HOMELESS OR AT RISK OF HOMELESSNESS, THESE SERVICES CAN HELP.

Bristol Youth MAPS

The first port of call for young people facing homelessness in Bristol. They provide safe housing and support planning. **Call 0117 332 7111.**

1625 Independent People

Works with Youth MAPS to provide housing, education, and wellbeing support for young people. Visit the 1625 Independent People website for more information.

USEFUL APPS

calm harm

Ages: 13+ | Website: **calmharm.co.uk** Provides tasks to help resist or manage the urge to self-harm.

distract

Ages: 17+ | Website: **nclwaitingroom.nhs.uk/distract** Aims to help you better understand self-harm, monitor symptoms and reduce the risk of suicide.

ALCOHOL / DRUGS

Bristol Drugs Project

Free, Confidential Advice & Support Services In & Around Bristol. Providing Services To People With Alcohol & Drug Problems. Learn More Here! Challenging Prejudice. Promoting Change. Free Support. Confidential Advice. **0117 987 6000**