

Flowchart for Mental Health Support Services

MENTAL HEALTH SUPPORT SERVICES

A range of support and advice available



Mental health housing support:

- *Missing Link (women only)
- *Places for People
- *St Mungo's
- *Second Step

Changes peer support group

Support in the community:

- *ACE
- *Rethink

Nilaari

Black, minority, asian and ethnic service

Young People
Off The Record

Perinatal mental health:

- *Bluebell
- *Mothers for Mothers

Mental health
Employment Service

The Sanctuary

COUNSELLING/TALKING THERAPIES

The opportunity to talk to someone who is trained to help deal with negative feelings



Bristol Wellbeing
Therapies

Womankind

<u>Bristol Mind – 'Meeting</u> Minds' service

Cruse Bereavement Support

Other counselling services:

<u>The Harbour</u> <u>Penny Brohn</u>

<u>The Bridge</u> <u>Relate</u> The Green House Oasis Talk

Southmead Project Connect Psychology

Affordable and Low Cost Counselling

CRISIS SERVICES

When someone needs more immediate or intensive support



<u>Crisis line</u> <u>The Samaritans</u> Bristol Mindline

Men's Crisis House
Women's Crisis House

OTHER SUPPORT SERVICES

Support for issues that may be related to an individual's poor mental health



Money/benefit/housing advice services

Money Advice West
Advice West
CHAS
Shelter

Employment Support:

- *West of England Works
- *Future Bright
- *Local job clubs search through <u>Wellaware</u>

Foodbanks *
(search online)

Social Prescribing

*Community Navigators aged 50+

Domestic Abuse support

- *Next Link
- *Freedom Programme

Drugs and Alcohol Support ROADS

Learning
Partnership
West Young
People

Children's Centres (search online)

Bristol Wellbeing College

Groups and Courses through <u>VitaMinds</u>

Many Minds Mental health and performance charity

<u>Bikeminded</u>

OTHER SERVICES AND
ACTIVITIES SPECIFICALLY TO
IMPROVE WELLBEING



Updated Jan 2020



Flowchart for Mental Health Support Services

Mental Health Support Services

Missing Link (women only) - https://missinglinkhousing.co.uk/ - 0117 925 1811

Places for People - https://www.placesforpeople.co.uk/

St Mungos - https://www.mungos.org/ - 020 3856 6000

Second Step - https://www.second-step.co.uk/ - 0117 909 6630

ACE - http://www.bristolmentalhealth.org/services/assertive-engagement-service/ - 0117 239 8969

Rethink - https://www.rethink.org/ - 0117 3532041

Nilaari - https://www.nilaari.co.uk/ - 0117 952 5742

Off the Record - http://www.otrbristol.org.uk/

Changes Peer Support - http://www.changesbristol.org.uk/ - 0117 941 1123

Perinatal Mental Health

Bluebell - http://www.bluebellcare.org/ - 0117 922 0746

Mothers for Mothers - https://www.mothersformothers.co.uk/ - 0117 2397 398

Bristol Mental Health Employment Service - http://www.bristolmentalhealth.org/services/employment-service/ - 0117 9232 741

The Sanctuary - http://www.bristolmentalhealth.org/services/bristol-sanctuary/ - 07709 295 661 - 0117 9542952

Counselling and Talking Therapies

VitaMinds - https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/ - 0333 200 1893

Bristol Mind Meeting Minds Service - https://bristolmind.org.uk/counselling/meeting-minds/ - 0117 980 0385

The Harbour - https://www.the-harbour.org.uk/ - 0117 925 9348

The Bridge - https://www.thebridgecanhelp.org.uk/ - 0117 342 6999

The Green House - https://the-green-house.org.uk/ - 0117 935 1707

Southmead Project - https://southmeadproject.org.uk/ - 0117 9506 022

Penny Brohn - https://www.pennybrohn.org.uk/ - helpline 0303 3000

Relate - https://www.relate-avon.org.uk/ - 0117 942 8444

Oasis Talk - <u>https://www.oasis-talk.org/</u> - 0117 970 9423



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Connect Psychology- https://iapt-bristol.awp.nhs.uk/working-in-partnership/treatments-connect-psychology/ - 0117 930 0282 - press 1

Affordable and Low Cost Counselling - http://www.lowcostcounselling.co.uk/ - 07927 355028

Crisis Services

The Crisis Line - 0300 555 0334

The Samaritans - https://www.samaritans.org/branches/bristol-samaritans - 116 123

Bristol MindLine - 0808 808 0330

Men's Crisis House- http://www.bristolmentalhealth.org/services/mens-crisis-house/

Women's Crisis House - http://www.bristolmentalhealth.org/services/womens-crisis-house/ - 0117 924 6459

Other Support Services

Money Advice West - https://www.moneyadvicewest.org.uk/ - 0800 138 3422

Advice West - https://www.acfa.org.uk/

CHAS - http://www.chasbristol.co.uk/ - 0117 9351260

Shelter - https://england.shelter.org.uk/get-help/local-services/bristol-03445151430

West of England Works - http://www.westofenglandworks.org.uk/

Future Bright - https://www.westofengland-ca.gov.uk/future-bright/referrals/ - 0117 456 6964

Wellaware - https://www.wellaware.org.uk/ - 0808 808 5252

Community Navigators - https://www.communitynavigators.org.uk/

Next Link - https://nextlinkhousing.co.uk/ - 0117 925 0680

 $\textbf{Freedom Programme} - \underline{\text{https://www.freedomprogramme.co.uk/}} - \underline{\text{https://www.facebook.com/freedomprogrammebristol/}} - \underline{\text{h$

0117 925 0680

ROADS - https://www.bdp.org.uk/referral - 0117 9166 593

Learning Partnership West - https://www.lpw.org.uk/ - 0117 987 3700

Other Services and Activities

Wellbeing College - https://www.second-step.co.uk/bristol-wellbeing-college

Courses through Wellbeing Therapies - https://iapt-bristol.awp.nhs.uk/whats-on-offer/courses/ - 0117 982 3209

Many Minds - https://many-minds.org/ - 07843 210272 Bike Minded - https://www.lifecycleuk.org.uk/wellbeing - 0117 353 4583