

HELP *is* HERE

Feeling Suicidal?

Text - Shout to 85258
Suicide Crisis - 07975 974455
Gloucestershire Crisis Resolution & Home Treatment Teams - 0800 1690398
Samaritans - 116 123
PAPYRUS HOPELineUK (for those under 35 years)
- 0800 068 41 41
CALM (Campaign Against Living Miserably) (for men)
- 0800 585858

Crime/Abuse

Gloucestershire Action for Refugees and Asylum Seekers (GARAS) - 01452 550528
Gloucestershire Victim Support - 0808 281 0112
Gloucestershire Domestic Abuse Support Services (GDASS) - 0845 602 9035
Gloucestershire Rape and Sexual Assault Centre (GRASAC) - 01452 526770
SupportLine - 01708 765200
Hope House Sexual Abuse Referral Centre (SARC)
- 0300 421 8400

Drugs & Alcohol

Change Grow Live (CGL) Drug & Alcohol Support Service
- 01452 223014
Alcoholics Anonymous - 0800 9177 650
UK Rehab telephone support - 0203 811 5619
Nelson Trust - 01453 885633

Relationship Advice

RELATE Relationship Support - 0300 0030396

Sexual Orientation

Gay and Lesbian Switchboard - 01452 306800
The Gloucestershire Gay & Lesbian Community (GLC)
- 07050 627273
GayGlos - 07903 472899

Transgender

Gloscats - gloscats@gmail.com

Money Matters

Citizens Advice, Adviceline - 0800 1448848

Homelessness

Gloucestershire Homeless Healthcare Team - 01452 521898
Shelter Emergency Helpline - 0808 800 4444

Self-Harm

Gloucestershire Self-Harm Helpline - 0808 801 0606
Text - 07537 410022
Webchat - www.gloucestershireselfharm.org
Self Injury Support - CASS Women's Self - Injury Helpline - 0808 800 8088
BEAT Eating Disorders Helpline - 0808 801 0677

Mental Wellbeing

Let's Talk - Gloucestershire's Improving Access to Psychological Therapies Service (IAPT) - 0800 073 2200
www.talk2gether.nhs.uk
Qwell (18 years plus) - www.qwell.io
Kooth (11-18 yr-olds) - www.kooth.com
MIND - 0300 123 3393
Independence Trust - 01452 317460
CALMHS - Independence Trust - 0345 863 8323
SANeline - 0300 304 7000
TiC+ (for young people/parents/carers) - 01594 372777
Talk to your GP, or if in contact with mental health services talk to your care coordinator.

Bereavement

Cruse Bereavement Care - 01242 252518
Winston's Wish - 01242 515157
SOBS (Survivors of Bereavement by Suicide) - National Helpline: 0300 111 5065
Sunflowers Suicide Support - 07542 527888
Email: info@sunflowerssuicidesupport.org.uk

Inclusion

The Cavern (part of Kingfishers Treasure Seekers)
- 01452 307201
Inclusion Gloucestershire and Mental Health Experience Led Opportunities (MHELO) - 01452 234003

Other useful contacts

Combat Stress (for veterans) - 0800 138 1619
The Silver Line (for older people) - 0800 4 70 80 90

Stay Alive app

The Stay Alive app is the UK's first suicide prevention app. The app can be accessed through the Apple Store, Google Play and downloaded as a pdf. Visit www.prevent-suicide.org.uk.