

We are here to support you



Young Person's Mental Health Resources

Anxiety and Depression

Chat Health

Text: 07507 333351

Childline

Call: 0800 1111

www.childline.org.uk

Crisis Resolution (CRHTT)

Call: 0800 169 0398

Kooth

www.kooth.com

Lumi Nova

<http://luminova.app/parents>

On your Mind Glos

www.onyourmindglos.nhs.uk

The Door

www.thedoor.org.uk

The Mix

Call: 0808 808 4994

www.themix.org.uk

TIC+

www.ticplus.org.uk

Trained Mental Health Youth Workers

Email: getinvolved@youngglos.org.uk

www.youngglos.org.uk

Young Minds

www.youngminds.org.uk

Being a Young Parent

Parenting Support Line

Call: 0800 542 0202

Email: familyinfo@gloucestershire.gov.uk

Youth Support

www.youthsupportteam.co.uk/services

Bereavement

Acorns Bereavement Support

www.acorns.org.uk

Hope Support Services

www.hopesupport.org.uk

TIC+

www.ticplus.org.uk

Winston's Wish

08088 020 021

Bullying

National Bullying Helpline

Call: 0300 323 0169

www.nationalbullyinghelpline.co.uk

On your Mind Glos

www.onyourmindglos.nhs.uk

Domestic Abuse and Relationships

GDASS – Glos Domestic Abuse Support Services

www.gdass.org.uk

Safe Teenage Relationship Education Team

www.yourcircle.org.uk/Services/13928

Drugs and Alcohol

Crisis Resolution (CRHTT)

Call: 0800 169 0398

The Mix

Call: 0808 808 4994

www.themix.org.uk

Youth Support

www.youthsupportteam.co.uk/services

Eating Disorders

Crisis Resolution (CRHTT)

Call: 0800 169 0398

Eating Disorders

Call: 01242 634242

www.ghc.nhs.uk/our-teams-and-services

On your Mind Glos

www.onyourmindglos.nhs.uk

Finances

Youth Support

www.youthsupportteam.co.uk/services

Gambling

Gamcare

Call: 0808 8020 133

www.gamcare.org.uk

Housing and Homelessness

The Mix

Call: 0808 808 4994

www.themix.org.uk

Youth Support

www.youthsupportteam.co.uk/services

LGBTQ+ and Gender

Gay Glos

Call: 07903 472899

www.gayglos.org

Gender Identity Development Service

www.gids.nhs.uk

Psychosis

Crisis Resolution (CRHTT)

Call: 0800 169 0398

GRiP (Gloucester Recovery in Psychosis)

Call: 01452 894178

www.ghc.nhs.uk/our-teams-and-services/grip

Rape, Sexual Assault and Sexual Abuse

Gloucestershire Counselling Services

www.gloscounselling.org.uk

Rape and Sexual Abuse Centre Glos (GRASAC)

www.glosrasac.org

TIC+

www.ticplus.org.uk

Self-harm

Childline

www.childline.org.uk

Crisis Resolution (CRHTT)

Call: 0800 169 0398

Self-Harm Helpline

Call: 0808 801 0606

Text: 07537 410022

www.gloucestershireselfharm.org

TIC+

www.ticplus.org.uk

Suicide

Childline

www.childline.org.uk

Crisis Resolution (CRHTT)

Call: 0800 169 0398

Hope Line UK

Call: 0800 068 4141

Text: 07860 039967

Papyrus

www.papyrus-uk.org

Shout

Text: 85258

Stay Alive App

www.stayalive.app

The Mix

Call: 0808 808 4994

www.themix.org.uk

TIC+

www.ticplus.org.uk

Trouble with the Police

Youth Support

www.youthsupportteam.co.uk/services

Young Carers

Gloucestershire Young Carers

Call: 01452 733060

www.glosyoungcarers.org.uk

Please enquire at reception or speak to your Health Care professional to discuss your ongoing health and wellbeing needs.