

Gloucestershire Helplines and Online Support



In an emergency call 999 and ask for help or

- Go to the Accident and Emergency (A&E) department at your local hospital or
- Talk to your GP (between 9am-5pm Monday – Friday) or
- Phone NHS Direct by ringing 111 (after 5pm or weekends) or
- Mental health emergency only (age 11+): Gloucestershire Health and Care NHS Trust (GHC) Crisis Team: 0800 1690398 (available 24/7)

Helplines & Websites:

- **TIC+Chat:** an anonymous, safe, confidential, 1-1 support service for young people in Gloucestershire aged 9-21 www.ticplus.org.uk/ticpluschat/ 0300 303 8080
- **www.onyourmindglos.nhs.uk** mental health support and advice.
- **Childline:** Online help and advice telephone and text chat support
• www.childline.org.uk Phone: 0800 1111
- **Young Minds:** mental health advice and info for young people www.youngminds.org.uk
- **YoungMinds CRISIS MESSENGER:** 24/7 service, providing free, mental health crisis support for young people across the UK. Text YM to 85258
www.youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/
- **Samaritans:** www.samaritans.org National Freephone: 116 123 (24-hours).
- **Self-Harm Helpline Rethink Gloucestershire:** Everyday 5pm-10pm
• Webchat www.gloucestershireselfharm.org Phone: 0808 8010606 Text: 075374 10022
- **PAPYRUS:** www.papyrus-uk.org confidential help and advice to prevent suicide.
• Helpline: 0800 0684141 Text: 07786 209 697 Email: pat@papyrus-uk.org
- **ChatHealth:** NHS School Nursing confidential text chat service 9am-4.30pm Mon-Fri
• Text: 07507 333351
- **Anxiety UK:** information, support and advice www.anxietyuk.org.uk
• Monday – Friday 9.30am-5.30pm - Infoline: 03444 775 774 Text: 07537 416 905
- **Hey Sigmund:** Anxiety in children and young people - latest research and news
www.heyigmund.com
- **NHS young people's mental health** www.nhs.uk/Livewell/youth-mental-health
- **Fixers:** stories by young people for young people www.fixers.org.uk
- **Drugs Advice (Frank):** www.talktofrank.com Live chat: 2pm-6pm
• Phone: 0300 123 6600 Text: 82111
- **Homelessness (Nightstop):** www.gloucestershirenightstop.org.uk

Self-help apps:

Free to download from your app store

- **Calm Harm** - managing self-harm
- **MindShift** - to help manage anxiety and urges to self-harm
- **Cove** - express your mood with music
- **Stress & Anxiety Companion** – helps you handle stress and anxiety
- **Chill Panda** – relaxation and breathing exercises
- **i am me** - supporting young people's mental health, advice, tips, articles, mood tracker

Parent Support:

TIC+ Parent Support Advice Line:

- Mon & Wed 5-9pm Tues & Sat 9.30am-1pm
- Online-chat: www.ticplus.org.uk Freephone:0800 652 5675
- **Young Minds:** www.youngminds.org.uk Parent Helpline: 0808 802 554
- **Family Lives:** www.familylives.org.uk Parent Helpline: 0808 800 2222

