

LOCAL/NATIONAL MENTAL HEALTH SERVICES AND SUPPORT

Anxiety

HHPDA (Horses Helping People with Depression and Anxiety) - therapy groups to bring together people suffering from depression and anxiety, in the relaxing presence of horses, in Eldersfield, Gloucestershire www.hhpda.co.uk

Look Again Mindful Photography for Wellbeing. Workshops in various locations around Gloucestershire and Bristol www.look-again.org

Artlift – free creative courses with professional artists, for people with a range of conditions including depression, anxiety, and chronic pain. www.artlift.org

Anxiety UK – Information and support for those struggling with anxiety
<http://www.anxietyuk.org.uk>

No panic. Help and support for those struggling with panic attacks, phobias, OCD or trying to reduce tranquiliser use. <https://www.nopanic.org.uk/about-us/>

Abuse

Gloucestershire Domestic Abuse Support Services <http://www.gdass.org.uk/> Offering a variety of support services to men and women experiencing domestic abuse

GRASAC Gloucestershire Rape and Sexual Abuse Centre. Emotional and practical support. <http://www.glosrasac.org/>

NAPAC National Association for People Abused in Childhood <https://napac.org.uk/> Helpline, practical advice, support groups.

Stroud Women's Refuge <http://www.stroud womensrefuge.org/> help for women and children fleeing domestic abuse

Mankind <https://www.mankind.org.uk/> help and support for men suffering domestic abuse

Bereavement

Cruse bereavement support. www.cruse.org.uk

Winston's wish support for children and families following a bereavement.
<https://www.winstonswish.org/>

Bereavement Advice Centre. Practical advice on what to do.
<http://www.bereavementadvice.org>

Pet Bereavement Support Service <http://www.bluecross.org.uk/1742/Pet-loss.html>

Bereavement Register – to help reduce unwanted mail for the deceased.
<http://www.thebereavementregister.org.uk>

Carers

Carers Gloucestershire - <https://www.carersgloucestershire.org.uk>

Young Carers – help and support for young people who help to look after someone with a long term health condition <http://www.glosyoungcarers.org.uk>

Mayfield Trust – Provide funding to people with learning disabilities or their family, to purchase anything which will make a difference for them.
<http://www.mayfieldhometruster.ltd.uk/index.html>

Gloucestershire Disability Fund – Provide funding for people with physical or learning disabilities, to help with education or training, and everyday needs arising from the disability <http://www.glosdisabilityfund.org.uk>

Couples Counselling

Relate - <https://www.relate.org.uk>

Counselling Directory – www.counselling-directory.org.uk

Children and young people

TIC+ Online or Face to Face counselling for young people aged 9-21
<https://www.ticplus.org.uk/>

Infobuzz/Young Gloucestershire – Counselling and life skills training for young people, support for families. <https://www.infobuzz.co.uk/>

Family Lives – Parenting advice helpline and courses <https://www.familylives.org.uk/>

Winston's Wish – support for bereaved children and young people, also adults who were bereaved as children. <https://www.winstonswish.org/>

Childline – telephone helpline and online support for children and young people
<https://www.childline.org.uk/>

Young Carers – help and support for young people who help to look after someone with a long term health condition <http://www.glosyoungcarers.org.uk>

Homestart – Support and friendship for families. Support group for comfort, advice and support for parents experiencing anxiety, depression, loneliness and other difficulties. www.homestartsd.org.uk

Youth Support Team Stroud (YTS) - <http://youthsupportteam.co.uk>

Depression

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CALM – Campaign Against Living Miserably <http://www.thecalmzone.net> Helpline and webchat for men suffering depression.

Peer support groups

The Beacon – support group and more, for those struggling with depression in Gloucestershire <https://thebeaconmentalhealth.org.uk/>

The Independence Trust – support in living well, emotional and physical wellbeing, help into work. In Gloucestershire, Herefordshire and Worcestershire <https://www.independencetrust.co.uk/>

Self harm

Self-injury support, by telephone, text or email <https://www.selfinjurysupport.org.uk/>

SelfHarm UK Information and advice for people who self-harm, and those supporting them. <https://www.selfharm.co.uk/>

Rethink <https://www.gloucestershireselfharm.org/> Helpline for people who self-harm and those supporting them. Telephone or text helpline and online information.

National Self Harm Network <http://www.nshn.co.uk/> Online advice and support for individuals who self-harm, and those who support them.

Harmless <http://www.harmless.org.uk/> Information and support

Stress

International Stress Management Association. Information about stress and how to manage it. <http://www.isma.org.uk>

Mindfulness-based Stress reduction, courses to help manage stress using mindfulness techniques. <https://www.mindfulness-west.com/>

Suicide

The Samaritans – for those experiencing distress including suicidal thoughts. <https://www.samaritans.org/> telephone helpline and online support available.

Sunflowers suicide support – for those bereaved by suicide <https://www.sunflowerssuicidesupport.org.uk/>

Survivors of Bereavement by Suicide <http://www.uk-sobs.org.uk>

Papyrus prevention of young suicide <http://www.papyrus-uk.org>

Suicide Crisis <http://www.suicidecrisis.co.uk> For those experiencing suicidal thoughts and feelings.

Working Well

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