

2gether NHS Foundation Trust Services	www.2gether.nhs.uk/our-teams-and-services
Active Gloucestershire Charity whose vision is that “everyone in Gloucestershire is active every day”.	www.activegloucestershire.org/
ADHD and You	www.ADHDandyou.co.uk
Alexandra Wellbeing House (Swindon and Gloucestershire Mind) Currently the services offered to residents of Gloucestershire are: The Alexandra Wellbeing House Self-Harmony Counselling Service Training	www.sgmind.org.uk/gloucester-mental-health/
Allsorts For families who have children with disabilities or additional needs.	www.allsortsglos.org.uk
Anxiety UK For any form of anxiety, mild to severe.	www.anxietyuk.org.uk
Aston Project Works with 9-17 year olds to reduce harm, crime and anti-social behaviour.	www.astonproject.co.uk
Autism – The National Autistic Society EarlyBird (for parents with autistic children under 5 years) EarlyBird Plus (ages 4-9)	www.autism.org.uk www.autism.org.uk/earlybird
Barnado’s Provides a number of services to YP and families.	www.barnardos.org.uk 01285 659510 (Cirencester) 01242 262756 (Cheltenham)
B-eat Eating disorders support, recovery information, support services.	www.b-eat.co.uk Helpline: 0808 801 0677 Studentline: 0808 801 0811
Beezee Bodies Weight management courses for everybody	https://beezeebodies.com
Brook Sexual health and wellbeing for under 25’s. Emergency Contraception	www.brook.org.uk
Bullying UK Part of Family Lives service	www.bullying.co.uk
Calm (Campaign against living miserably) Helpline is for men who are down or have hit a wall for any reason, who need to talk or find information and support.	www.thecalmzone.net/ Helpline: 0800 58 58 58
Cafcass The Children and Family Court Advisory and Support Service is a non-departmental public body in England set up to promote the welfare of children and families involved in family court.	www.cafcass.gov.uk 0300 456 4000 (Mon-Fri, 9-5, excluding BH)
Calm Harm App Award winning free app designed to be used by young people who are self-harming. The app can also be used by parents of young people who may be struggling.	https://calmharm.co.uk/
Carers Gloucestershire Support services for adult carers	www.carersgloucestershire.org.uk

<p>Carers Trust A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.</p>	<p>https://carers.org/about-us/about-young-carers</p>
<p>CCP (Caring for Communities and People) Family support/parenting/relationships.</p>	<p>www.ccp.org.uk/family-support</p>
<p>CGL (Change Grow Live) Alcohol and drugs services. Relationship advice.</p>	<p>www.changegrowlive.org</p>
<p>Child Bereavement</p>	<p>www.childbereavementuk.org Tel: 0800 02 888 40</p>
<p>Child Sexual Exploitation (CSE) Team</p>	<p>Tel: 01452 753037 Email: csescreeningtool@gloucestershire.gov.uk To make a referral, complete screening tool at www.gscb.org.uk, which goes to the C&F helpdesk.</p>
<p>ChildLine Support on abuse, bullying, family issues</p>	<p>www.childline.org.uk Tel: 0800 1111</p>
<p>Childnet Sexual harassment 13-17 years. To help make the internet safe</p>	<p>www.childnet.com/ Tel: +44 (0)20 7639 6967 Email: info@childnet.com</p>
<p>Clear Fear App An app designed for young people who are struggling with anxiety. Gives tips and tools on managing symptoms.</p>	<p>https://www.clearfear.co.uk/</p>
<p>Combined Minds An app designed to parents to better understand common mental health problems, support their child and has links to useful websites and apps</p>	<p>https://combinedminds.co.uk/</p>
<p>Cotswold Counselling Counselling 11 years plus.</p>	<p>www.cotswold-counselling.org.uk Tel: 01285 885830</p>
<p>CYPS Parent Support Team For parenting programmes: Incredible Years (2-12 years) Parents Plus Children's Programme (6-11 years) Supporting Your Anxious Child (2-12 years) WEBS (Working to Encourage Behaviour Strategies) (SEND 3-16 years)</p>	<p>Email: 2gnft.Parent-Program-Office@nhs.net Tel: 01452 894320</p>
<p>Domestic Abuse support For 13-19 year olds in Glos affected by teen relationship abuse or who have witnessed domestic abuse within their family.</p>	<p>sue.coleman@wmwa.org.uk</p>
<p>DistrACT App An app designed to give information, support and alternatives to self-harm behaviours.</p>	<p>https://www.nhs.uk/apps-library/distract/</p>
<p>Early Help Hub/ Families First Plus Team Extra support for potentially vulnerable children and their families. Work with families with an adult on out of work benefits, child not attending school, or offending/anti social behaviour.</p>	<p>01452 328160 Cheltenham 01452 328101 Cotswolds 01452 328048 Forest of Dean 01452 328076 Gloucester 01452 328130 Stroud 01452 328250 Tewkesbury</p>

<p>Eating Disorders Service (2gether) Specialist treatments for eating disorders.</p>	<p>The Brownhill Centre Tel: 01242 634242</p>
<p>Every Mind Matters A new website made by Public Health England to help people manage common mental health problems and support others.</p>	<p>https://www.nhs.uk/oneyou/every-mind-matters/</p>
<p>Family Links Online support and nurturing programmes. Good ideas and resources.</p>	<p>www.familylinks.org.uk/</p>
<p>Family Lives Advice on family issues and bullying. 24 hour helpline.</p>	<p>www.familylives.org.uk Tel: 0808 800 2222 (Mon-Fri 9am-9pm; Sat-Sun 10am-3pm) www.bullying.co.uk</p>
<p>Fearless Non-judgemental info and advice about crime and criminality. A safe place to give info to us about crime anonymously.</p>	<p>www.fearless.org/en</p>
<p>Functional Family Therapy Team Works with young people at risk of entrenched offending behaviour or on the edge of care.</p>	<p>www.2gether.nhs.uk/services-in-gloucestershire Tel: 01452 371672</p>
<p>Gloucestershire Action for Refugees and Asylum Seekers (GARAS) Support to those seeking asylum in Glos.</p>	<p>www.garas.org.uk</p>
<p>Gay-Glos Gender identity issues</p>	<p>www.gay-glos.org</p>
<p>GDASS (see also The CRUSH) Domestic abuse support for 16+ (and younger children via their parent/guardian)</p>	<p>www.gdass.org.uk</p>
<p>Get Self Help This website provides Cognitive Behaviour Therapy (CBT) self help and therapy resources, including worksheets and information sheets and self help mp3s.</p>	<p>www.getselfhelp.co.uk</p>
<p>GIDS The Gender Identity Development Service (GIDS) is for children and young people, and their families, who experience difficulties in the development of their gender identity.</p>	<p>https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/gender-identity-development-service-gids/</p>
<p>Gingerbread Support for single parents.</p>	<p>www.gingerbread.org.uk Tel: 0207 428 5400</p>
<p>Gloucestershire Counselling Service Therapeutic service for children, young people, and families on separation, divorce, remarriage, step families, illness, bereavement, isolation, troubled adolescents, bullying, living with elderly relatives.</p>	<p>www.gloscounselling.org.uk</p>
<p>Gloucestershire Family Information Service team For information on child care, education, parenting, etc</p>	<p>www.glosfamiliesdirectory.org.uk/kb5/gloucs/glosfamilies/family.pa ge</p>
<p>Gloucestershire Health Living and Learning Online support on a wide range of issues.</p>	<p>www.ghll.org.uk/ Tel: 01452 427208</p>

Gloucestershire Self Harm Helpline	www.gloucestershireselfharm.org Text: 07537 410 022
Gloucestershire Young Carers For 8-25 year olds who care for a family member.	www.glosyoungcarers.org.uk
GRASAC (Gloucestershire Rape and Sexual Abuse Centre) Provides emotional and practical support to both male and female victims and survivors of rape, sexual assault and childhood sexual abuse.	www.glosrasac.org
Grief Encounter A free service that supports bereaved children and young people.	www.griefencounter.org.uk
HappyMaps Worried about a young person's behaviour or mental health and not sure what's normal?	www.happymaps.co.uk
Head Talks This site provides videos discussing all aspects of mental illness and recovery.	www.headtalks.com
Healthwatch Gloucestershire The Health and Social Care Act of 2012 put people at the centre of their health and social care.	www.healthwatchgloucestershire.co.uk/about/
Hope Again (RD4U) A website designed for young people by young people. It is part of Cruse Bereavement Care and aims to support people after the death of someone close.	www.hopeagain.org.uk
Hope Support Services Support for young people (11+) when a loved one is seriously ill.	www.hopesupport.org.uk
Hub of Hope App Free to download, this app provides services local to the student. Offers a crisis messenger service.	https://hubofhope.co.uk/
Independence Trust Provides a range of services that support in strengthening emotional and physical wellbeing.	www.independencetrust.co.uk
Infobuzz Education and advice to young people on issues: drugs and alcohol, sexting, cyber bullying, grooming, homelessness, prisons/supporting families of offenders.	www.infobuzz.co.uk Tel: 01452 501008
Intercom Trust A lesbian, gay, bisexual and trans+ charity working across Cornwall, Devon, Dorset and the wider South West.	www.intercomtrust.org.uk
Kidscape Advice about bullying for children and parents.	www.kidscape.org.uk Tel: 0171 730 3300
Kooth An online counselling and emotional well-being platform for children and young people.	www.kooth.com/ Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm

<p>Let's Talk (2gether) Offers Cognitive Behavioral Therapy (CBT), a talking therapy proven to be effective in managing anxiety and depression. Self help guides.</p>	<p>www.talk2gether.nhs.uk Tel: 0800 073 2200</p>
<p>Live, Life, Well Suicide prevention, med info, self help (depression, anxiety, sleep), 16-19 year old section.</p>	<p>www.live-lifewell.net/</p>
<p>Men's Advice Line Confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).</p>	<p>www.mensadvice.org.uk/ Freephone: 0808 801 0327 Mon-Fri 9am-5pm</p>
<p>Mental Health Intermediate Care Team (MHICT) (2gether) Support with anxiety, depression with no immediate risk.</p>	<p>Tel: 01452 894220</p>
<p>Mind Information, advice and support for young people with a mental health problem.</p>	<p>www.mind.org.uk Text: 86463</p>
<p>Modern Slavery</p>	<p>www.modernslaveryhelpline.org/</p>
<p>Moodcafe We have produced and collated information and resources relevant to various common psychological problems.</p>	<p>www.moodcafe.co.uk/</p>
<p>Moodjuice Online support for a range of issues, eg anxiety.</p>	<p>www.moodjuice.scot.nhs.uk</p>
<p>Muslim Youth Helpline</p>	<p>Tel: 0808 808 2008</p>
<p>NCDV (National Centre for Domestic Violence) Free, fast emergency injunction service to survivors of domestic violence regardless of their financial circumstances, race, gender or sexual orientation</p>	<p>www.ncdv.org.uk/ Freephone: 0800 970 2070 Text: Text "NCDV" to 60777 and we'll call you back</p>
<p>National Domestic Violence Helpline Run in partnership between Women's Aid and Refuge, For women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.</p>	<p>Tel: 0808 2000 247 (Freephone, 24 hours)</p>
<p>Nelson Trust A charity that brings belief, hope and long-term recovery to people whose lives have been torn apart by addiction and the multiple and complex needs that come with it.</p>	<p>www.nelsontrust.com</p>
<p>Nip in the bud Works in collaboration with Mental Health professionals to produce short films and fact sheets on ADHD, anxiety, conduct disorder, depression, OCD, PTSD, etc)</p>	<p>https://nipinthebud.org</p>
<p>No Panic Information and advice for carers/young people aged 13-20. Panic, Anxiety, Phobias, OCD, exam stress, family anxiety.</p>	<p>www.nopanic.org.uk Youth Helpline Tel: 0330 606 1174 (3-6pm Mon, Tue, Wed, Fri; 3-8pm Thu; 6-8pm Sat)</p>

<p>NSPCC If you're worried about a child, even if you're unsure, contact our professional counsellors for help, advice and support.</p>	<p>www.nspcc.org.uk Tel: 0808 800 5000</p>
<p>On your mind Online support for emotional support on a range of issues.</p>	<p>www.onyourmindglos.nhs.uk/</p>
<p>Pace (Parents against child exploitation) The lead national charity working with parents and carers of exploited children.</p>	<p>www.paceuk.info</p>
<p>Papyrus Charity for the prevention of young suicide</p>	<p>www.papyrus-uk.org/</p>
<p>Relate For help with challenging relationships – problems with friends, parents, teachers, or in your love life.</p>	<p>www.relate.org.uk/</p>
<p>Relax Kids Child relaxation training, classes and resources. Online mindfulness.</p>	<p>www.relaxkids.com</p>
<p>Rethink Mental Illness Gloucestershire Self Harm Helpline Self Harm Helpline provides a safe, supportive, non-judgmental and informative space for people who self harm, their friends, families and carers.</p>	<p>www.gloucestershireselfharm.org</p>
<p>Samaritans For emotional support to people in despair and potential suicide</p>	<p>www.samaritans.org.uk Tel: 116 123 (Gloucester) Tel: 01242 515777 (Cheltenham)</p>
<p>SARC (Sexual Health and Assault Referral Centre) Support after sexual abuse and rape. Counselling, emergency contraception, forensic service, info on other agencies</p>	<p>Tel: 0300 421 6500</p>
<p>School Beat Gloucestershire Police team of trained officers to link in with schools, to cover the full six areas the county is divided into.</p>	<p>schoolbeat@gloucestershire.pnn.police.uk</p>
<p>Sexting Advice SWGfL is a charitable trust that specialises in supporting schools, agencies and families to effect lasting change with the safe and secure use of technology.</p>	<p>http://swgfl.org.uk/magazine/Managing-Sexting-Incidents/Sexting-Advice.aspx</p>
<p>Share Young People's Counselling Service Counselling for young people aged 11-25 living in Gloucestershire.</p>	<p>www.shareypcs.org.uk</p>
<p>Silver Clouds Mobile Counselling A mobile counselling service within the Gloucester/Cheltenham area. Provides counselling provision to anyone in their own homes, school or work place.</p>	<p>www.silvercloudscounselling.co.uk/services.html</p>
<p>Social Care/Safeguarding Teams</p>	<p>www.gloucestershire.gov.uk</p>
<p>Stay Alive App Provides support for those worried about someone who is suicidal alongside support for individuals who are suicidal or at risk of suicide.</p>	<p>https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</p>

<p>Stress and Anxiety in Teenagers Online support for stress and how to manage it.</p>	<p>www.stressandanxietyinteenagers.com</p>
<p>Stroud Beresford Group Refuge and outreach DV.</p>	<p>www.stroudwomensrefuge.co.uk</p>
<p>Students against depression Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.</p>	<p>www.studentsagainstd Depression.org/</p>
<p>Sunflower Suicide Support Based in Stroud. Help families who have sadly lost people to suicide! They have a website and an advice line!</p>	<p>www.sunflowerssuicidesupport.org.uk/</p>
<p>Talk to Frank information, advice and support about drugs</p>	<p>https://www.talktofrank.com Tel: 0300 123 6600 / Text: 82111</p>
<p>Teens in Crisis (TIC+) Face to face and online counselling for 9-21 year olds. Works closely with CYPS.</p>	<p>www.ticplus.org.uk Parent Support & Advice Line: 0800 652 5675 www.ticplus.org.uk/parents-carers</p>
<p>Text Crisis Messenger Service For anyone who is in crisis (suicidal thoughts, bereaved, self-harm etc)</p>	<p>Text 85258</p>
<p>The Calm Zone The Campaign Against Living Miserably. Online support, helpline and webchat for young men from 15 years with low mood. Suicide prevention. Information and support. Helpline and webchat for anyone who needs to talk about life's problems. Support for those bereaved by suicide through the Support After Suicide Partnership (SASP)</p>	<p>www.thecalmzone.net</p>
<p>The Cavern Youth groups, café, drop in listening service. Art, music, training, physical health.</p>	<p>www.kftseekers.org.uk/</p>
<p>The Children's Sleep Charity National charity supporting children with sleep issues. Support for families and accredited training and leaflets for professionals and commercial organisations.</p>	<p>www.thechildrenssleepcharity.org.uk Tel: 01302 751 416 Email: info@thechildrenssleepcharity.org.uk</p>
<p>The Door Christian-based youth project in Stroud. Mentoring for 11-25 year olds. Listening and advice. Youthwork, clubs and groups. Parenting courses. Doorstep Programme Skills for stepping up to secondary school.</p>	<p>www.thedoor.org.uk</p>
<p>The Girl with the Curly Hair Supports people on the Autistic Spectrum and the people around them. The Curly Hair Project is not just for girls, we have also helped thousands of Spiky Haired Boys too!</p>	<p>http://thegirlwiththecurlyhair.co.uk/</p>
<p>The Happy Self Journal A journal created for young people to help them write about their emotions.</p>	<p>http://happyselfjournal.com</p>

<p>The Hideout Online support to help children understand domestic abuse.</p>	<p>www.thehideout.org.uk</p>
<p>The Mix A wide range of support on all issues for under 25's (mental health, homelessness, drugs, money, abuse, bullying, etc).</p>	<p>www.themix.org.uk Tel: 0808 808 4994 (11am-11pm) Crisis text line 24/7 by texting THEMIX to 85258</p>
<p>The Rock Youth club for 6-11 year olds. The Rock is for all young people of any faith or none. Regardless of race or background, our doors are open.</p>	<p>www.therock.uk.com/aboutus/</p>
<p>The Sleep Council The Sleep Council is an impartial, advisory organisation that raises the awareness of the importance of a good night's sleep to health and wellbeing.</p>	<p>www.sleepcouncil.org.uk</p>
<p>Treecreepers Forest School activities.</p>	<p>www.treecreepers.co.uk</p>
<p>TreeHouse Counselling and creative arts therapy.</p>	<p>www.treehousetroud.com</p>
<p>Triumph Over Phobia Local self help groups in Cheltenham and Glos.</p>	<p>www.topuk.org</p>
<p>Victim Support Glos Practical help to people who have been affected by crime in Gloucestershire.</p>	<p>www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west/gloucestershire</p>
<p>Virtual School Gloucestershire Virtual School promotes and supports the educational attainment and progress of children and young people in care from Nursery to 18 years old, through effective collaboration with schools, social care, and other agencies.</p>	<p>www.gloucestershire.gov.uk/vschool/</p>
<p>Voice Collective Voice Collective is a UK-wide, London-based project that supports children and young people who hear voices, see visions, have other 'unusual' sensory experiences or beliefs.</p>	<p>www.voicecollective.co.uk</p>
<p>You & Me, Mum Programme Rolling programme, starts in Sept (venues and dates to be confirmed).</p>	<p>Bartongate Children's Centre</p>
<p>Young Gloucestershire Training, mentoring, counselling, youth groups, housing, relationships, finance for disadvantaged young people aged 11-25. To aid confidence and motivation.</p>	<p>www.youngglos.org.uk</p>
<p>Young Minds Young people's mental health. Support in a crisis and for anyone worried about mental health.</p>	<p>www.youngminds.org.uk</p>
<p>Your Circle Website giving access to information, advice and support on many subjects, services, local groups, societies and clubs in Glos.</p>	<p>www.yourcircle.org.uk/kb5/gloucs/yourcircle/home.page</p>