

Self care support



We all have mental health, and taking the time to understand and look after it has many benefits

Rethink Mental Illness

Offering an online hub to provide practical support and information

www.rethink.org/

Five Ways to Wellbeing

Useful links about mental health

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/

Mind

A wide range of information and resources to support mental health

www.mind.org.uk/



Other support

You might not be experiencing a specific mental health issue but still want additional support with other challenges. These groups can help.

Gloucestershire Carers Hub

Offering information, advice and guidance to carers 9am to 5pm, Monday to Friday

Tel: 0300 111 9000 | Email:

carers@peopleplus.co.uk

www.gloucestershirecarershub.co.uk/

Change, Grow, Live (CGL)

Drug and Alcohol Recovery Service

Appointments by phone and email

Tel: 01452 223 014

www.changegrowlive.org/drug-alcohol-recovery-service-gloucestershire

Gloucestershire Domestic Abuse Support Service (GDASS)

A service to reduce the level of domestic abuse and improve the safety of victims and their families

Tel: Helpdesk 01452 726 570

www.gdass.org.uk/

Gloucestershire Action for Refugees and Asylum Seekers (GARAS)

| Support to those seeking asylum in Gloucestershire and those being resettled here

<https://www.garas.org.uk/>

Mental health concerns?



Mental Health advice and support is available in Stroud district.

Read this leaflet if you or someone you care about is struggling to cope.



Urgent and crisis care

A crisis is when your mental health deteriorates and coping strategies are not working. This may require seeking immediate care and support to keep you safe.

Crisis Resolution and Home Treatment Team - 24/7 support

For those needing immediate support due to high emotional and mental distress
Tel: 0800 169 0398 | www.ghc.nhs.uk/our-teams-and-services/crhtt/

Samaritans and SHOUT - 24/7 support

Non-judgemental listening support for those experiencing a range of mental health issues including depression, anxiety or suicidal thoughts via email, phone or text
Tel: 116 123 | Email: jo@samaritans.org
www.samaritans.org/ | Text SHOUT: 85258

Campaign Against Living Miserably (CALM) |
A leading movement against suicide |
Helpline available 5pm - midnight
Tel: 0800 58 58 58 | www.thecalmzone.net/ |



If someone is an immediate danger to themselves or others
call 999

Non-urgent care

If you are experiencing anxiety, depression or low mood it can be helpful to seek support early, before it becomes a crisis.

Community Advice, Links, Mental Health Support (CALMHS)

Offering support to those with moderate to severe mental ill health | For anyone over 18 living in Gloucestershire and registered with a Gloucestershire GP

Tel: 0345 8638323 | 01452 317460

Text: 07812 067087

www.independencetrust.co.uk/CALMHS/about

IAPT (Improving Access to Psychological Therapies) – Let's Talk

Provides support for mental health conditions, such as depression, anxiety, PTSD, OCD and phobias

Tel: 0800 073 2200 | www.ghc.nhs.uk/our-teams-and-services/letstalk/

Community Wellbeing Service | Stroud & Berkeley Vale

Connecting people to local services, organisations and groups that can help improve general wellbeing

Tel: 0345 863 8323

Non-urgent care for children and young people



Children and Young People's Services (CYPS)

Mental health services for children and young people (and their families/carers) up to 18 years

<https://cayp.ghc.nhs.uk/>

Young Gloucestershire

For 11 to 25 year olds | Counselling by phone and via online chat | Online activities

www.youngglos.org.uk/young-people/mental-health

Tel: 01452 501008

TIC+ (Teens in Crisis)

For 9 to 21 year olds | Counselling by phone, text chat or video chat

www.ticplus.org.uk/ Tel: 01594 372777 |

Text: 07520 634063

School Nurse

For 5- to 19-year-olds | Chat Health is open Monday to Friday from 9am to 4.30pm for 11- to 19-year-olds who may want to discuss a health issue

www.ghc.nhs.uk/our-teams-and-services/school-nursing/ Tel: 07507 333351