

Wiltshire Mental Health and Wellbeing Support Services

▲ Adults	* Children and young people	🗨️ Counselling
■ Employment support	🏠 Housing and homelessness guidance	£ Finance and benefits
+ Addiction services	♥️ Carers	♦️ Veterans

Alabaré Riverside Sanctuary	Confidential service for anyone struggling to manage their mental wellbeing (16+). Call: 0808 2803528 Email: riversidesanctuary@alabare.co.uk alabare.co.uk/home/riverside-sanctuary/mental-health	▲
Alzheimer's Support Wiltshire	Improving the quality of life for families affected by dementia. Call: 01225 776481 Email: office@alzheimerswiltshire.org.uk alzheimerswiltshire.org.uk	▲♥️
Building Bridges	Helping people overcome barriers into employment or education. Call: 01380 732821 Email: hello@buildingbridgessw.org.uk buildingbridgessw.org.uk	▲■
Child and Adolescent Mental Health Service (CAMHS)	Supporting children and young people with emotional, behavioural and mental health difficulties. 24/7 urgent mental health helpline: 0800 023 2133 Single Point of Access: 01865 903330 (9am-5pm weekdays) Email: wilts.CAMHSSPAinfo@oxfordhealth.nhs.uk Referrals: oxfordhealth.nhs.uk/camhs/support/referral/ oxfordhealth.nhs.uk/camhs	*
Carer Support Wiltshire	Free counselling and support for carers. Call (carers line): 0800 181 4118 Email: admin@carersupportwiltshire.co.uk carersupportwiltshire.co.uk	▲*🗨️♥️£
Citizens Advice Wiltshire	Providing free, independent advice for the people of Wiltshire. Call: 0800 144 8848 Relay UK: 18001 then 0800 144 8884 citizensadvicewiltshire.org.uk	▲■🏠♥️£ ♦️
Combat Stress	Mental health support for veterans. 24-hour helpline: 0800 138 1619 combatstress.org.uk	▲♦️
CRUSE	Bereavement support. Helpline: 0808 808 1677 Email: helpline@cruse.org.uk cruse.org.uk	▲*🗨️
Dorothy House Hospice Care	Community groups and chat cafés offering bereavement support for patients, carers, and families. Support groups for those affected by cancer and life-limiting/terminal illness. dorothyhouse.org.uk/what-we-do/community-groups	▲*♥️
Family Counselling Trust	Counselling services for children, young people and their families. Fees based on income. Email: flo-wiltshire@familycounsellingtrust.org familycounsellingtrust.org	▲*🗨️
Get Self Help	Website providing Cognitive Behavioural Therapy (CBT) self help and therapy resources. getselfhelp.co.uk	🗨️
Harmless	Self-harm support, advice, and information. harmless.org.uk	▲*
Help Counselling	Low-cost counselling for adults and young people in west Wiltshire. Waiting list reopens May 2023. Call: 01225 767459 Email: enquiries@helpcounselling.co.uk helpcounselling.co.uk	▲*🗨️
Help for Heroes	Helping wounded veterans and their families recover and get on with their lives. Online self referral form	▲♦️
Julian House	Charity supporting vulnerable and at-risk people, including supported housing and support for travelling communities. Call: 01225 354650 Email: admin@julianhouse.org.uk julianhouse.org.uk	▲■🏠
Motiv-8	Substance misuse service for young people aged 11-18. Free helpline: 0800 169 6136 Email: info@dhimotiv8.org.uk dhi-online.org.uk	*+
PANDAS	Support for people affected by perinatal mental illness. Free helpline: 0808 1961 776 Email: info@pandasfoundation.org.uk pandasfoundation.org.uk	▲*

PTSD Resolution	Free Post Traumatic Stress Disorder counselling for former armed forces, reservists, families. Free helpline: 0300 302 0551 Email: contact@ptsdresolution.org ptsdresolution.org	▲*💬
Rethink Mental Illness – Wiltshire Mental Health Inclusion Service	Free one to one support for people (16+) with mental illness, helping them gain confidence to access their local communities, meet new people or find a new interest. Email: wiltshireMHIS@rethink.org Wiltshire Mental Health Inclusion Service	▲*
Revival Wiltshire	Free confidential counselling and support to male and female (13+) survivors of rape, sexual abuse, or sexual exploitation. Referral line: 01225 751 568 Email: appointments@revival-wiltshirerasac.org.uk revival-wiltshirerasac.org.uk	▲*💬
Royal Agricultural Benevolent Institution (RABI)	Charity offering a range of support for the farming community across England and Wales. Free helpline: 0800 188 4444 Email: info@rabi.org.uk rabi.org.uk	▲💬£
SSAFA	Lifelong support to the armed forces community and direct support for individuals in need of physical or emotional care. Free helpline: 0800 731 4880 Email: wiltshirebranch@ssafa.org.uk ssafa.org.uk/wiltshire	▲◆
Samaritans	24-hour emotional support for any problem, big or small. Open 365 days a year. Free helpline: 116 123 Email: jo@samaritans.org samaritans.org	▲*
Shaw Trust	Supporting people into the workplace and improving their health and wellbeing; helping vulnerable young people build life skills. Call: 0300 30 33 111 shawtrust.org.uk	▲■
Shelter	The housing and homelessness charity. Free helpline: 0808 800 4444 england.shelter.org.uk	▲*🏠
Stonewall	Advice and information for the LGBTQ+ community – adults, children, and young people. stonewall.org.uk/help-and-advice	▲*
Tedworth Equestrian	Armed Forces equine charity, offering mental health support to adults and children. Call: 01980 632732 tedworthequestrian.com	▲*+
The Advocacy People	Independent advocacy support for mental health, NHS complaints, care and support, and children and young people. Call: 0330 440 9000 Text: 80800 Email: info@theadvocacypeople.org.uk theadvocacypeople.org.uk	▲*♥
Turning Point – IMPACT Swindon and Wiltshire Active Recovery service	Free, confidential advice if you're concerned about your own or someone else's substance use. Call: 01225 341520 (Trowbridge) 01722 343000 (Salisbury) 01793 328150 (Swindon) Email: IMPACTreferrals@turning-point.co.uk turning-point.co.uk	▲+
Veteran Outreach Support	Supporting veterans and their families. Call: 02392 731 767 Email: admin@vosuk.org vosuk.org	▲*◆
Wiltshire Centre for Independent Living	Provides a range of services supporting disabled people to live independent lives. Call: 0300 1233 442 wiltshirecil.org.uk	▲
Wiltshire Early Mental Health Service	Support, advice, and information for young people aged 5-18. onyourmind.org.uk	*
Wiltshire Mind	Counselling and peer support groups for adults and young people experiencing mental ill health or emotional distress. Call: 01225 706532 Email: office@wiltshiremind.co.uk wiltshiremind.co.uk	▲*💬
Wiltshire Parent Carer Council	Support for parents and carers of children and young people with special educational needs and/or disabilities. Call: 01225 764 647 Email: admin@wiltspcc.co.uk wiltshireparentcarercouncil.co.uk	▲*♥
Wiltshire Service Users Network	Supports people who use health and social care services, including people with learning disabilities and autism, older people, and those with physical or sensory impairments. Call: 01380 871800 Email: info@wsun.co.uk wsun.co.uk	▲
Wiltshire Wildlife Trust Wellbeing in Nature Programme	Free 11-week programme of nature-based activities for adults in the Bradford on Avon area living with mild to moderate mental health issues. Starts April 2023. Email: imogenj@wiltshirewildlife.org wiltshirewildlife.org/wellbeing	▲■
Wiltshire Wellbeing Hub	Advice and signposting on the cost of living crisis. Call: 0300 003 4576 Email: wellbeinghub@wiltshire.gov.uk	▲*