

Wiltshire Mental Health and Wellbeing Support Services for Young People

Our Young Healthwatch Wiltshire volunteers have produced their own comprehensive guide to mental health and wellbeing services on offer in the county to help children and young people find the right services they need quickly and easily. Find out more at healthwatchwiltshire.co.uk/young-healthwatch-wiltshire

111	24/7 support from the NHS. Answer questions about your symptoms on the website, or speak to a fully trained adviser on the phone. Find out when and where to get help, and be contacted by a healthcare professional if needed. The service will also be able to book you an appointment or an arrival slot at A&E if needed. Call NHS 111 or visit 111.nhs.uk
Barnardo's Healthy Minds Wiltshire	Support, advice and information for young people aged 5-18 including counselling, group work and activities. An online form is available to refer yourself for counselling. onyourmind.org.uk
BEAT	Charity supporting those affected by eating disorders. Call: 0808 801 0677 (18+ helpline) or 0808 801 0711 (under 18s helpline) beateatingdisorders.org.uk
Black Minds Matter	Connecting Black individuals and families with free mental health services. blackmindsmatteruk.com
Campaign Against Living Miserably (CALM)	Free, confidential helpline and web chat service to talk about life's problems. Call: 0800 58 58 58 thecalmzone.net
Child and Adolescent Mental Health Service (CAMHS)	Supporting children and young people with emotional, behavioural and mental health difficulties. Call: 0300 247 00990 Single Point of Access: 01865 903330 (9am-5pm) 01865 901000 (5pm-11pm) Email: vcl.wiltshirespa@nhs.net oxfordhealth.nhs.uk/camhs/refer (including self-referrals) wiltshirechildrensservices.co.uk/spa/teams/single-point-of-access-team
Carer Support Wiltshire	Free counselling and support for carers. Call: 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 Textphone: 18001 0800144 8848 citizensadvicewiltshire.org.uk
CRUSE	Bereavement support. Helpline: 0808 808 1677 Email: helpline@cruse.org.uk cruse.org.uk
Family Counselling Trust	Counselling services for children, young people and their families. Fees based on income. Email: fo-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	Free and low-cost counselling for adults and young people in west Wiltshire. Call: 01225 767459 Email: enquiries@helpcounselling.co.uk helpcounselling.co.uk
Mental Health Response Line	24/7 advice and support for adults and children in crisis, provided by Avon and Wiltshire Mental Health Partnership NHS Trust. Call: 0800 953 1919 awp.nhs.uk/advice-support/24-hour-support

Mermaids	Supporting transgender, nonbinary and gender-diverse children, young people and their families. Call: 0808 801 0400 Free 24/7 crisis support: Text MERMAIDS to 85258 mermaidsuk.org.uk
Mind	Providing advice and support for anyone experiencing a mental health problem. Call: 0300 123 3393 Text: 86463 (text support service closes 31.3.21) Email: info@mind.org.uk mind.org.uk
Motiv-8	Substance misuse service for young people aged 11-18, provided by Developing Health and Independence. Free helpline: 0800 169 6136 Email: info@dhimotiv8.org.uk dhi-online.org.uk
Papyrus	Charity for the prevention of young suicide. Call: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org papyrus-uk.org
Refuge	Supports women, children and men experiencing domestic violence. Free 24-hour helpline: 0808 2000 247 refuge.org.uk
Relate Mid Wiltshire and Somerset	Relationship counselling, family counselling and counselling for children and young people. Fees charged per session. Call: 0300 003 1781 Email: midwilts@relate.org.uk relate.org.uk/mid-wiltshire
Revival Wiltshire	Free confidential counselling and support to male and female (13+) survivors of rape, sexual abuse, or sexual exploitation. Call: 01225 751 568 Email: appointments@revival-wiltshirerasac.org.uk revival-wiltshirerasac.org.uk
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
Sexual Health Services	NHS webpage with a postcode search for sexual health clinics, information on contraception, pregnancy and abortion and STIs. nhs.uk/service-search/sexual-health
Shelter	The housing and homelessness charity. Free helpline: 0808 800 4444 england.shelter.org.uk
Shout	Free, confidential, 24/7 text support service. Text SHOUT to 85258 giveusashout.org
Stonewall	Advice and information for the LGBTQ+ community – adults, children, and young people. stonewall.org.uk/help-and-advice
Switchboard	Confidential listening service for the LGBTQ+ community, offering support through a helpline, email and instant messaging. Call: 0300 330 0630 Email: chris@switchboard.lgbt switchboard.lgbt
The Mix	Free information and support for under 25s, including a free helpline, crisis messenger, counselling, apps, group chats and discussion boards. Call: 0808 808 4994 themix.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
YoungMinds	Information, advice and support for young people affected by mental health. Free 24/7 Crisis Messenger text service: Text YM to 85258. youngminds.org.uk

For more advice and support, go to the Emotional Wellbeing and Mental Health (EWMH) directory:
onyourmind.org.uk/ewmh-directory