# ADULT MENTAL HEALTH AND WELLBEING SUPPORT

in South Gloucestershire

South Gloucestershire Council

Delivering for you




4240 - Mental Health Flyer 3.indd 1 04/11/2026 13:50

# Get Help Now

**In an emergency: If you or someone you know is in immediate danger, hurt physically or has taken an overdose call: 999.**

- **Emergency services:** Call: **999** or **112**
- **Emergency NHS:** Call: **111** and select the option for mental health support

# 24/7 Helplines

## Mindline Southwest

A 24-hour, 7-day-a-week text and webchat service offering confidential mental health crisis support, offering translation including BSL. Text or live chat through the webpage.

**www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-south-west-text-and-chat**

Text **Hello** to **80899**

## Samaritans

**116 123 24/7**

**jo@samaritans.org**

**www.samaritans.org/how-we-can-help/contact-samaritan**

# Safeguarding

If you are concerned about a vulnerable adult, you can contact adult social care on **01454 868007**

If you work for an organisation, follow your safeguarding adults' procedure.

# Further mental health support

**Contact your GP** practice to discuss your needs.

Your doctor may be able to help you or may refer you to other services, including Talking Therapies or Avon and Wiltshire Mental Health Partnership NHS trust (AWP) specialist services for people experiencing serious mental ill health.

4240 - Mental Health Flyer 3.indd 2 04/11/2026 13:50

### Bristol Mind Line

An emotional support, listening service offers 30-minute emotional support calls, 7pm-11pm Wednesday to Sunday.

**0117 203 4419**

**bristolmind.org.uk/services/mind-line-telephone-support**

### NHS Talking Therapies - North Somerset & South Gloucestershire

Offer a range of free short-term psychological therapies to adults 16+. Self-refer online or call:

**0333 200 1893**

**vitahealthgroup.co.uk**

### Home - OTR

Off the record support 11–25-year-olds.
Services include groups, one to one and drop-ins.

**otrbristol.org.uk**

### South Gloucestershire | Second Step

Second step have projects to support people that have lost someone to suicide and for Men 30-64 years old that are in emotional distress/ have self-harmed.

**second-step.co.uk**

## For more information on how you can support and improve your mental health visit:

### For Your Mind | One You South Gloucestershire

Information and advice for your mind. Including mental health and wellbeing support, improving mental wellbeing, mental health awareness and sleep support.

**https://oneyou.southglos.gov.uk/stress-less**

### Every Mind Matters - NHS

Find advice and practical resources to help your mental health and wellbeing.

**www.nhs.uk**

4240 - Mental Health Flyer 3.indd 3 04/11/2026 13:50

#4240 • 11/2026

4240 - Mental Health Flyer 3.indd 4 04/11/2026 13:50