



Mental Health Services for Children and Young People in Gloucestershire

Universal services

These services are all free, confidential and do not require a referral/appointment.

On Your Mind Glos

For under 25s. Find the help that's right for you. Use our anonymous mental health support finder to find advice & support in Gloucestershire. Visit onyourmindglos.nhs.uk or text 07984 404388.



Shout

for all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere
» www.giveusashout.org
» Text **SHOUT 85258** to text a trained Crisis volunteer.



Teens in Crisis (TIC+) for 9 – 21 years living in Gloucestershire.

Free, confidential counselling by phone, online text chat or video chat.

- » www.ticplus.org.uk
- » Call **01594 372777**
- » Text **07520 634063**

TIC+ Chat - anonymous one to one support via calling 0300 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)



ChildLine

for under 19 years.

Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone.

- » www.childline.org.uk
- » Speak to a counsellor online via a one to one chat (9am to 12am)
- » Freephone **0800 1111**
- » Download the ChildLine App



The Mix for under 25 years olds.

Support with mental health, money, homelessness, finding a job, relationships and drugs.

- » www.themix.org.uk
- » Online support chats available Sunday to Thursday 8pm-9:30pm
- » Call **0808 808 4994**, available every day from 4pm-11pm



Samaritans

for all ages. if you need someone to talk to, we listen. We won't judge or tell you what to do.

- » www.samartians.org
- » Call **116 123** (Available 24/7)
- » Email: jo@samartians.org
- » Download the Samaritans Self – Help app



Targeted services

Specific types of support for specific issues. Some of the services may require a referral.

Bereavement

for all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling.

- » <https://www.winstonswish.org/>
- » Freephone: 08088 020 021 (Mon-Fri 9am – 5pm)



Trained Mental Health Youth Workers

Young Gloucestershire Link Chat *for 16 to 25 years olds.* Link Chat matches you with a Youth Worker who will give you regular telephone or online calls each week. Together you can discuss anything you like. Whether that's personal goals and aims that you want to work towards or just how you are feeling that week.

Young people can be referred or can refer themselves.

- » www.youngglos.org.uk/young-people/mental-health
- » Email: getinvolved@youngglos.org.uk



Chat Health

for 11 to 19 year olds.

A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team.

- » <http://www.ghc.nhs.uk/our-teams-and-services/school-nursing/>
- » Text **07507 333351** (available Monday to Friday from 9am-4.30pm)



YOUNGMINDS

for all ages.

Provide information and advice to help with children and young's people's mental health.

- » www.youngminds.org.uk



Gloucestershire Self-Harm Helpline *for all ages.*

Provides confidential safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers

- Support available between 5pm - 10pm either by:
 - » online chat at www.gloucestershireselfharm.org
 - » Freephone **0808 801 0606**
 - » Text **07537 410 022**

Eating Disorders

Eating Disorders Service *for all ages.*

Supporting people with an eating disorder. Offering CBT, drug and group therapy as part of community care and day treatment. Young people can be referred or can refer themselves online.

- » <https://www.ghc.nhs.uk/our-teams-and-services/eating-disorders-glos/>
- » Call **01242 634242**



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Specialist services

For all specialist services in this green section you will need to be registered with a Gloucestershire GP or have a referral from a professional.

If you are in immediate danger, emotional distress or mental health crisis, please call 999 or the crisis team.

GRiP (Gloucester Recovery in Psychosis) for 14-35 years.

Referral from GP required. GRiP provides early Intervention within the community for people aged 14-35 with suspected or confirmed first episode psychosis.

- » <https://www.ghc.nhs.uk/our-teams-and-services/grip/>
- » Contact the GRiP team on **01452 894178**

Youth Support

A specialist practitioner working within specialist services to directly support young people as well as offering advice and guidance to youth offending staff supporting the move away from criminalising young people.

- » <https://youthsupportteam.co.uk/services/health>

Targeted services

Domestic Abuse

Street Gloucestershire

A service for young people aged 13-19 affected by domestic abuse

- » <https://www.yourcircle.org.uk/Services/13928>
- » Call: **01452 726584**
- » Email: Street.glos@gsg.cjsm.net

Gloucestershire Domestic Abuse Support Service (GDASS)

A service to reduce the level of domestic abuse and improve the safety of victims and their families. Contact using the online referral form

- » www.gdass.org.uk/

Crisis Resolution and Home Treatment Team (CRHTTs)

For young people aged 11+.

Offering advice and support when an increased level of care is required due to mental health and emotional wellbeing issues, accessible 24/7.

- » **If immediate danger to life call 999**

- » For 11 year olds and up
- » For children under 11 years old the GP should be contacted or **111/999** out of hours
- » Contact the CRHTT on **0800 169 0398**
 - Option 1 for Stroud and Cotswolds
 - Option 2 for Gloucester and Forest
 - Option 3 for Cheltenham, Tewkesbury & North Cotswolds

Support for those who are self-harming

harmLESS

harmlessglos.org.uk/ is a resource for those who have contact with young people who are self-harming.

It provides advice on talking about self-harm, developing a support plan and signposting/referral information.

Bullying

Bullying providing advice and support to anyone affected by bullying

- » www.bullying.co.uk
- » Online chat available 1:30pm – 5:30pm (Available weekdays)
- » Helpline **0808 800 2222**



Suicide Prevention

Papyrus is the UK Charity for the prevention of young suicide

www.papyrus-uk.org
Call **0800 068 4141**

Stay Alive app is suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. www.stayalive.app
Download the app on Google Play and IOS Store.

Gambling

Gamcare provides free, information, advice and support for anyone affected by problem gambling.

- » www.gamcare.org.uk
- » Online chat is available.
- » Call **0808 8020 133** (Available 24/7)



Gloucestershire Health and Care CAMHS (Child and Adolescent Mental Health Services)

Specialist mental health services for children and young people up to 18 years of age (and their families/carers) who are experiencing mental health and emotional wellbeing difficulties.

CAMHS staff is specially trained and have lots of experience of talking to children and young people, and their parents and carers, about thoughts and feelings and how to manage these individually or as a family

- » <https://cayp.ghc.nhs.uk/>
- » CAMHS also provides services for children and young people who have health issues related to a moderate to severe learning disability



Young Gloucestershire

For details of services offered by Young Gloucestershire, including 'Bounce Self-Harm support', visit:

<https://www.youngglos.org.uk/young-people/mental-health>



Young Carers

Gloucestershire Young Carers provides a range of services for young carers and their families

- » <http://www.glosyoungcarers.org.uk/>
- » Call: **01452 733060**



LGBTQ Support Gay Glos

Support available for anyone who is lesbian, gay, bisexual, transgender (LGB or T) or dealing with issues around sexuality and gender identity.

- » <http://www.gay-glos.org/>
- » Email: youth@gay-glos.org
- » Call: **07903 472 899**



Children and Families Commissioning Hub

Gloucestershire County Council
Shire Hall, Westgate Street
Gloucester GL1 2TG

Contact:
Children&FamiliesHubAdmin@gloucestershire.gov.uk