



OUT OF COUNTY HELP FOR MENTAL HEALTH AND EARLY HELP FOR FAMILIES

MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Swindon	Mental health support for children and young people Swindon Borough Council
Bristol	Bristol Mental Health and Wellbeing - Directory of Services for Children and Young People - BNSSG Healthier Together
South Gloucestershire	South Gloucestershire Mental Health and Wellbeing - Directory of Services for Children and Young People - BNSSG Healthier Together
Wiltshire	onyourmind.org.uk
Worcestershire	Mental health help to children, young people and their families Herefordshire and Worcestershire CAMHS
	Early Help mental health and emotional wellbeing Worcestershire County Council

MENTAL HEALTH CRISIS

The NHS crisis service is available 24 hours a day, 7 days a week. Dial 111 and select the mental health option (option 2) if you or someone you know needs help in a mental health crisis. For regional **mental health crisis team / urgent mental health numbers** in addition to 111 (option 2), please see below:

Gloucestershire	0800 169 0398 (24/7 NHS mental health crisis line)
Bristol	Call NHS 111 and select option 2 for urgent mental health support (24/7).
South Gloucestershire	0800 953 1919 (Avon and Wiltshire NHS mental health response line, 24/7).
Wiltshire	0800 953 1919 (Avon and Wiltshire NHS mental health support line, 24/7).
Swindon	0800 953 1919 (Avon and Wiltshire NHS mental health support line, 24/7). Swindon Intensive Team: 01793 836820 .
Worcestershire	NHS 111, then press option 2 for urgent mental health support (24/7). The Crisis Resolution Team number is 0808 196 9127 .
Swindon	Mental health emergency: Children and young people Swindon Borough Council
Bristol	Mental health services for adults and older people
South Gloucestershire	South Glos LIFE Mental health and emotional wellbeing support
Wiltshire	I need help now :: Avon and Wiltshire Mental Health Partnership NHS Trust
Worcestershire	Urgent help for children and young people Herefordshire and Worcestershire CAMHS

EARLY HELP

Swindon	Early help and graduated response Swindon Borough Council
	Early Intervention support for children and families in Swindon Swindon Borough Council
Bristol	Early help for children and families
	Bristol's Early Help Offer
South Gloucestershire	South Glos LIFE Support for parenting and early help
Wiltshire	Wiltshire Family Hubs - Supporting families in Wiltshire
Worcestershire	Early Help in Worcestershire - Support for Families

YOUNG CARERS

Swindon	Swindon Carers Together
Bristol	Support for Young Carers in Bristol & South Glos
South Gloucestershire	Support for Young Carers in Bristol & South Glos
Wiltshire	Young carers - Wiltshire Council
Worcestershire	Worcestershire Young Carers YSS