

Helplines

Grapevine. Free information and advice centre(s) for young people. With time to talk in confidence, we can give practical help and support
Cheltenham: 01242 255888 Gloucester: 01452 500080

SHARE. A free confidential personal counselling service for young people in the age range 14 – 25 years 01452 500300 for appointments

Samaritans. Listening service staffed 24 hours a day, 365 days a year for those who are troubled, despairing or suicidal 08457 909090

Rape Crisis. A free confidential counselling and support service for survivors of rape and sexual abuse and their families 01452 526770

Childline. Free national helpline (24 hour service)
0800 1111

Relationships. Contact RELATE – a confidential counselling service for couples or individuals experiencing relationship problems 01452 522071 or 01242 523215

Sexuality. Contact Gay & Lesbian 'Friend' Helpline – provides information, support and befriending for lesbian, gay or bisexual people, or anyone in doubt about their sexual identity 01452 306800

Proud Start! A group for lesbian, gay or bisexual young people and those exploring their sexuality 01452 306800

Alcohol & Drugs. GDAS (Gloucestershire Drugs & Alcohol Service) offers confidential advice, support & practical help to anyone with a drug, alcohol or solvent related problem (over 18's)
Cheltenham: 01242 584881
Cinderford: 01594 825656
Stroud: 01453 755711
Gloucester –: 01452 381166

HIV/AIDS. Contact HIV/AIDS Counselling and Support Service for a confidential service offering pre and post test counselling Cheltenham 01242 224666
Gloucester 01452 308328

Smoking. For friendly help, advice and support on how to stop smoking ring the Smoking Advice Service 01452 429345

Eating Disorders. Contact the Advice Line for Eating Disorders for help, support and advice 01452 891204

Sexually Transmitted Infections. You can go to any Genito-Urinary Medicine (GUM) Clinic for free, confidential advice, counselling, testing and treatment for sexually transmitted infections

Cheltenham: 08454 224279

Gloucester: 08454 226464

Contraception and Pregnancy. For free, confidential help and advice, both sexes of all ages can go to any Contraception and Sexual Health Service (used to be known as the Family Planning Clinic). Free condoms are available. Ring for appointments, advice or information about a clinic in your area

Cheltenham: 08454 222374

Gloucester: 08454 226201

Emergency Contraception. Pill method –

You have 3 days in which to act to try to prevent a pregnancy, but **the sooner the better.** (You have up to 5 days on IUD method) Help is available from GPs who provide contraceptive services or from any Contraception and Sexual Health Service (Family Planning Clinic)

Cheltenham: 08454 222374

Gloucester: 08454 226201