

2005/06

Gloucestershire's

Little

Red

Book

Where to go for help on mental health and emotional well-being

Where to go for help if you need someone to talk to

*Produced by Healthy Schools
Partnership*



Compiled by: Belinda Heaven
Tel: 01452 427318

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We are pleased to be able to provide the very first Little Book of Emotional Well-Being. We have done our best to ensure that the information included is up-to-date and accurate. Please let us know if you notice any mistakes or omissions.

Telephone 01452 427318 and ask for Belinda Heaven, Emotional and Physical Health Consultant.

For further copies ring Health Promotion Resources on 01452 429363.

You can call
NHS Direct for
any medical
question – it
doesn't have to be an emergency.

NHS

Direct

CALL 24 HOURS A DAY ON

0845

4647

Also available: Gloucestershire's Little Yellow Book for help and advice on Sexual Health.

Your GP can help with most emotional or mental health needs. Once you are 16 you can choose your own doctor.

Any approach to your doctor will be treated in confidence even if you are under 16, but if you are worried about this, check it out first.

Most secondary schools have a weekly school nurse drop-in where you can talk in confidence about any health issues. Ask at the office when your school drop-in runs or look on www.sexhelpglos.nhs.uk.

If you want to talk to someone else, this book has the names, addresses and telephone numbers of other agencies where you can go.

Some of the helplines are free and this is made clear. Otherwise, you will pay the appropriate rate depending on time of day and distance.

You may find the phone is only answered at certain times, or you may get an answerphone.

Don't be put off – ring again.

MENTAL HEALTH

Gloucestershire Association of Mental Health Promotion – Daycare provided for people with mental health problems. Advice provided via the telephone.
Gloucester **01452 416575**

Gloucestershire Primary Mental Health Team – Run stress management workshops open to the general public.
Gloucester **01452 383244**

Top UK – Triumph Over Phobia
The organisation has local self help groups in Cheltenham and Gloucester. **01225 330353**

Gloucestershire Black Mental Health Team for Chinese, Asian, African and African-Caribbean people who are experiencing anxiety or depression
01452 387744

Gloucestershire Eating Disorders

Project – For information and advice about eating disorders.

Gloucester

01452 891206

Mon – Fri

9 am – 4 pm

www.edglos.org.uk

Eating Disorders Association

(EDA) – For young people aged 18 and under.

Youth Helpline

01603 765050

Mon – Fri

4 pm – 6 pm

Young Minds

A place young people can turn to in a crisis. www.getconnected.org.uk and a youth site for anyone worried about their own or a friends mental health.

www.youngminds.org.uk

020 7336 8445

At Ease

Interactive youth venue on mental health issues. www.rethink.org/at-ease

MENTALITY – National Charity dedicated to promoting positive mental health.

9 am – 5.30

0207 7166 777

www.mentality.org.uk

SANE – Sane seeks to change attitudes about mental illness campaigning for improved rights and care and conducting research helpline open every day.

12 pm – 2 am

020 7375 1002

Royal College of Psychiatrists

– Produces user-friendly materials for general public on common mental health problems and treatments. It runs Changing Minds aimed at reducing the stigma of mental illness.

www.rcpsych.ac.uk

0207 255 2351

Gloucestershire Recovery in

Psychosis Team (GRIP) – If you feel strange things are happening or that reality is slipping through your fingers, call us for advice. We offer help to people aged between 14 – 35 and their families, who are or may be experiencing psychosis for the first time.

Cheltenham

01242 708166

www.gripinitiative.org.uk

General health, social care and disability information for Gloucestershire

GUIDE

01452 331131

General health, social care and disability information for Gloucestershire.

www.guide-information.org.uk

Healthwise Clinics – For young people, under 25.

Coleford, at the Health Centre

Friday 4.00 pm - 6.00 pm

Cinderford, at CANDI

Wednesday 4.00 pm - 6.00 pm

Newent, at “The Chill Out Zone”, Broad St.

Tuesday 4.00 pm - 6.00 pm

INDIGO projects for young people

Cirencester:

Phoenix Surgery, 9, Chesterton Lane

Thursday 3.45 pm - 5.00 pm

Impact Youth Project, Lewis Lane

Monday 6.00 pm - 7.30 pm

Runaway Helpline

National freephone for children and young people (under 18 yrs) who have run away or been forced to leave home or care.

Freephone **0808 800 7070**

www.runawayhelpline.org

Astra Project

Alternative solutions to Running Away

01452 505553

Assist – Assistance Support and Self-Help in surviving Trauma.

Provides counselling, support, friendship and information for anyone of any age, gender or culture who is affected by Post Traumatic Stress and the needs of their families and carers.

01788 560800

www.traumatic-stress.freeserve.co.uk

Other Agencies for young people

NSPCC

Child Protection helpline **0808 800 5000**

24 hour service which provides counselling, information and advice to anyone concerned about a child at risk of abuse.

www.nspcc.org.uk

email: helpline.asian@nspcc.org.uk

Anti Bullying Alliance

Interactive website offering advice and support on bullying. www.ncb.uk/aba

Kidscape – For anyone concerned about bullying – teaches about personal safety.

Mon – Fri 10 am – 4 pm **020 7730 3300**

www.kidscape.org.uk

Young Carers Gloucestershire

– For children and young people under 25 whose lives are affected by caring for a family member who is ill or disabled.

Gloucester

01452 309399

www.glosyoungcarers.org.uk

Childline

Provides help and advice 24 hrs a day for children and young people whatever the problem. Free and confidential.

Free national helpline (24hrs)

Tel: **0800 1111**

Website: www.childline.org.uk

Teens in Crisis – Advice, help, information and counselling for young people aged 11-21 years.

Helpline: **01594 541048**

Email: tic@teensincrisis.org.uk

www.teensincrisis.org.uk

NCH

A childrens charity has a website to support and inform children and young people whose parents are splitting up.

www.itsnotyourfault.org

Young People's Information & Counselling Services

Cinch

Children in need of Counselling Help. A support and listening service for young people whose parents are separating or already living apart.

01452 411853

(mornings only 9.30 am - 12.30 pm)

Gloucestershire Connexions

01452 426900

www.connexionsglos.org.uk

GRAPEVINE Information, advice and support for young people. Free information and advice centres with time to talk in confidence, we give young people 14-25, practical help and support.

Cheltenham GRAPEVINE 01242 255888

Monday 3.30pm – 6.00pm

Wednesday 3.30pm – 6.00pm

Thursday 6.30pm – 9.00pm

Friday 1.30pm - 4.00pm

email: grapevine@glosgrapevine.org.uk

Gloucester GRAPEVINE **01452 500080**

Opening times:

Monday 4.00 – 6.30

Tuesday 4.00 – 6.30

Wednesday 4.00 – 6.30

Thursday 4.00 – 8.00

Email: grapevineglos2@btconnect.com

www.glosgrapevine.org.uk

Share Young Peoples' Counselling

Service, 1st Floor, Connexions, 92-96

Westgate Street, Gloucester GL1 2PE

A free confidential personal counselling service for young people in the age range 14-25 years. SHARE offers regular, ongoing counselling on a wide range of problems.

Tel: **01452 524019** for appointments

Monday – Thursday 10.00am – 3.00pm

(answerphone to take messages at other times)

email: shareypcs@talk21.com

Youthline – Free information and support for 11 - 25 year olds. Confidential service.

Mon – Thurs 4– 10 pm

Friday 4 – 7 pm

Tel: 0800 096 1425

Voice for the Child in Care (VCC)

VCC is for young people who are in the care of local authorities and for those who have left care. It will provide advice and put young people in contact with local advocates.

08088005792

www.dotch.demon.co.uk/vcc

Sexuality

If you are concerned about your sexuality there are local or national groups who offer advice, help and support. Health Promotion have created a website with information and links to several relevant websites: <http://www.outinglos.nhs.uk>

Gay & Lesbian 'Friend' Helpline (Gloucestershire) – A telephone helpline providing information, support and befriending to lesbians, gay and bisexual people or anyone unsure about their sexual identity. It is part of the National Friend network.

Tel: **01452 306800** (helpline)

Mon - Fri 7.30pm – 10.00pm

Email: glhglos@dircon.co.uk (helpline)

admin@glhglos.dircon.co.uk (office)

www.dircon.co.uk/gay-lesbian-helpline-glos-uk

Or contact us at:

PO Box 171, Gloucester GL1 4YE

Proud Start – A group for lesbian, gay and bisexual young people (19 years and under) and those exploring their sexuality.

Tel: **01452 306800**

www.proudstart.org.uk

Bristol Lesbian & Gay Switchboard

(Blags) – For anyone unsure about their sexuality or who is sure but needs support, advice or information.

Tel: **0117 942 0842**

7.30pm - 10.30pm Monday - Friday.

Drugs

Talk to Frank

Tel: **0800 776600** 24 hrs 7 days a week

Deaf – Textphone FRANK on 0800 917 8765

Website: www.talktofrank.com

email: frank@talktofrank.com

GDAS Drugs Service (for over 18s)

A free, confidential information, advice and counselling service. Needle/syringe exchange on a countywide basis.

Cheltenham

01242 584881

Gloucester

01452 381166

Stroud

01453 755711

Cinderford

01594 825656

Mon - Fri 9.30 - 4.30

email: drugs@gdas.co.uk

Gini – The 'gini' team offer confidential information, advice and support for any young person worried about their drug, alcohol or solvent use.

Medical team can offer full drug and alcohol treatment for young people dependant on substances.

The teams will meet you wherever you feel most comfortable.

Phone **01452 503186** for more information or to find out where your local drop in is. Or visit www.webgini.com

NATIONAL DRUGS HELPLINE

Tel: **0800 776600**

Service available in several ethnic languages
www.ndh.org.uk **0800 917 6650**

RELEASE – Information, counselling and advice on all drugs, including legal issues, school issues.

Advice line Tel: **020 7729 9904**

Mon – Fri 10.00 – 6.00
www.release.org.uk

Alcohol and Sexual Health

If your drinking or drug use or someone else's is causing you concern, help is available.

GDAS Alcohol Service

A free, confidential information, advice and counselling service.

Cheltenham	01242 584881
Gloucester	01452 381166
Stroud	01453 755711
Cinderford	01594 825656

DRINKLINE – Free & confidential advice about sensible drinking

Tel: 0800 917 8282 (English & Welsh)

Mon-Fri 7.00am – 11.00pm

24 hours at weekends

Rape, Assault or Sexual Abuse

For help on assault, rape and sexual abuse contact:

Women's Helplines

RAPE CRISIS

A confidential counselling, information and support service for women and children who have been raped or sexually assaulted at any time in their lives. Support and information also available to people supporting a survivor of sexual violence. Service provided by volunteer women counsellors.

Tel: **01452 526770**

Mon, Tues, Wed & Fri 7.30pm – 8.30pm

Thurs 11.30am – 12.30pm

24 hr answerphone service – response within 24 hours or write to:

Gloucestershire Rape Crisis(Gloucester), PO Box 16, Gloucester GL4 0RU

Email: info@rapecrisis.co.uk

Bristol Crisis Service for Women

Helpline **0117 925 1119**

Fri – Sat nights 9.00 pm – 12.30 am

Sunday evenings 6.00 pm – 9.00 pm

www.users.zetnet.co.uk/BCSW

email: bcsw@btconnect.com

Helplines for both women & men

SOCA – Survivors of Child Abuse

For people, aged 17 and above who have been abused in childhood or adolescence.

Tel: **01452 309026**

(There may be a charge for this service, dependant on income)

Gloucestershire Domestic Violence Support and Advocacy Project

Helpline Gloucester **01452 500115**

24 hours a day, 7 days a week

Men's Helplines

Support for men who have been sexually abused or raped.

MASH – Men as Survivors Helpline

Bristol

0117 907 7100

Line open Thursdays 7.00pm – 9.00pm

SURVIVORS SWINDON

Survivors Swindon is a regionally based, nationally recognised agency, offering a confidential telephone helpline

Tel:

0845 430 9371

Line open Wednesdays 7.00pm – 9.00pm

www.survivorsswindon.com

Survivors UK Helpline

Tel:

0845 12 21 201

Tuesday & Thursdays 7.00pm – 10.00pm

Email: info@survivorsuk.org.uk

Other Information

Gloucestershire Boys and Young Mens Network – Lots of useful information and links. www.gbymn.org.uk

SAMARITANS

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

National tel no. **08457 90 90 90** auto transfer to nearest available listener.

You can also phone or Drop in Gloucester
01452 306333 between 9.00 am – 10.00 pm
Cheltenham **01242 515777** between 8.00 am – 10.00 pm

www.samaritans.org.uk

Relate

A confidential counselling service provided by professionally trained counsellors for couples or individuals experiencing relationship problems.

Relateline: **0845 130 40 10**

9.30 am - 4.30 pm Mon- Fri

Locally:

Gloucester **01452 522071**

Cheltenham **01242 523215**

www.relate.org.uk

Winston's Wish – Guidance and information for families of bereaved children.

Gloucester **01452 394377**

(general enquiries).

www.winstonswish.org.uk

SAD Association – Season Affective Disorder

helpline **01903 814 942**

www.sada.org.uk

Muslim Youth Helpline

Free confidential counselling service

Mon - Thurs 6.00 - 9.00 pm

Fri 6.00pm - 12am

Sat/Sun 12pm - 12am

(free) 0808 808 2008

Citizen's Advice Bureau

Cheltenham **01242 522491**

Gloucester **01452 527202**

Cirencester **01285 652908**

Cinderford **01594 823937**

Stroud **01453 762084**

Tewkesbury **01684 296347**

CALM 0800 585858

A helpline for 15 - 24 year old men at the onset of depression. Gives advice and support. Free and confidential.

Every day 5 am – 8 pm

www.comcarenet.co.uk/trafford/therapy/calm.htm

www.thecalmzone.net

Helpful Web Sites

Comprehensive list of help-lines and support organisations at:

www.rethink.org/at-ease/organisations

Rethink – exists to improve the lives of everyone affected by severe mental illnesses by providing quality support, services and information and by influencing local, regional and national policies, **www.rethink.org**
email: info@rethink.org

Manic Depression Fellowship
www.mdf.org.uk

Steady: Support and Training for Elation and Depression in Youth – self help
www.steady.org.uk

Mental Health Foundation, provides information and research on mental health issues – see their comprehensive ‘A bright future for all: promoting mental health in education’ – manual and handouts – downloadable at **www.mentalhealth.org.uk**

RE: Stigma and Discrimination:

site containing all the materials, booklets, videos and tools from the Royal College of Psychiatrists 5 year national anti-stigma campaign www.rcsych.ac.uk/campaigns/cminds/index.htm

Your own information/notes

Your GP

Health Promotion 

Part of the Gloucestershire
Public Health Network

Produced by Health Promotion in
collaboration with Gloucestershire
Healthy Schools Partnership.