



community  
access support  
service

Mental health and emotional  
wellbeing support in Bristol



## Health and wellbeing in Bristol

Bristol has a broad range of health and wellbeing services to help people cope in times of emotional distress.

The Community Access Support Service (CASS) is run by the Healthy Living Consortium:

- Wellspring Healthy Living Centre
- Knowle West Health Park
- Southmead Development Trust

These three organisations provide a variety of health services, covering the whole of the city of Bristol. For more information, see our contact details on the back cover.



CASS is part of Bristol Mental Health and funded by the NHS

## Going to your GP

- An individual doesn't have to be physically ill to go and see a GP. If they are feeling low, upset, unable to cope or stressed, it is a good idea to see a GP.
- A GP can talk to an individual about their feelings, assess their needs and refer them to further support. They will be able to discuss different treatment options, such as medication or talking therapies.
- If someone is nervous about making an appointment, they can request to see a doctor they already know or someone who specialises in mental health support. They can also take a friend or family member along with them to the appointment. Writing things down beforehand will help them remember what they want to say.
- Seeing a GP is an important step in accessing the right support.

## Other support services

The following services are mainly run by charities and can be accessed by anyone with no referral needed.

- Bristol Mindline is open Wednesday—Sunday from 8pm—midnight on 0808 808 0330 [www.bristolmind.org.uk](http://www.bristolmind.org.uk)
- SANE Line is available for support and mental health info on 0845 767 8000 every day from 6pm—11pm [www.saneline.org.uk](http://www.saneline.org.uk)
- Changes Bristol offers free support groups across the city for anyone suffering mental distress. For more information, call 0117 941 1123 or visit [www.changesbristol.org.uk](http://www.changesbristol.org.uk)
- Self Injury Self Help (SISH) provides a free support group for anyone who uses self-harm, currently or in the past. Tuesday evenings 6.30—8pm @ Bristol Mind Office, Old Market. Call 0117 230 8230 or visit [www.sishbristol.org.uk](http://www.sishbristol.org.uk)

- Somerset & Avon Rape & Sexual Abuse Support (SARSAS) offers support to people who have experienced any form of sexual violence at any point in their lives. Call 0117 929 9556 or visit [www.sarsas.org.uk](http://www.sarsas.org.uk)
- The LGBTQ Emotional Wellness Programme is a free group for lesbian, gay, bisexual, transgender and queer people over 18 who are experiencing emotional distress. Meetings are Mondays 7pm—9pm at Windmill Hill City Farm. Email [info@lgbthealthforumbristol.co.uk](mailto:info@lgbthealthforumbristol.co.uk)
- The Bristol Eating Disorder Peer Support group offers two free support groups for anyone affected by eating disorders. Call 07756276100 or visit [bristoleatingdisordersgroup.weebly.com](http://bristoleatingdisordersgroup.weebly.com)

- Nilaari provides counselling, advocacy and support primarily to Black Asian & Minority Ethnic (BAME) adults and young people in Bristol. Call 0117 952 5742 or visit [www.nilaari.co.uk](http://www.nilaari.co.uk)
- Bipolar UK runs free support groups in Bristol for anyone affected by or concerned about bipolar. Call 020 7931 6480 or visit [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)
- Bristol Mental Health has launched a programme of new services bringing together public and voluntary organisations in providing mental health support. For more information, visit [www.bristolmentalhealth.org](http://www.bristolmentalhealth.org)
- Bristol Wellbeing Therapies offers counselling, courses and group support by referral. Visit [iapt-bristol.awp.nhs.uk](http://iapt-bristol.awp.nhs.uk) or contact your GP for more information.



- Off the Record provides free and confidential mental health support to young people aged 11-25 in Bristol. Call 0808 808 9120 or visit [www.otrbristol.org.uk](http://www.otrbristol.org.uk)

## For women

- Women's Mental Health Crisis House (Missing Link). Self-referral via 0117 925 1811  
9 am—5 pm Mon—Fri
- Self Injury Support (formerly Bristol Crisis Service for Women) supports women and girls affected by self-injury or self-harm. Helpline open Tues—Thurs evenings 7—10pm and Thursday afternoons 3—6pm 0808 800 8088. Text & email support service (TESS) open Sun—Fri 7—9pm 0780 047 2908 [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)
- Womankind offers befriending, counselling and support groups for women in Bristol.  
Contact 0117 9166461 or visit [www.womankindbristol.org.uk](http://www.womankindbristol.org.uk)

## For men

- Crisis House for Men (St Mungo's)  
self-referral via 0117 934 9848
- Time Out for Men provides support for men at Wellspring Healthy Living Centre, Barton Hill, from 2pm—4pm every Tuesday. One-to-one support is also available. Call 0117 304 1418 or visit [www.wellspringhlc.org/wellbeing-team](http://www.wellspringhlc.org/wellbeing-team)
- Campaign Against Living Miserably (CALM) provides support for men through a helpline and webchat service. Helpline 5pm—midnight 365 days a year 0800 58 58 58. Webchat available 5pm—midnight 365 days a year at [www.thecalmzone.net](http://www.thecalmzone.net)

## In a crisis?

- The Samaritans is available 24 hours a day on 0845 790 9090 or 0117 983 1000  
[www.thesamaritans.org](http://www.thesamaritans.org)
- Contact Bristol Crisis Service 24 hours a day, 7 days a week on 0300 555 0334



- Contact your GP or your GP's out of hours service
- Go to Accident and Emergency and ask to see the on-duty psychiatrist
- Call the emergency services 999 for assistance if you have a life-threatening injury or NHS 111 if you need help, but it's not a life-threatening emergency.

If you have been in recent contact with mental health services in Bristol, you can contact your

Local Recovery Team:

- Central area 0117 955 6098
- Petherton (South Bristol) 01275 796200
- Gloucester House (North Bristol) 0117 323 5822

# Contact us

## Community Access Support Service



0117 911 9832

[info@cassbristol.org](mailto:info@cassbristol.org)

[www.bristolmentalhealth.org](http://www.bristolmentalhealth.org)

## Wellspring Healthy Living Centre



Healthy Living Centre

0117 304 1400

[reception@wellspringhlc.org](mailto:reception@wellspringhlc.org)

[www.wellspringhlc.org](http://www.wellspringhlc.org)

## Southmead Development Trust



0117 950 3335

[info@southmead.org](mailto:info@southmead.org)

[www.southmead.org](http://www.southmead.org)

## Knowle West Health Park



0117 377 2255

[info@knowlewesthealthpark.co.uk](mailto:info@knowlewesthealthpark.co.uk)

[www.knowlewesthealthpark.co.uk](http://www.knowlewesthealthpark.co.uk)