

North Somerset Mental Health and Wellbeing



Directory of Services for Children and Young People



Healthier Together

Improving health and care in Bristol,
North Somerset and South Gloucestershire



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North Somerset Mental Health and Wellbeing

Directory of Services for Children and Young People

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Introduction

This directory provides a place for children and young people, their families and professionals to get quick, easy and direct access to up-to-date mental health and wellbeing information in North Somerset, including:

- Clear, accurate information about support and services available in North Somerset
- Ideas for activities locally to help you look after your wellbeing
- Self-help tools and information including online resources

Searching online is often now the first way people look for information when they, or the people they care for or support, need help. North Somerset is committed to improving access to online information and resources, in particular in the area of mental health. This directory is part of a long-term plan to make digital choices available for people in the area who want to improve their wellbeing.

If you are looking for information on a range of common mental health problems such as anxiety, stress, eating disorders or self-harm, please visit youngminds.org.uk

You can contact the team with any comments/feedback about the directory or with any ideas at: shaun.cheesman@n-somerset.gov.uk Unfortunately, we are unable to respond to queries about individual situations or give advice.

For directories of services in other local areas, please follow the links below:

- [Bristol](#)
- [South Gloucestershire](#)

Please note, this publication is designed to offer a broad overview of the main mental health and wellbeing services available to young people aged 0-25, their families and professionals. It is not intended to be a comprehensive directory of all services.

All information is provided by organisations and services themselves. We cannot guarantee the quality of all the services and resources listed here so we advise young people, their families and carers to make their own assessments of quality and suitability for their specific purposes.

All services are free to access unless otherwise stated.

Where possible this directory includes information on who has oversight for various organisations, to support you in making assessments of quality, safety and suitability.

*The information is correct as of **March 2022** and is updated regularly.*

How to Support Mental Health and Wellbeing

Mental health and wellbeing is not just about specific mental health services. It is about how we think and feel about our lives and ourselves.

Looking after your wellbeing is key to how we manage and deal with ups and downs throughout our lives. [The NHS website](#) sets out five ways to look after your wellbeing:

1. Connect with other people
2. Be active
3. Learn new skills
4. Give to others (including giving your time through volunteering)
5. Pay attention to the present moment ('mindfulness')

There are a huge number of organisations, teams and groups in North Somerset that can help you with your wellbeing. Why not check one of the websites below for some ideas:

Join a sports club

[North Somerset Online Directory for Local Sports Clubs](#)
[BBC Club Finder](#)
[The West of England Sport Trust \(Wesport\)](#)

Learn a musical instrument or join a music group

[Music Education Partnership: North Somerset](#)

Join a local group like Scouts or Girlguiding

[Find your local Scout Group](#)
[Find your nearest Girlguiding Unit](#)
[Woodcraft Folk](#)
[Weston-Super-Mare Sea Cadets](#)

Take up arts and crafts

[Theatre Orchard](#)
[Great Western Youth Theatre](#)
[Re:ACT performing and production arts](#)
[Winscombe Youth Theatre](#)
[Portishead Young Players](#)
[Creative Shift](#)
[Bristol Old Vic – Young Company](#)

Volunteer and help out in your community

[VANS North Somerset](#)
[NCS | National Citizen Service](#)

Take part in after school activities

[North Somerset clubs, activities and sports directory](#)
[Disabilities, special needs and the local offer](#)

Find your local children's centre

[Children's Centres](#)

Join your local library

[North Somerset Library Service](#)
North Somerset libraries stock books on a range of mental health topics – including those from the [Reading Well booklist](#)

Find a park or play area

[North Somerset parks and open spaces](#)

Directory of Mental Health Services

This Directory provides information on a range of services available in North Somerset to support the mental health of children and young people, their parents and carers, and professionals working with them.

So that you can easily tell the level of support offered, services will be split into five categories, known as *iThrive*:



- 1) **Thriving** - Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies
- 2) **Getting Advice** – Those who need advice, signposting, self-management and one-off contact
- 3) **Getting Help** – Those who need focused, goals-based help
- 4) **Getting More Help** - Those who need more extensive and specialised goals-based help
- 5) **Getting Risk Support** – Those who need risk management and crisis support, including for those who have not benefitted from or been able to use other help

Each entry in the Directory will include a key at the top of the page indicating the level of *iThrive* support, the age range of the service, and whether the service is for

- Children & young people (**CYP**)
- Parents & carers (**P&C**)
- Professionals working with children, young people, parents and carers (**PRO**)

1625 Independent People



16-25

CYP; PRO

1625 Independent People works with young people who are homeless, leaving care or at risk of homelessness in Bristol and the South West. Our services ranges from signposting or advice, to intensive one-to one support, supported housing, group activities and peer support.

As well as providing safe, stable accommodation, we provide practical and emotional support to ensure vulnerable young people can build healthy relationships, develop independent living skills and can access jobs and training. We nurture the existing skills, strengths and talent in young people, to show them they can believe in themselves, and that they have the skills to thrive as an independent adult.

Our staff are trained to provide emotional support, as young people often have histories that involve trauma and disrupted family life. We know that positive relationships based on trust, mutual respect and dignity is the key tool for change for young people.

What do they offer?	Mental health support, signposting, relationship building
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people; Professionals
Age range	16-25
How do I access this service?	Self-referral; Social care referral; Personal assistant referral
Where do I access this service?	At our location; Outreach (in the community)
Address	58-59 Old Market Street, Bristol, BS2 0ER
Accessibility Information	https://www.1625ip.co.uk/accessibility/
Website	https://www.1625ip.co.uk
Telephone	0117 317 8800
Email	enquiries@1625ip.co.uk
Social Media	 1625ip  1625independentpeople  1625ip
Who monitors or accredits this service?	

Barnardo's Against Sexual Exploitation (BASE)



0-18

CYP

BASE work alongside children and young people of all genders who are being, or are at high risk of being, sexually exploited. BASE deliver a relationship based, trauma informed, one to one intervention to children and young people. Support is decided between the young person and their BASE worker and is individually tailored to meet their needs. This can include:

- A safe space to talk through difficulties or worries
- Creative and therapeutic activities which can support sensory and emotional regulation and development of self-esteem, receiving practical help and support
- Opportunities to use psycho-education resources and activities, where appropriate BASE workers understand that not all children and young people feel ready to talk about their different experiences and therefore we work at the child's pace and with no expectation that they should talk about anything they don't feel comfortable with.

BASE workers are qualified in social work, youth work or mental health nursing or have other relevant experience in relation to the role.

What do they offer?	Mental health support, therapeutic support, sexual exploitation support, signposting
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people
Age range	0-18
How do I access this service?	Phone 0117 934 9726 for advice on making a referral
Where do I access this service?	Outreach (in the community)
Address	38-39 Old Market Street, Bristol, BS2 0EZ
Accessibility Information	Only stairs to access first and second floor
Website	https://www.barnardos.org.uk/what-we-do/services/base-bristol-hub-spokes
Telephone	0117 934 9726
Email	oldmarketservices@barnardos.org.uk
Social Media	
Who monitors or accredits this service?	

The Bridge Foundation







0-25

CYP; P&C; PRO

The Bridge Foundation is a Bristol-based charity that provides accessible, high quality clinical services to a wide range of individuals, professionals and commissioners. Since our formation in 1983, we have grown into a multidisciplinary, psychoanalytic Centre of Excellence, specialising in child and family mental health. Today, our Bridge Psychotherapy Service and Bridge in Schools programme provide therapy and consultation for more than 200 clients a week.

We are commissioned by schools, social services and undertake a lot of work funded by the Adoption Support Fund. Clients can also self-refer into our fee-paying services for families, children and adults. Due to the pandemic we have been able to reach a wider range of people by offering our services remotely. We also run a vibrant programme of public events and training courses, to promote the application of psychoanalytic thinking in clinical practice, the arts and public life.

What do they offer?	Family therapy, Child counselling, Counselling, Psychotherapy, Art therapy, Play therapy; Adoption support
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	13 Sydenham Road, Bristol, BS6 5SH
Accessibility Information	Accessible therapy room available
Website	https://www.bridgefoundation.org.uk/
Telephone	0117 942 4510
Email	info@bridgefoundation.org.uk
Social Media	 bridgefoundationbristol  bridgefoundationbristol  Bridge therapy  the-bridge-foundation-bristol
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

The Bridge, Sexual Assault Referral Centre




0-25

CYP; P&C; PRO

The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted at any time in their lives.

We also offer information and support to friends and family if someone you care about has been affected by rape or serious sexual assault.

What do they offer?	Sexual assault support, Medical support; Emotional and psychological support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral (with consent)
Where do I access this service?	At our location; Online
Address	2nd Floor, Central Health Clinic, Tower Hill, Bristol, BS2 0JD
Accessibility Information	Service is aimed to be accessible to all
Website	https://www.thebridgecanhelp.org.uk/
Telephone	0117 342 6999
Email	ubh-tr.thebridgecanhelp@nhs.net
Social Media	 TheBridgeSARC
Who monitors or accredits this service?	Care Quality Commisison (CQC) , NHS England

CAMHS – Child and Adolescent Mental Health Service



0-18

CYP; P&C; PRO

Child and Adolescent Mental Health Services (CAMHS) are teams of mental health professionals who work with children and young people with emotional, behavioural or mental health difficulties. There are also CAMHS Primary Mental Health Specialists working in other settings such as schools, and local authority social care teams.

Children/young people and parent(s)/carer(s) can be seen individually. Sometimes, one appointment is enough to enable someone to cope better with their difficulties, but if further appointments are needed they will work in partnership to offer on going therapeutic interventions. CAMHS includes specialist teams to help with learning disabilities, self-harm, substance misuse, sexual behaviour, eating disorders and supporting children in care.

What do they offer?	Mental health support, Counselling, Therapeutic support, Family support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help; Getting Risk Support
Who is this for?	Children & young people, with specialist support available for children in care and children with learning disabilities; Parents & carers; Professionals
Age range	0-18
How do I access this service?	Health Professionals, Social Care and Schools can refer through the Single Point of Entry form available here - http://cchp.nhs.uk/cchp/clinicians
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Drove House, Drove Road, Weston-super-Mare, BS23 3NT; The Barn, Great Western Road, Clevedon, BS21 6HB
Accessibility Information	
Website	https://cchp.nhs.uk/cchp/explore-cchp/child-family-consultation-services-camhs-0
Telephone	0300 125 6700
Email	awp.nscamhs@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

Cruse Bereavement Support






4-17

CYP; P&C

We help people through one of the most painful times in life – with bereavement support, information and campaigning. Our values underpin who we are as an organisation. We believe in being kind, ambitious, inclusive and genuine. Children and young people experience the same sorts of feelings as adults when someone dies. But they may express them differently. Our volunteers are trained to work with children aged 4-17 years, in-person, on the phone or by video call.

Children and young people may react in a number of ways after the death of someone close. These can include both emotional and physical responses. Understanding the signs of grief in a child means we can give them the help they need.

What do they offer?	Grief and bereavement support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Bereaved children & young people
Age range	4-17
How do I access this service?	Self-referral via email
Where do I access this service?	Outreach (in the community); Online
Address	
Accessibility Information	
Website	https://www.cruse.org.uk/
Telephone	0808 808 1677 (national helpline)
Email	bristol@cruse.org.uk
Social Media	 crusesupport  crusebereavementsupport  CruseSupport
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

Dads in Mind



0-18

P&C; PRO

Dads in Mind offer both group and 1:1 support to dads supporting their partners with mental health during pregnancy and after birth and/or experiencing depression/anxiety related to their own new role as a parent. Depression and anxiety, or any mental health concern, can be heavy. Supporting your partner and becoming a Dad can feel overwhelming. Your new role might be the trigger for past worries to resurface or brand new ones to occur.

All our support workers have lived experience of managing mental ill health and/or supporting our partner and we are keen to give fathers the opportunity to have their voices heard too.

What do they offer? Mental health support; Parental support (post-natal depression, pregnancy, birth)

What level of support is this? (*iThrive*) Thriving; Getting Advice; Getting Help

Who is this for? Dads and professionals working with dads

Age range 0-18

How do I access this service? Self-referral; Referral by health professional

Where do I access this service? At our location; Outreach (in the community); Online


Address Bluebell Place, 2 Quay Street, Bristol, BS1 2JL

Accessibility Information

Website <https://www.dadsinmind.org/>

Telephone

Email adrian@dadsinmind.org (Bristol & South Gloucestershire)
john@dadsinmind.org (North Somerset)

Social Media  [DADSINMIND](#)
 [DADSINMIND](#)

Who monitors or accredits this service?

Educational Psychology – North Somerset




0-25

CYP; P&C; PRO

Educational Psychologists are experts in facilitating change to find a way forward when things feel 'stuck'. We will work with key adults to tackle challenges such as: complex cognition and learning difficulties; language, communication and interaction difficulties; social, emotional and mental health difficulties; issues around disability as well as more complex developmental difficulties. Educational Psychologists can provide support around individual children and young people, as well as providing support at a whole school, systemic level.

We work in a variety of ways and offer problem-solving consultation, advice and support to key adults (i.e. teachers, parents, SENCOs), the wider community, as well as the children and young people concerned. We are committed to working in a 'person-centred' way, to support the inclusion, participation and achievement of children and young people; this may include meeting with children and young people to elicit their views, observations, and/or assessment activities, to complement the information already available.

What do they offer?	Mental health support; person-centred; systemic support; social, emotional and mental health (SEMH)
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & Young People; Parents & Carers; Professionals
Age range	0-25
How do I access this service?	We provide a statutory EP service to North Somerset Council, a preventative EP service to other teams, schools and settings, and we accept traded commissions from all school settings in North Somerset.
Where do I access this service?	Outreach (in the community); Online
Address	Castlewood, Tickenham Road, Clevedon, BS21 6FW
Accessibility Information	
Website	https://supportservicesforeducation.co.uk/Pages/Download/707d5a6f-78d9-4c72-a8e3-131e9bea7c38/PageSectionDocuments
Telephone	01823 357000
Email	SSE@somerset.gov.uk
Social Media	 EPSomerset
Who monitors or accredits this service?	Health and Care Professions Council (HCPC)



The Green House



0-25

CYP; P&C

We offer free specialist therapy to adults, children and young people who have been impacted by sexual abuse. Our Children and Young People's Service offers free, specialist therapy for children and young people who have experienced sexual abuse. Our therapists use creative therapies, such as art and drama therapy, to help children and young people explore their feelings and experiences in a way that feels right for them.

What do they offer?	Sexual abuse support, Trauma-informed counselling, Creative Therapy, Art Therapy, Mental Health support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers
Age range	0-25
How do I access this service?	Self-referral; Professional referral (with consent)
Where do I access this service?	At our location
Address	St Agnes Lodge, 45 Thomas Street, St Paul's, Bristol, BS2 9LJ
Accessibility Information	
Website	https://the-green-house.org.uk/
Telephone	0117 325 1707
Email	info@the-green-house.org.uk
Social Media	 GreenHseBristol  GreenHseBristol
Who monitors or accredits this service?	

Harmful Sexual Behaviour Project - Youth Offending & Prevention



Under 18

CYP

A specialist service for children and young people who are displaying harmful sexual behaviour (HSB).

What do they offer?	Assessment of HSB using the AIM3 model of assessment which provides a structured framework to assist in the analysis of HSB within the overall context of the young person's life. Interventions using a four-stage framework based on current research and theory and the Good Lives Model which is a strengths-based way of working with children and young people displaying HSB
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people
Age range	Under 18s
How do I access this service?	Use the contact details below to refer to this service
Where do I access this service?	At our location; Outreach (in the community)
Address	Central Chambers, 24-26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	
Telephone	01275 888360 07917 228258
Email	james.hopkins@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Health Visiting Service



0-5

CYP; P&C

The health visiting service is a workforce of specialist community public health nurses who provide information, support and access to interventions to families with children in the first years of life and help empower parents to make decisions that affect their family's future health and wellbeing. This service is led by health visitors and supported by a skill mix team. The service is central to delivering public health outcomes for children.

We offer an area-based health visiting service working together with local providers to deliver integrated, evidence-based services for children and their families. The service has a focus on primary prevention, partnership working and early intervention. Mental health reviews will be undertaken, and support offered as part of regular schedule of visits.

What do they offer? Health needs assessments, Primary prevention, Targeted interventions, Early intervention

What level of support is this? (*iThrive*) Thriving; Getting Advice; Getting Help

Who is this for? Children & young people

Age range 0-5

How do I access this service? Universal service, all families expecting a baby and /or with children under the age of 5 have access to the service; GP should allocate you a Health Visitor if eligible

Where do I access this service? At our location; Outreach (in the community)

Address **North Health Visiting Team**, St Barnabas Children's Centre, West Hill, Portishead, BS20 6LN

South Health Visiting Team, Badger House, Oldmixon Crescent, Weston-super-Mare, BS24 9AY

Adult Prenatal Mental Health Nurses, Health Visiting Office, Children's Services, Drove Road, Weston-super-Mare, BS23 3NT

Accessibility Information

Website <https://cchp.nhs.uk/cchp/explore-cchp/health-visiting>

Telephone 01934 533300

Email

Social Media

Who monitors or accredits this service? [Care Quality Commission \(CQC\)](#)

Home-Start North Somerset



0-5

CYP; P&C

Home Start supports families, who may feel exhausted and overwhelmed by the stresses of family life, particularly if they have little support from family and friends when they need it most. Emotional and practical support is provided for challenges such as mental health difficulties, bereavement, disability and multiple births, so that difficulties are less likely to escalate to crisis point. A carefully selected volunteer, who has parenting experience themselves, regularly visits a family in their own home, offering emotional and practical support through difficult times for as long as it is helpful or needed. This friendly parent-to-parent support is a simple yet effective way of enabling families to get back on track.

Home Start also runs 'Mums in Mind,' a peer to peer support group for mums with babies under one who are experiencing low mood, depression or anxiety and/or isolation which enables the sharing of experiences alongside wellbeing ideas.

What do they offer?	Anxiety support, Parental support, Isolation, Wellbeing support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people; Parents & Carers with at least one child under 5
Age range	0-5
How do I access this service?	Health professionals, such as Health Visitors can refer, or parents can self-refer via online referral form https://home-startnorthsomerset.org.uk/referrals/
Where do I access this service?	Outreach (in the community)
Address	Office Suite 3, Locking Road Business Park, 110 Locking Road, Weston-Super-Mare, North Somerset, BS23 3HF
Accessibility Information	https://home-startnorthsomerset.org.uk/accessibility/
Website	https://home-startnorthsomerset.org.uk/
Telephone	07771 179007
Email	info@home-startnorthsomerset.org.uk
Social Media	 homestartnorthsomerset
Who monitors or accredits this service?	

In Charley's Memory




11+

CYP; P&C

We provide 1:1 counselling for anyone over the age of 11, the sessions are not capped and you can be seen for the length of time you need.

We also aim to:

- Make support services to young adults with Mental Health conditions more accessible and reliable to work with other organisations and to help raise the profile of Mental Health.
- To advance the education and knowledge surrounding Mental Health within learning environments and wider communities; we achieve this by working closely with schools and colleges and through drop-in sessions and school assemblies.

What do they offer?	Mental health support, Counselling (anxiety, low mood, depression, obsessive compulsive disorder - OCD)
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people; Parents & carers
Age range	11+
How do I access this service?	Self-referral; GP referral
Where do I access this service?	At our location; Online
Address	Unit 6, Brue Way, Highbridge, Somerset, TA9 4AW
Accessibility Information	We have a ground floor counselling room
Website	https://www.incharleymemory.com/
Telephone	01278 557 490
Email	hello@incharleymemory.com
Social Media	 ICMCharity
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP) ; UK Council for Psychotherapy (UKCP)

Junction 21 (part of North Somerset Youth Offending Service)



8-21

CYP

The project delivers a range of youth services including mentoring, independent visiting, advocacy, missing children's interviews, appropriate adult.

We provide support for young people aged 8 to 21 (age range varies depending on service) who are vulnerable or at risk. This includes:

- being placed in local authority care or leaving care
- being at risk of offending
- being at risk of anti-social behaviour
- being at risk of poor educational achievement
- being unable to control your emotions
- feeling like you do not have a voice

Our interventions vary from short term pieces of advocacy work to long term independent visiting.

What do they offer?	Mentoring, Advocacy
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	At risk or vulnerable children & young people
Age range	8-21
How do I access this service?	Contact Junction 21 to check eligibility
Where do I access this service?	Outreach (in the community)
Address	Junction 21, Central Chambers, 24 – 26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/junction-21-mentoring-advocacy-project
Telephone	01275 888 360 07776 170 028
Email	junction21@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Kooth



11-18

CYP

Kooth is a free, safe and anonymous online wellbeing advice and support service for children and young people, which helps them to feel safe and confident in exploring their concerns and seeking professional support. It is an online application removing the need for Apple/Android accounts, data requirements and the stigma of mental health apps on your devices.

Our live counselling functionality allows children and young people to receive professional support through either booked or drop in sessions as and when a session is required. Our qualified practitioners are real people, not bots, with significant experience in working with children and young people.

What do they offer? Wellbeing support, Mental health support, Online community, Counselling

What level of support is this? (*iThrive*) Thriving; Getting Advice; Getting Help

Who is this for? Children & young people

Age range 11-18

How do I access this service? Self-referral (no referral needed)

Where do I access this service? Online

Address

Accessibility Information

Website <https://www.kooth.com>

Telephone 020 3984 9337

Email contact@kooth.com
parents@kooth.com

Social Media  [kooth_uk](#)
 [kooth_plc](#)

Who monitors or accredits this service? [British Association for Counselling and Psychotherapy \(BACP\)](#)

Leading Lights Education and Wellbeing



Leading Lights want to bring love to children and families' services. We don't think it's enough to care a bit, you have to care a lot if you want to transform outcomes.

We provide imaginative, carefully curated and case managed programmes for children and families with mental health needs which are particularly suitable for those impacted by significant anxiety, self-harm and suicidal ideation. We have expertise in the intersection between mental health and special educational needs (SEN) and neurodiversity. We work long term, holistically and with a trauma-informed approach.

What do they offer?	Mentoring - Therapeutic/ Activity Based; Some access to counselling including creative arts, theraplay, play therapy; SEN Advocacy; Specialist Emotional Support for Crisis Periods and ongoing wellbeing support; Small Group Therapeutic Creative Arts and Gaming Projects (all free to access)
	Wellbeing & education packages including tutoring and mentoring for children with EHCPs (requires NHS/ local authority funding source)
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people
Age range	5-18
How do I access this service?	Self-referral; Peer-referral; Professional referral; Parent/ Carer referral - If you're unsure you can contact us directly through the website.
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Unit 1, Avonmead House, 40-48 Stokes Croft, BS1 3QD
Accessibility Information	We don't have a bathroom accessible for those with disabilities on site.
Website	https://leadinglightseducationandwellbeing.org.uk
Telephone	0117 366 0079
Email	ella@leadinglightseducationandwellbeing.org.uk for initial referrals
Social Media	 leadinglightslove  LeadingLightsLove  LLTuition
Who monitors or accredits this service?	For counselling, children's counsellors are individually accredited by the British Association for Counselling and Psychotherapy (BACP)

Mental Health Support Team (in education)



5-18

CYP; P&C; PRO

The Mental Health Support Teams (MHST) is a new initiative that has been funded through NHS England to offer mental health support to more children and young people who suffer from anxieties and low mood.

The MHST is a partnership between OTR (Off the Record) and CAMHS. We are working with selected schools, colleges and education settings across Bristol, North Somerset and South Gloucestershire. We have six teams presently that covers 23% of the school-based population, with plans to increase this by 2024 to 50% coverage.

What do they offer?	Low intensity cognitive behaviour therapy (LICBT) for low-moderate mental health difficulties alongside working in schools to assist them in delivering whole school approaches to promoting positive mental health and wellbeing. The time this is offered is on a 50/50 basis, with an estimation that each average sized Primary school has an Education Mental Health Practitioner (EMHP) approx. half a day a week in situ.
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children & young people, Parents & carers; Professionals
Age range	5-18
How do I access this service?	All professionals working with young people can make referrals through the mental health lead in schools. Where possible children & young people are encouraged to self-refer. Accessed directly via the Mental Health Lead in the Schools (we are in) The full list can be found on OTR website listed below.
Where do I access this service?	At our location
Address	Office base: 2 Horfield Road, Bristol, BS2 8EA
Accessibility Information	We can provide access within a short distance to where children, young people and their families live as we are based in local schools that already have any special access requirements in place.
Website	https://www.otrbristol.org.uk/what-we-do/mhst/ https://otrnorthsomerset.org.uk/what-we-do/mhst/
Telephone	0117 403 8735
Email	mhstenquiries@otrbristol.org.uk
Social Media	
Who monitors or accredits this service?	CAMHS Governance through Avon & Wiltshire Mental Health Partnership NHS Trust

Mothers for Mothers






0-5

CYP; P&C

We are mothers, who have suffered and recovered from depression, anxiety or isolation during pregnancy or after the birth of one or more of our babies. We are women with lived experience who offer support, advice and information.

Our Helpline offers phone, text and online support five days a week (10am to 9pm), including weekly support calls at a pre-arranged time. Friends, family and healthcare professionals can also use it for support, information and referrals. Our Helpline is often the first step for a mother in accessing our other services. We also offer Art Psychotherapy and Counselling, Home Visits, five peer support groups per week and an Antenatal and Wellbeing in pregnancy group.

What do they offer?	Art psychotherapy, Counselling, Peer support groups for women and pre-school children, Gardening groups, Activities; Antenatal groups; Helpline; Home visits; Dads/Partners groups; Support calls
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & Carers Families impacted by Maternal Mental illness and emotional wellbeing needs - from pregnancy until youngest child starts school
Age range	0-5
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	New Fulford Family Centre, Gatehouse Avenue, Bristol, BS13 9AQ
Accessibility Information	All locations fully accessible
Website	https://mothersformothers.co.uk/
Telephone	0117 935 9366
Email	support@mothersformothers.co.uk
Social Media	 Mothers for mothers  mothersformothers  m4mbristol
Who monitors or accredits this service?	

MusicSpace






0-25

CYP

MusicSpace provides a community-based music therapy service for people of all ages but predominantly children and young people with a wide range of disabilities, complex health needs and life limiting conditions.

We also work with looked after children and those experiencing difficulties with mental health. We have a centre in Southville, Bristol where people come for sessions. Our team of state-registered music therapists also work in early years settings, schools and residential homes across the region in addition to Bristol's Children's Hospital.

What do they offer?	Music therapy, Wellness, Safe environment; Mental health support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people, particularly with autism, global developmental delay, sensory impairment, emotional and mental health needs
Age range	0-25
How do I access this service?	Self-referral; Parental referral; Health or social care professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	BS3 Community, The Southville Centre, Beaufey Road, Bristol, BS3 1QG
Accessibility Information	Centre has disabled access and access to a disabled toilet
Website	www.musicSPACE.org
Telephone	0117 953 1731
Email	info@musicSPACE.org
Social Media	 musicSPACEcharity  musicSPACEcharity  MusicSpaceBris
Who monitors or accredits this service?	Health and Care Professions Council (HCPC)

NAOS






6-25

CYP; P&C; PRO

NAOS is an intercultural therapy service. We provide individualised and accessible creative in room and outreach counselling and psychotherapy to children, young people and adults.

We also offer training and clinical supervision to professionals working with young people and support to parents and carers. The NAOS team are experienced in supporting people who have experienced trauma and in offering safe medium to long term therapy that supports individuals in living well now.

We offer individualised packages of support which can include working with schools and the other agencies around the client. We have some funded places available but mostly there is a fee for this service

What do they offer?	Trauma-informed counselling and psychotherapy; Therapeutic mentoring
What level of support is this? (<i>iThrive</i>)	Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	6-25
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	The Station, Silver Street, Bristol, BS1 2AG The Stables, 3-6 Wadham Street, Weston-Super-Mare, BS23 1JY
Accessibility Information	Both locations of our therapy rooms have lift access
Website	https://www.naos.org.uk/
Telephone	
Email	info@naos.org.uk
Social Media	 naos.therapy  affirmation.studio  naos.intercultural.therapy
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

North Somerset LGBT+ Forum






13+

CYP; P&C

The North Somerset LGBT+ Forum provides a platform for voices to be heard through activities, monthly drop-in sessions, social activities, social media and the following support groups:

- **Trans+** A support group for transgender, non-binary, and gender-questioning individuals
- **Colours Youth Group** (13-17 years old) A group set up for LGBT+ youths and allies
- **Family+** A support group for LGBT+ parents, carers, guardians, siblings, and those with LGBT+ young people under the age of 13 who are also welcome to attend
- **50+** A support group set up for older LGBT+ individuals in the community

What do they offer?	LGBT+ support - Gay, Lesbian, Bisexual, Transgender, Non-Binary, Queer, Allies, Questioning
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people, including young people with complex needs or disabilities (Family+); Parents & carers
Age range	13+
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	68 Meadow Street, Weston-super-Mare, North Somerset, BS23 1QN. Please note, Support Groups can and do take place at alternating and varying locations.
Accessibility Information	We can arrange meetings at accessible locations
Website	https://www.nslgbtforum.com/ https://nslgbtforumpages.proboards.com (Forum & Discussion Boards) https://www.etsy.com/uk/shop/NSLGBTPlusForumShop (Shop) http://eepurl.com/hhSKdf (Mailing List)
Telephone	0843 886 5428
Email	support@nslgbtforum.com
Social Media	 nslgbtforum  nslgbtforum  nslgbtforum  nslgbtforumsupport
Who monitors or accredits this service?	

Music Therapy and Wellbeing with the West of England Music Alliance





0-25

CYP; P&C; PRO

Music Therapy is one of a range of recognised arts therapies, delivered by our team of music therapists who are experienced musicians and qualified therapists, registered with and regulated by the Health and Care Professions Council.

Music therapists use music as an alternative way to make connections, communicating and responding with improvised music to the emotional state of the client. Through music, we can help children who struggle for a variety of reasons, with their mental, emotional, or physical health. Music Therapy can also help children and young people develop resilience and confidence, facilitating positive changes in emotional wellbeing.

Our therapists offer wellbeing and music small groups in school and community locations. We also deliver whole class projects in primary school (KS1 and 2). Here I Am is our half day wellbeing project for schools, which has been running since lockdown to support teachers to use music every day in class to promote positive mental health and wellbeing. We offer services from our base near Filton (South Gloucestershire), in schools and other settings in Bath & North-East Somerset, North Somerset and South Gloucestershire and further afield.

What do they offer?	Music therapy, Wellbeing support, Mental health support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral (school, family support worker)
Where do I access this service?	At our location; Outreach (in the community)
Address	South Gloucestershire Music Hub, Little Stoke Primary School, Little Stoke Lane, Bristol, BS34 6HY
Accessibility Information	South Glos. Music Hub at Little Stoke is wheelchair accessible
Website	http://www.integramusic.co.uk/schools/musictherapy/
Telephone	01934 426 430
Email	heather.walters@n-somerset.gov.uk
Social Media	 NorthSomersetMusicService  southglosmusic
Who monitors or accredits this service?	Health and Care Professions Council (HCPC)

Off the Record






11-25

CYP

Off the Record (OTR) is a mental health social movement by and for young people aged 11-25 in Bristol, South Gloucestershire and North Somerset. OTR isn't just a charity providing mental health services, it's a mental health movement mobilised to support, promote and defend the mental health, rights and social position of young people.

OTR provides information and support around wellbeing, including group work, sessions in schools and colleges, and one-to-one therapeutic support.

What do they offer?	Mental health support, Wellbeing support, Social action, Peer and support groups, Activities, 1:1 Therapies, Resilience Lab
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	11-25
How do I access this service?	Self-referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	http://www.otrbristol.org.uk/what-we-do/hubs/
Accessibility Information	
Website	https://www.otrbristol.org.uk/ https://otrnorthsomerset.org.uk/
Telephone	0808 808 9120
Email	hello@otrbristol.org.uk
Social Media	 otrbristol  otrbristol  otrbristol
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP) , Fundraising Regulator

Relate Avon



10+

CYP; P&C

We provide relationship counselling to adult individuals and couples; and family counselling. The family counselling will sometimes include children and young people with parents/carers. Any member of the family can come along to regular counselling sessions to discuss problems in a safe and relaxed setting. Typically we might see parents or step-parents with all or some of their children; young or adult siblings; or extended members of the family such as grandparents, aunts, uncles etc. By family, we mean any group of people who describe themselves as a family - so that could include friends as well.

Counselling is not provided for children & young people outside of a family counselling approach.

What do they offer? Counselling, Relationship support, Family support

What level of support is this? (*iThrive*) Getting Help

Who is this for? Children & young people; Parents & carers

Age range 10+

How do I access this service? Self-referral

Where do I access this service? At our location; Online


Address 133 Cheltenham Road, Bristol, BS6 5RR

Accessibility Information No disabled access

Website <https://www.relate-avon.org.uk/>

Telephone 0117 942 8444

Email recep.relateavon@btconnect.com

Social Media  [RelateAvon](#)
 [RelateAvon](#)

Who monitors or accredits this service?

School Nursing Team



4-19

CYP

The School Health Nursing Team is a public health nursing service made up of School Health Nurses and School Health Assistants who are experienced in working with children and young people. The School Health Nursing Service provides free, accessible health information and advice through brief interventions, early identification, prevention and signposting (including sexual health, healthy lifestyles and emotional wellbeing).

They aim to empower children, young people, families and schools to make positive health changes to improve outcomes.

What do they offer?	School nursing, Health advice, Health support, Mental health support, Sexual health support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	4-19
How do I access this service?	Self-referral; Professional referral (social care, school)
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Badger House, Oldmixon Crescent, Weston-super-Mare, BS24 9AY
Accessibility Information	
Website	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing
Telephone	01934 419339
Email	nsomerset.schoolnurses@nhs.net
Social Media	
Who monitors or accredits this service?	Care Quality Commission (CQC)

Substance Advice Service



10-18

CYP; P&C; PRO

The Substance Advice Service is a specialist service for young people, families/carers and professionals, providing young people with support, information and advice about drugs, alcohol and tobacco and treatment interventions with those who are using substances who want to reduce or to stop their use.

SAS can provide: intermediate and advanced level training for NSC employees, foster carers and other professionals bookable via CPD online, 1-to-1 support for young people around substance use and risk factors influencing substance misuse, information, advice and guidance to families/carers, treatment services, consultation and support to partner agencies, health promotion at events, education resources and input to schools on an individual basis.

SAS provide an individual tailored programme of drugs and alcohol education and treatment for young people including: full health assessment, advice, guidance and support, harm reduction, relapse prevention, groupwork in schools and other youth organisations, referral to tier 4 services and adult drugs services if required, through care and after care, diversionary activities and support to stop smoking

What do they offer?	Drug and alcohol support, Group work, Professional training, Information sharing, Health promotion, Education
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help; Getting More Help
Who is this for?	Children & young people; Parents & carers; Professionals
Age range	10-18
How do I access this service?	Self-referral by telephone; Professional referral (with consent of young person)
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Central Chambers, 26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	https://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=hRJZS0gl-f8
Telephone	01275 888360
Email	sas@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

VitaMinds



16+

CYP; P&C

We offer a range of short-term psychological therapies to adults aged 16 and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire. The service is aimed at those who suffer with low to moderate anxiety or depression.

We are not an emergency service and are not able to help with immediate crisis situations.

What do they offer?	Therapy, Improving Access to Psychological Therapies (IAPT), Cognitive Behaviour Therapy (CBT), Talking therapies, Mental health support, Wellbeing support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & young people with anxiety or low mood; Parents & carers
Age range	16+
How do I access this service?	Self-referral; GP referral; Social care referral
Where do I access this service?	At our location; Outreach (in the community); Online
Address	
Accessibility Information	Website is fully accessible, locations for therapy are also accessible
Website	https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire/
Telephone	0333 200 1893
Email	enquiries@vhg.co.uk
Social Media	
Who monitors or accredits this service?	NHS Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group

Wanted Not Wasted (WOW)




5-18

CYP

Not for profit organisation providing free groups , counselling and mentoring for children in Weston. Our primary area of delivery is South Weston.

We believe in early and timely intervention and all our services are aimed at helping children reach adulthood safely, as well as militating against damage that they may have already been exposed to. From our very small beginnings we now provide children's groups two days a week and free one to one support (counselling and mentoring) to children and young adults four days a week in the WOW shop and local community.

What do they offer?	Counselling, Mentoring, Group Work
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice; Getting Help
Who is this for?	Children & young people
Age range	5-18
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	At our location; Outreach (in the community)
Address	No 3 St Andrews Parade, Bournville, Weston-Super-Mare, BS23 3SS (service delivery) 35 Totterdown Road, Weston-Super-Mare, BS23 4LH (post)
Accessibility Information	Wheelchair access
Website	https://wantednotwasted.wixsite.com/wantednotwasted
Telephone	07588 512 621
Email	wantednotwasted@gmail.com
Social Media	 wantednotwasted
Who monitors or accredits this service?	

Wellspring Counselling





11-18

CYP

Wellspring offers confidential help and support from professionally trained counsellors to people in the local community. Their Young People's Service provides donations-based counselling to anyone aged 11-18 and residing in North Somerset. Wellspring Counselling's team of counsellors work with young people with concerns including anxiety, depression, bereavement, low self-esteem, trauma, abuse, self-harm and suicide ideation.

Many of Wellspring's counsellors work online and several offer after-school in-person sessions at a local secondary school. Clients are initially offered 12 or 24 sessions depending on the needs identified during the initial assessment appointment and this is reviewed throughout the course of the counselling.

What do they offer?	Counselling, Trauma-informed support, Anxiety and low mood support, Self-harm and suicidal ideation support
What level of support is this? (<i>iThrive</i>)	Getting Help
Who is this for?	Children & Young People
Age range	11-18
How do I access this service?	Self-referral
Where do I access this service?	At our location; Online
Address	Chapel Precinct, 74 Silver Street, Nailsea, BS48 2DS
Accessibility Information	Accessible
Website	https://www.wellspringcounselling.org.uk/
Telephone	01275 810 879
Email	reception@wellspringcounselling.org.uk
Social Media	 wellspring_counselling  wellspringcounsellingnailsea
Who monitors or accredits this service?	British Association for Counselling and Psychotherapy (BACP)

Weston-Super-Mare Mental Health Support in Schools



11-18

CYP

We provide confidential counselling for students at Broadoak, Hans Price, Voyager, Westhaven and Winterstoke Secondary Schools. We provide a safe space for students to talk through their worries including relationships, school pressures, emotions and feelings, identity, family, friends and loss.

What do they offer? Counselling in schools, Mental health and wellbeing support

What level of support is this? (*iThrive*) Getting Help

Who is this for? Parents & carers

Age range 11-18

How do I access this service? Self-referral; School referral

Where do I access this service? At our location

Address Service provided in schools

Accessibility Information

Website

Telephone 07734 603 648

Email J3admin@barnardos.org.uk

Social Media

Who monitors or accredits this service?

Winston's Wish







0-25

CYP; P&C; PRO

Winston's Wish is a national charity supporting children, young people and their families after a bereavement, including the death of a parent or sibling. Winston's Wish offers a wide range of practical support and guidance to bereaved children up to the age of 25, their families and professionals via a Freephone Helpline, online support, a crisis messenger text service, individual and group support, publications and training.

We support all children (including pre-school age) and young people up to the age of 25 when someone is seriously ill or when grieving for someone important to them. We are a specialist provider of support for children bereaved through suicide and for children with special educational needs or disabilities.

What do they offer?	Bereavement and grief support, Advice, Group support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Bereaved children & young people; Parents & carers; Professionals
Age range	0-25
How do I access this service?	Self-referral; Professional referral
Where do I access this service?	Outreach (in the community); Online
Address	
Accessibility Information	Translator function on website, subtitles for virtual support
Website	https://www.winstonswish.org/
Telephone	08088 020 021
Email	lhewetson@winstonswish.org , rgooding@winstonswish.org (local practitioners) info@winstonswish.org (general contact)
Social Media	 winstonswish  winstonswishcharity  winstonswish  WinstonsWishCharity
Who monitors or accredits this service?	

Unity Sexual Health




13+

CYP; P&C, PRO

Unity Sexual Health is a free and confidential integrated sexual health service for Bristol, North Somerset and South Gloucestershire. We specialise in providing a range of contraception (including patients who require more complex methods) and testing, diagnosis and treatment of sexually transmitted infections.

Unity offers a range of other services, set out on our website, including LGBTQ+ support, psychosexual help, and advice and support on issues including domestic violence and abuse, consent, gender and sexual exploitation.

What do they offer?	Sexual health, Advice, Support Information, Contraception
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children & young people, Parents & carers; Professionals
Age range	13+
How do I access this service?	Self-referral; Professional referral (including GP referral)
Where do I access this service?	At our location
Address	Find your local clinic - https://www.unitysexualhealth.co.uk/locations/
Accessibility Information	
Website	https://www.unitysexualhealth.co.uk
Telephone	0117 342 6900
Email	
Social Media	 unitysexhealth
Who monitors or accredits this service?	Care Quality Commission (CQC)



Young Carers Service – Alliance Homes



5-18

CYP; PRO

We can help to relieve some of the stresses associated with being a Young Carer. We provide Young Carers the chance to meet other young carers and for them to get involved in things that are 'just for them'. We run Welcome groups, Therapeutic groups, Social meet ups, Holiday workshops, Day trips, Residential weekends, One-to-one support, Online support and Support in Schools. Get in touch to find out what support is on offer to you.

What do they offer?	Therapeutic support, Groups, Activities, Advocacy, 1:1 Support
What level of support is this? (<i>iThrive</i>)	Thriving; Getting Advice
Who is this for?	Children and young people – young carers; Professionals
Age range	5-18
How do I access this service?	Self-referral; Professional referral (with parent/carer permission)
Where do I access this service?	At our location; Outreach (in the community); Online
Address	Alliance Homes, 40 Martingale Way, Portishead, BS20 7AW
Accessibility Information	
Website	https://www.alliancehomes.org.uk/
Telephone	03000 120 120
Email	carersupport@alliancehomes.org.uk
Social Media	 nscarerssupport  alliancehomesgroup
Who monitors or accredits this service?	

Young Victims Service





5-18

CYP; PRO

The Young Victims Service offers trauma-informed support and interventions on a voluntary basis, for children and young people affected by crime, anti-social behaviour or domestic abuse from across the Bristol, North Somerset, South Gloucestershire, Bath & North East Somerset and Somerset areas.

The service aims to rebuild confidence and increase feelings of safety. Advocates use a range of methods including face to face and online work with young people, drawing on their strengths to empower them to cope and recover and move forward from their experience.

What do they offer?	Trauma-informed victim support, Emotional and wellbeing support
What level of support is this? (<i>iThrive</i>)	Getting Advice; Getting Help
Who is this for?	Children and young people affected by crime, anti-social behaviour or domestic abuse
Age range	5-18
How do I access this service?	Self-referral (if aged 16+); Parental referral; Professional referral (with parent/carer consent or young person consent if aged 16+)
Where do I access this service?	Outreach (in the community); Online
Address	
Accessibility Information	
Website	https://www.youngvictims.org.uk/
Telephone	01275 88 44 88
Email	young.victims@n-somerset.gov.uk
Social Media	 youngvictims  youngvictims
Who monitors or accredits this service?	North Somerset Youth Offending Service ; Office of the Police and Crime Commissioner (Avon & Somerset) ; Home Office

The Youth Inclusion Support Project (YISP)

10-18



CYP

The Youth Inclusion Support Project (YISP) aims to prevent offending and antisocial behaviour by providing support to young people 10-18 experiencing significant risk factors, such as behavioural issues or emotional and mental health difficulties. It works with medium and high levels of risk and vulnerability. The wide range of issues that can be supported, in the context of the family include difficulties managing feelings (for example, regarding anger or anxiety) or problems with low self-esteem, school attendance, building relationships or social isolation.

YISP programme support can be given through group work, short session work around specific areas of concern or over a series of up to 12 one to one sessions, depending on the needs and preference of the young person.

What do they offer?	Emotional and mental health support, Behaviour support, Group work, 1:1 support, Relationship building
What level of support is this? (<i>iThrive</i>)	Getting More Help; Getting Risk Support
Who is this for?	Children & young people at risk of entering or escalating within the criminal justice system, due to anti-social behaviour and behavioural issues, knife-crime, stealing or harmful sexual behaviour. This might include individuals vulnerable to sexual or criminal exploitation.
Age range	10-18
How do I access this service?	Self-referral; Parental referral; Professional referral – Call or email to discuss eligibility
Where do I access this service?	Outreach (in the community); Online
Address	Central Chambers, 24-26 Walliscote Road, Weston-Super-Mare, BS23 1UP
Accessibility Information	
Website	https://www.n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/youth-inclusion-support-project-yisp
Telephone	01275 888 360
Email	YOSadmin@n-somerset.gov.uk
Social Media	
Who monitors or accredits this service?	HM Inspectorate of Probation

Online Information and Resources

ABC

ABC offer personal, on-going, emotional support and practical guidance for recovery for people struggling with anorexia nervosa, bulimia nervosa and binge eating, in addition to related self-harm.

03000 11 12 13

www.anorexiabulimiare.org.uk

Action for Children – Parent Talk

The Parent Talk section of the Action for Children website provides advice and a 1 to 1 service for parents who want a free and confidential live chat with a parenting coach.

<https://parents.actionforchildren.org.uk>

Anxiety UK

Anxiety UK supports those living with anxiety and anxiety-based depression.

07537 416905 (Text) 03444 775774 (Tel) www.anxietyuk.org.uk

BEAT

BEAT are the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

Youthline (under 25): 0808 801 0711

www.b-eat.co.uk

Bullying UK

Bullying UK provide advice on all aspects of bullying

0808 800 2222

www.bullying.co.uk

Campaign Against Living Miserably (CALM)

CALM works with young men in need of support and campaigns to help stop male suicide

0800 58 58 58

www.thecalmzone.net/

Child Bereavement UK

Child Bereavement UK supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

08000 288 840

<https://childbereavementuk.org>

Childline

Childline is a free, private and confidential service for children and young people to discuss any worries.

24-hour helpline 0800 1111

www.childline.org.uk

The Children's Society

The Children Society website has an advice page which offers help on a range of topics, including finding work, abusive relationships, debt and difficulties with parents.

<https://www.childrensociety.org.uk/information/young-people/advice>

Epic Friends

This site is about helping young people to help their friends who might be struggling to cope emotionally. Covers the most common teenage mental health issues.

www.epicfriends.co.uk

Get Self Help

Cognitive behaviour therapy resources and downloads for young people and adults.

www.getselfhelp.co.uk

Grief Encounter

Grief Encounter provide specialist support to children and young people who have lost someone they love, through a helpline (9am -9pm Mon-Fri), web chat or email

0808 802 0111

www.griefencounter.org.uk/

Heads Above the Waves

Promotes positive ways of dealing with bad days and raises awareness of depression and self-harm in young people.

<http://hatw.co.uk/>

Hope Again

The youth website of Cruse Bereavement Care where young people can learn from other young people, how to cope with grief and feel less alone.

www.hopeagain.org.uk/

Mermaids Information and support for transgender young people up to and including the age of 19, including a helpline, Mon-Fri 9.00am-9.00pm

08088010400

<https://mermaidsuk.org.uk/>

Mind

Confidential support and information around any mental health issue.

86463 (Text) 0300 123 3393 (Tel)

www.mind.org.uk/information-support/helplines

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MindEd

MindEd is a free educational resource on children and young people's mental health for all adults.

www.minded.org.uk

Mindline Trans+

A national confidential, emotional, mental health support helpline for people who identify as transgender, agender, gender fluid, non-binary – Mon, Wed and Fri 8pm-12am. They also support family members and friends and provide signposting to other services and resources.

0330 330 5468

<https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>

The Mix

The Mix provide advice about mental health, sex, drugs, money and relationships for under 25s, as well as text messaging and 1:1 chat service.

0808 8084994

www.themix.org.uk/

National Self Harm Network

Support for individuals who self-harm to reduce emotional distress and improve their quality of life.

www.nshn.co.uk

NHS Choices – Young People and Mental Health

An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

www.nhs.uk/livewell/youth-mental-health

Papyrus

Papyrus provide support, advice and information to anyone under 35 who is suicidal or concerned about someone else who is suicidal. You can call their support line, HOPELINEUK 9am-12am

0800 068 4141 (Tel), 07860 039967 (Text)

www.papyrus-uk.org

Rise Above

The Rise Above website provides health information and advice about a range of issues of importance to young people including body image, mental health, friendships, love, sleep, drinking and smoking.

<https://riseabove.org.uk/>

Self-Harm

For young people 14-19 who self-harm and their friends, family and professionals. Be aware that this site contains sensitive information.

<https://www.selfharm.co.uk/>

Self-injury support

Self-injury support run a support helpline for women & girls affected by self-injury, trauma and abuse, Tues, Wed, Thurs 7pm-9:30pm, as well as webchat and email support.

0808 800 8088 (Tel), 07537 432444 (Text) <https://selfinjurysupportltd.eu.rit.org.uk/>

Talk to Frank

FRANK provides friendly and confidential advice about drugs.

0300 123 6600 (Tel), 82111 (Text) www.talktofrank.com

Time to Change

Time to Change is a growing movement of people changing how we all think and act about mental health

www.time-to-change.org.uk

We are with you

Provides a range of services for both drug and alcohol problems for clients and their family and friends. There is an online chat service for support.

01934 427940 (Tel) <https://www.wearewithyou.org.uk>

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. It runs a helpline for parents/carers and a messenger service for young people.

If someone is experiencing a mental health crisis, they can contact the messenger service and be connected to a trained volunteer in less than 5 minutes who will listen, help think through feelings and take the next steps towards feeling better. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

0808 802 5544 (Parents), 85258 (young people) www.youngminds.org.uk

Your bump to baby wellbeing guide

Helping parents find the right mental health support during pregnancy, birth and beyond and includes details of voluntary organisations offering support, as well as the statutory services and community services.

<https://bump2babywellbeingguide.org/>

What to do in a crisis

Worried about your mental health?

You can phone NHS 111 or see your GP if you have any worries about your mental health or the mental health of your child or the child you care for.

What to do in an emergency or crisis situation

There is also a 24/7 Mental Health Crisis Line which offers support for adults and children in crisis 24 hours a day, seven days a week, 365 days a year.

Telephone: **0800 953 1919**

For a BSL Interpreter, visit <https://247helpline.signvideo.net>

Professionals can help advise about strategies to manage mental health and whether any other support is needed.

In emergency situations, a child or young person can call 999 or attend the nearest 24-hour A&E unit.

A health professional will make an assessment and liaise with the Child and Adolescent Mental Health Services (sometimes referred to as 'CAMHS') to agree what support is required.

This may be an assessment or a referral on to an appropriate team for ongoing support.

It is important to remember that the police are not clinical or medical professionals, and should be viewed only as an option of last resort in any crisis situation, in response to immediate safety concerns.

Worried about the safety of a child?

If you are worried about the welfare or safety of a child or young person, it is very important that you contact the child protection team on 01275 888 808.

You can also report your concerns on the [Avon and Somerset Police website](#).