

Mental Health Resource List

111	An NHS service which provides medical support. Call 111 to ask medical questions, find out when and where to get help and be contacted by a nurse if needed.
BEAT	UK's leading charity supporting those affected by eating disorders. https://www.beateatingdisorders.org.uk/ 0808 801 0677 (18+ helpline) 0808 801 0711 (under 18s helpline)
Black Minds Matter	Connecting Black individuals and families with free mental health services. https://www.blackmindsmatteruk.com
Calm (Campaign Against Living Miserably)	Calm run a free, confidential helpline as well as a web chat service. https://www.thecalmzone.net/ 0800 58 58 58
CAMHS	Supporting children and young people with emotional, behavioral and mental health difficulties. Call: 0300 247 00990 Email: vcl.wiltshirespa@nhs.net oxfordhealth.nhs.uk/CAMHs/refer (including self-referrals) wiltshirechildrensservices.co.uk/spa/teams/single-point-of-access-team
Carer Support Wiltshire	Free counselling and support for carers. https://carersupportwiltshire.co.uk 0800 181 4118 admin@carersupportwiltshire.co.uk
Citizens Advice Wiltshire	Independent charity helping people with life's problems. https://www.citizensadvicewiltshire.org.uk/ 0800 144 8848 (call) 18001 0800144 8848 (textphone)
CRUSE	Leading national charity for bereaved people. https://www.cruse.org.uk 0808 808 1677 helpline@cruse.org.uk
Get Self Help	This website provides CBT self-help and therapy resources. https://www.getselfhelp.co.uk/
Harmless	Self-harm support, advice, and information. https://harmless.org.uk/resource-hub/ info@harmless.org.uk
Help Counselling	Free and low-cost counselling for adults and young people in West Wiltshire. https://helpcounselling.co.uk 01225 767 459 enquiries@helpcounselling.co.uk
Mermaids	Supports transgender, nonbinary and gender-diverse children, young people and their families. https://mermaidsuk.org.uk 0808 801 0400
Mind	Providing advice and support for anyone experiencing a mental health problem. https://www.mind.org.uk/ 0300 123 3393 (call) 86463 (text) info@mind.org.uk
Motiv-8	Young people's alcohol and drug service. https://motiv8.org.uk 0800 169 6136 info@dhimotiv8.org.uk
Papyrus	Charity for the prevention of young suicide. https://www.papyrus-uk.org/ 0800 068 4141 (call) 07860039967 (text) pat@papyrus-uk.org

Mental Health Resource List

Refuge	Supports women, children and men experiencing domestic violence. https://www.refuge.org.uk/ 0808 2000 247
Revival Wiltshire	Free confidential counselling and support to male and female (13+) survivors of rape, sexual abuse or sexual exploitation. *Donation* https://www.revival-wiltshirerasac.org.uk 01225 751 568 appointments@revival-wiltshirerasac.org.uk
Samaritans	24-hour emotional support for any problem big or small, open 365 days a year. https://www.samaritans.org 116 123 jo@samaritans.org
Sexual Health Services	NHS webpage with a postcode search for sexual health clinics, information on contraception, pregnancy and abortion and STIs. https://www.nhs.uk/service-search/sexual-health
Shelter	The housing and homelessness charity. https://england.shelter.org.uk/ 0808 800 4444
Shout	Free, confidential, 24/7 text support service. https://giveusashout.org/ 85258 (text)
Stonewall	Advice and information for the LGBTQ+ community. https://www.stonewall.org.uk/help-advice/information-and-resources
Switchboard	Confidential listening service for the LGBTQ+ community, offering support across a helpline, email and instant messaging. https://switchboard.lgbt/ 0300 330 0630 chris@switchboard.lgbt
The Family Counselling Trust Wiltshire	Provide key early intervention counselling support to children, young people up to age 18 and their families. *Contribution* https://familycounsellingtrust.org/
The Mix	Free information and support for under 25s. https://www.themix.org.uk/ 0808 808 4994
Wiltshire Early Health Counselling and Support Services	Support, advice and information for young people aged 5-18. Online form in order to self-refer for counselling. www.onyourmind.org.uk/ 01865 903 330 (9am-11pm) 01865 901 000 (5pm-11pm)
Wiltshire Mind	Support groups for people experiencing mental ill health or emotional distress. Counselling services for adults and young people. *Donation* https://www.wiltshiremind.co.uk/ 01225 706 532 office@wiltshiremind.co.uk
Young Minds	Website providing information, advice and support for young people affected by mental health. Young Minds Crisis Messenger text service provides free 24/7 crisis support, text YM to 85258. https://youngminds.org.uk/