

NAME	CONTACT DETAILS	NOTES
ABC	03000 11 12 13	ongoing emotional support and guidance for anorexia, bulimia and binge eating & related self-harm
Access and Response Team - South Glos	01454 866000	out-of-hours EDT - 01454 615 165 (there is online form) - student's postcode
Adfam	2075537640	for families and friends of alcohol/drug users
Alateen	0207 4030888	for any young person who is concerned by someone else's drinking
Avon Sexual Abuse Centre	0117 9351707	for 11-18 year olds who have experienced sexual trauma
Barnardo's	0117 978 2441	support for parents, carers and families
BASE	0117 9349726	Barnardos against sexual exploitation
Basement Studio	0117 9349013	youth music and radio charity
B-eat (Eating Disorder Associaton)	0845 634 1414	Youth Helpline 0845 6347650
BeSafe	0117 3408700	multi-agency service - children with harmful sexual behaviour - Bristol
Big White Wall	www.bigwhitewall.com	online anonymous community of people who are anxious, down or not coping - guided by trained professionals.
Bridge Foundation	0117 942 4510	Counselling and Psychotherapy in Bristol - charges apply
Bristol Children's Social Work Department	0117 3428900	
Bristol Community Rose Clinic at Eastville	07813 016911	local support for women experiencing problems as a result of FGM
Bristol Drugs Project	0117 9876000	
Bristol Wellbeing Therapies		www.bristolmentalhealth.org/services/wellbeing-therapy-services/ (18+)
Broken Rainbow	0300 999 5428	information and support for victims of DV within same sex relationships - online support
Brook Clinic	0117 929 0090	Information for under 25s on relationships and sex (drop in clinic available)
Bullying UK	0808 800 2222	advice on all aspects of bullying
BYEP (Babassa Youth Empowerment Project)	0117 2390717	engagement programme for NEET young people
CAMHS East/Central Bristol	0117 3408600	CAMHS must have permission from the young person to speak to staff
CAMHS North Bristol	0117 4142524	CAMHS must have permission from the young person to speak to staff
CAMHS South Bristol	0117 9190330 / 3408121	CAMHS must have permission from the young person to speak to staff
CAMHS South Glos	01454 862431	CAMHS must have permission from the young person to speak to staff
Care and After Service	0117 353 4170	Bristol
ChildLine	8001111	Free for any problem 24 hours a day, 7 days a week www.childline.org.uk
Children and Young People South Glos	01454 868008	
Children in Care Teams	0117 3534100	Bristol
Creative Youth Network	0117 9477948	Next Steps programme for music (support for NEET)
Disabled Children's Service	0117 9038250	Bristol
EACH : Educational Action Challenging Homophobia	0808 1000 143	1:1 support for individuals who are the target of homophobic incidents
Family Lives	0808 800 2222	Parenting advice and support
First Response (Bristol Children's Services)	0117 9036444	out-of-hours EDT - 01454 615 165 (there is online form) - student's postcode
Forced Marriage Unit	020 7008 0151	email: fmufco.gov.uk
Freedom Youth LGBTQ+	0117 377 3677	lgbtq@otrbristol.org.uk or call Hannah 07814250751 (13-19 years)
Get Connected	0808 8084994 / 80849	telephone and email support for under 25s (free phone)
Homelessness - Independent People	0117 317 8800	housing support Bristol, young people aged 16-25
Homelessness - South Glos Young Housing	0117 9352881 or 01454 325165	
HWV	0117 978 1708	Foundation learning - young people who've started in another provision that they find isn't right for them

Integrate	08000 283550	support and resources for FGM, CSE and DV
Kinergy	0117 9087712	counselling service for survivors of sexual abuse & rape aged 16+ years
Kooth.com	www.kooth.com	free online service offering emotional and mental health support - ages 11-25
Learning Partnership West (LPW)	0117 9074500	8-25 years - personal and social development
Learndirect	0117 929 7744	apprenticeships, traineeships for NEET young people - 15-24 year olds
LGBTQ+ Wellaware	07814 250751	Bristol based youth group
Make It Mentoring (South Glos)	01454 299593	young people up to 19 - build confidence and resilience
Mencap	0117 9614372	information and support for range of SEND issues www.avonnorthmencap.org.uk
Meriton	0117 9717428	women 16-19 - education and support for young women
Mermaids	0844 334 0550	info@mermaidsuk.org.uk - support for gender identity
MIND	0300 123 3393	text 86463 - mental health charity - links to other organisations
MindEd	www.minded.org.uk	free educational resource on children and young people's mental health for all adults
Mood Café	www.moodcafe.co.uk	information and resources for psychological problems and some physical conditions
National Domestic Violence Helpline	0808 2000 247	24 hour free phone
National Self-Harm Network	support@nshn.co.uk	online support - average response 72 hours
Nextlink	0117 9250680	support around domestic violence for women and children
NHS Choices	www.nhs.uk/livewell/youth-mental-health	information hub with advice and help on mental health including depression, anxiety and stress
NSPCC	0800 800 5000	24 hours helpline - free from landline
NSPCC TEXT helpline	88858	service is free and anonymous
Off The Record	0808 8089120	confidential@otrbristol.org.uk self referral or GP (text: 07896 880 011)
Papyrus	0870 170 4000	7pm to 10pm Mon-Fri and 2-5pm weekend. voluntary organisation to prevent young suicide
Park, the	0117 9039770	sub-contractor for Weston College delivering engagement programme for NEET young people
Police	101	non-emergency
Police - Emergency only	999	
Police Child Abuse Investigation Team	0117 945 4320	CAIT
Prevent/Channel	020 7340 7264	National helpline / counter.extremism@education.gsi.gov.uk channel@avonandsomerset.police.uk
Princes Trust at COBC	0117 312 5488	12 week courses for young people
Rape and Sexual Abuse Support - SARSAS	0808 801 0456	for women and girls 13+ - free from landline and most mobiles
Reflections	0117 9064141	apprenticeships in hairdressing and barbering - opportunity to re-sit English & Maths
Safeguarding in Education	0117 9222710	support for schools re. guidance, provision & practice
Samaritans	08457 90 90 90 / 0117 9831000	
SANELINE	0845 767 8000	National helpline providing support on range of mental health issues - 6pm to 11pm every day
SARI (Stand against racism and equality)	0117 9420060	support and advice to victims of hate crimes
Self-injury Support (girls/women)	0808 800 8088	text 0780 0472908
Shelter	www.shelter.org.uk	Housing and Homeless Charity
Southmead Hospital Social Work Dept	0117 414 4444	
Southmead Project	http://southmeadproject.org.uk	charity - free therapeutic & practical support for adults 18+ who were abused as children
Supportline	01708 765200	email info@supportline.org.uk confidential and emotional support for young people & adults
Survive	0117 9612999	domestic abuse service for women and children - South Glos
Survivors of bereavement by suicide	0200 111 5065	9am to 9pm includes support, information and helpline
T2	0117 930 4987	apprenticeships, traineeships & study programmes
Talk to Frank	0300 123 6600	Free phone 24 hours - Text 82111 - support/information alcohol/drug mis-use
The Hide Out	(online: www.thehideout.org.uk)	support for children and young people affected by domestic abuse

The Survivor Pathway	http://www.survivorpathway.org.uk/	guide for professionals or YP direct to appropriate service for sexual abuse or assault
Tomorrow's People	07469 118 000	employability and life skills - working on a community project - for NEET programme
Unseen UK	www.unseenuk.org	charity to disrupt and challenge human trafficking
Winston's Wish	08452 060405	childhood bereavement charity - practical support and guidance
WISH	0117 9038632	1:1 support and groups for young people experiencing or using violence/abuse
Young Carers Support Centre	0117 9589950	0-18 support 1:1, groups, online and telephone support
Young Minds	020 7089 5050	
Young People's Drug and Alcohol Service	01454 868750	email: ypservice@southglos.gov.uk - confidential helpline : 0800 073 3011