

Wiltshire Mental Health and Wellbeing Support Services for Young People



Our Young Healthwatch Wiltshire volunteers have produced their own comprehensive guide to mental health and wellbeing services on offer in the county to help children and young people find the right services they need quickly and easily. Find out more at healthwatchwiltshire.co.uk/young-healthwatch-wiltshire



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| 111 | 24/7 support from the NHS. Answer questions about your symptoms on the website, or speak to a fully trained adviser on the phone. Find out when and where to get help, and be contacted by a healthcare professional if needed. The service will also be able to book you an appointment or an arrival slot at A&E if needed. Call NHS 111 or visit 111.nhs.uk |
| BEAT | Charity supporting those affected by eating disorders. Call: 0808 801 0677 (18+ helpline) or 0808 801 0711 (under 18s helpline) beateatingdisorders.org.uk |
| Black Minds Matter | Connecting Black individuals and families with free mental health services. blackmindsmatteruk.com |
| Campaign Against Living Miserably (CALM) | Free, confidential helpline and web chat service to talk about life's problems. Call: 0800 58 58 58 thecalmzone.net |
| Child and Adolescent Mental Health Service (CAMHS) | Supporting children and young people with emotional, behavioural and mental health difficulties. 24/7 urgent mental health helpline: 0800 023 2133 Single Point of Access: 01865 903330 (9am-5pm weekdays) Email: wilts.CAMHSSPAinfo@oxfordhealth.nhs.uk Make a referral: oxfordhealth.nhs.uk/camhs/support/referral/ oxfordhealth.nhs.uk/camhs |
| Carer Support Wiltshire | Free counselling and support for young carers. Call: 0800 181 4118 Email: admin@carersupportwiltshire.co.uk carersupportwiltshire.co.uk |
| Citizens Advice Wiltshire | Providing free, independent advice for the people of Wiltshire. Call: 0800 144 8848 Relay UK: 18001 then 0800 144 8884 citizensadvicewiltshire.org.uk |
| CRUSE | Bereavement support. Helpline: 0808 808 1677 Email: helpline@cruse.org.uk cruse.org.uk |
| Family Counselling Trust | Counselling services for children, young people and their families. Fees based on income. Email: flo-wiltshire@familycounsellingtrust.org familycounsellingtrust.org |
| Get Self Help | Website providing Cognitive Behavioural Therapy (CBT) self help and therapy resources. getselfhelp.co.uk |
| Harmless | Self-harm support, advice and information. harmless.org.uk |
| Help Counselling | Free and low-cost counselling for adults and young people in west Wiltshire. Call: 01225 767459 Email: enquiries@helpcounselling.co.uk helpcounselling.co.uk |
| Mind | Providing advice and support for anyone experiencing a mental health problem. Call: 0300 123 3393 Email: info@mind.org.uk mind.org.uk |
| Motiv-8 | Substance misuse service for young people aged 11-18, provided by Developing Health and Independence. Free helpline: 0800 169 6136 Email: info@dhimotiv8.org.uk dhi-online.org.uk |

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| On Your Mind | Support, advice and information for young people aged 5-18 including counselling, group work and activities. An online form is available to refer yourself for counselling. onyourmind.org.uk |
| Papyrus | Charity for the prevention of young suicide. Call: 0800 068 4141 Text: 07860 039967 Email: pat@papyrus-uk.org papyrus-uk.org |
| Refuge | Supports women, children and men experiencing domestic violence. Free 24-hour helpline: 0808 2000 247 refuge.org.uk |
| Revival Wiltshire | Free confidential counselling and support to male and female (13+) survivors of rape, sexual abuse, or sexual exploitation. Call: 01225 751 568 Email: appointments@revival-wiltshirerasac.org.uk revival-wiltshirerasac.org.uk |
| Samaritans | 24-hour emotional support for any problem, big or small. Open 365 days a year. Free helpline: 116 123 Email: jo@samaritans.org samaritans.org |
| Sexual Health Services | NHS webpage with a postcode search for sexual health clinics, information on contraception, pregnancy and abortion and STIs. nhs.uk/service-search/sexual-health |
| Shelter | The housing and homelessness charity. Free helpline: 0808 800 4444 england.shelter.org.uk |
| Shout | Free, confidential, 24/7 text support service. Text SHOUT to 85258 giveusashout.org |
| Stonewall | Advice and information for the LGBTQ+ community – adults, children, and young people. stonewall.org.uk/help-and-advice |
| Switchboard | Confidential listening service for the LGBTQ+ community, offering support through a helpline, email and instant messaging. Call: 0300 330 0630 Email: chris@switchboard.lgbt switchboard.lgbt |
| The Mix | Free information and support for under 25s, including a free helpline, crisis messenger, counselling, apps, group chats and discussion boards. Call: 0808 808 4994 themix.org.uk |
| Wiltshire Children and Young People Wellbeing Service | Providing information, advice and wellbeing support for children aged 5-18 who live in Wiltshire or are registered with a Wiltshire GP. Call: 0300 247 0090 (option 4) for mental health support including advice and information, arranging therapeutic activities and therapy/counselling. Opens 1 April 2023. |
| Wiltshire Mind | Counselling and peer support groups for adults and young people experiencing mental ill health or emotional distress. Call: 01225 706532 Email: counselling@wiltshiremind.co.uk wiltshiremind.co.uk |
| YoungMinds | Information, advice and support for young people affected by mental health. Free 24/7 Crisis Messenger text service: Text YM to 85258. youngminds.org.uk |



For more advice and support, go to the Emotional Wellbeing and Mental Health (EWMH) directory:
onyourmind.org.uk/ewmh-directory

