2015

Gloucestershire's Little RED Book

Where to go for help on mental health and emotional wellbeing

Where to go for help if you need someone to talk to

Five Ways to Well-being

Experts from all over the world have agreed that there are five ways in which we can all look after our emotional well-being.

Connect – with the people around you. Friends, family, teachers, colleagues and neighbours.

Be active – Walk, run, dance, cycle, play. Physical activity releases endorphins in your brain and makes you feel good.

Take notice – Be aware of the world around you, and of what you are feeling. Being creative is also good for your mental health.

Keep learning – Whether you are in education or not, learning something new can be fun and help you feel more confident.

Give – Do something nice for someone else. Voluntary work can be a good way to meet people and improve confidence, as well as help others.

For more information **www.neweconomics.org/projects/five-ways-well-being.**

Gloucestershire Healthy Living and Learning

First published by Gloucestershire Healthy Schools Partnership. March 2005

We are pleased to be able to provide the 2015 edition, Little Red Book of Emotional Wellbeing. Please let us know if you notice any mistakes or omissions.

For further copies ring Health Promotion Resources on **0300 422 6082** based at the Library, Redwood Education Centre on the site of Gloucestershire Royal Hospital; or email **Healthpromotion.resources@glos.nhs.uk**.

Also available: Gloucestershire's Little Yellow Book for help and advice on Sexual Health.

This book is also available on the GHLL (Gloucestershire Healthy Living and Learning website) www.ghll.org.uk

For information on health conditions local services and healthy lifestyles visit

NHS choices
your health, your choices
www.nhs.uk

Your GP can help with most emotional or mental health needs. Once you are 16 you can choose your own doctor.

Any approach to your doctor will be treated in confidence even if you are under 16, but if you are worried about this, check it out first.

Most secondary schools have a weekly school nurse drop-in where you can talk in confidence about any health issues. Ask at the office when your school drop-in runs.

If you want to talk to someone else, this book has the names, addresses, telephone numbers and websites of other agencies who can help.

Some of the helplines are free and this is made clear. Otherwise, you will pay the appropriate rate depending on time of day and distance.

You may find the phone is only answered at certain times, or you may get an answerphone.

Don't be put off – ring again.

MENTAL HEALTH

If you or someone you know is feeling suicidal, don't keep it to yourself.

Childline – Provides help and advice 24 hrs a day for children and young people whatever the problem. Free and confidential.
Free national helpline (24hrs): **0800 1111**
www.childline.org.uk

SAMARITANS – 24 hour listening service for those who are either feeling suicidal or in emotional distress.
National Telephone no: **08457 909090**
Auto transfer to nearest available listener. 24 hour
Gloucester: between 9am & 10pm **01452 306333**
Cheltenham: between 8am & 10pm **01242 515777**
You can also drop in between 9.00am–9.00pm, phone first for address email: **jo@samaritans.org.**
www.samaritans.org.uk

Young Minds

www.youngminds.org.uk – web based advice and information for young people and those who care or work with them. Does not offer a helpline for young people but can help them to access help.

Helpline for parents **0808 802 5544**
9.30am–4pm email: **help@getconnected.org**

Teens in Crisis (Tic+) – Advice, help, information and counselling for young people aged 9-21 years and their families

Helpline: **01594 546117**

email: **admin@teensincrisis.org.uk**

www.teensincrisis.org.uk

Independence Trust – We support individuals, families, and communities with concerns about mental health

Telephone: **0845 863 8323**

Children and Young People's Service (CYPS)

– Advice line for practitioners working with children and young people: **01452 894272**

For information about clinical services for children and families, as well as training and support for professionals see **www.2gether.nhs.uk/cyps**

Mental Health Foundation – Provides information and research on mental health issues – see their comprehensive 'A bright future for all: promoting mental health in education' - manual and handouts – downloadable at **www.mentalhealth.org.uk**

SANELINE – Telephone helpline for Adults, affected by mental health problems.
www.sane.org.uk
6.00pm–11.00pm every evening **08457 678000**

Rethink Gloucestershire Self Harm Helpline Service – Free helpline offering support for adults who self-harm, their families and friends. Provides support, information and promotes coping strategies and self-management and can put you in touch with other organisations. Confidential except in exceptional circumstances.

Telephone: **0808 801 0606**
Mondays and Fridays 4.00–9.30pm
Saturday and Sunday 5.30–11.00pm
Text support: **075 37410022**

www.rethink.org/glosselfharm. This website links to a web based chat function.

Also email: **advice@rethink.org**

There is a page of information for young people at **www.rethink.org**

Royal College of Psychiatrists – Produce user-friendly materials for general public on common mental health problems and treatments taking companies and individuals from distress to de-stress

www.rcpsych.ac.uk **020 7235 2351**

Gloucestershire Recovery in Psychosis Team (GRIP) – For people who feel strange things are happening or that reality is slipping through their fingers, call us for advice. Help is offered to people aged between 14–35 and their families, who are or may be experiencing psychosis for the first time.

Telephone: **01452 894790**

This number can be used for initial advice; however in order to see someone you will need to be referred by your GP, other health professional or college counsellor. **www.2gether.nhs.uk/grip**

Bi-polar Organisation – Works to enable people affected by bipolar disorder/manic depression to take control of their lives.

www.bipolaruk.org.uk

Anxiety UK – 08444 775774

www.anxietyuk.org.uk
www.phobics-society.org.uk

Time to change campaign:
http://time-to-change.org.uk.
Website with information about reducing stigma around mental health.

Gloucestershire Eating Disorders Service – Self referral for over 18's and information for professionals.

Information and advice about eating disorders.

Mon-Fri 10.00am–6.30pm **01242 634 242**
www.2gether.nhs.uk/eatingdisorders

BEAT – Beat Eating Disorders

Help available to under 18's:
Helpline: **08456 347650**
Text **07786 201820**
email: **fyp@b-eat.co.uk**

Help for adults
Helpline: **08456 341414**
General website **www.b-eat.co.uk**

Cirencester Eating Disorders Self-Help Group - Monthly support meetings

Contact Pat Ayres **01285 770385**

Papyrus – Prevention of suicides giving support and practical advice when a young person is suicidal. Help for under 35's, available Mon-Fri 10am–10pm, and Sat and Sun 2–5pm.

Telephone: **0800 068 4141**
or email: **pat@papyrus-uk.org**
text **07786 209697**

National Self Harm Network

www.nshn.co.uk

Gloucestershire Children & Young People's Directorate –

Guidelines for schools on deliberate self harm
www.gloucestershire.gov.uk/schoolsnet/index.cfm?articleid=21013

Gloucestershire Healthy Living and Learning - Support for schools Colleges & early years in promoting Health and well-being.

www.ghll.org.uk email: **info@ghll.org.uk**

Telephone: **01452 427354**

GENERAL HEALTH AND ADVICE

NHS Choices – For information on health conditions local services and healthy lifestyles visit **www.nhs.uk**

Healthwatch Gloucestershire – is your single point of access for information and advice to help you make informed choices about health and social care needs.

Freephone telephone number **0800 652 5193**

Local landline number **01452 504989**

Website **www.healthwatchgloucestershire.co.uk**

email: i**nfo@healthwatchgloucestershire.co.uk**

Citizen's Advice Bureau –

Cheltenham & Tewkesbury: **08444 111 444**

Gloucester: **01452 527202**

Cirencester: **01285 652908**

Forest of Dean: **08444 111 444**

Stroud: **01453 759954**

www.citizensadvice.org.uk

Webites offering health information:

www.thesite.org/healthandwellbeing for general health, and **www.kidshealth.org/kid/feeling** for emotional wellbeing advice.

BEREAVEMENT SUPPORT

Winston's Wish – Guidance and information for bereaved children and their families

Helpline: **08452 030405**
Monday-Friday 9.00am–5.00pm
Wednesday 7.00pm–9.30pm
www.winstonswish.org.uk
Cruse Bereavement Care runs a website for young people: **www.rd4u.org.uk**

Child Bereavement Charity –
www.childbereavement.org.uk
They also offer training to professionals, support and information details on the website.

0800 028 8840

Muslim Youth Helpline – Free confidential counselling service
Monday-Friday 6.00pm–12.00 midnight,
Sat/Sun 12.00pm–12.00am
(free): **0808 808 2008**
www.myh.org.uk

Victim Support – a listening ear for all victims of crime **www.victimsupport.org.uk**

Helpline: **0845 30 30 900**

Action for Children – A national childrens charity which has a website detailing a range of services including family support, support for children experiencing parental break-up, volunteering opportunities.
www.itsnotyourfault.org

Young People's Information & Counselling Services

The Door – A wide range of services for young people and families in the Stroud district, including drop in, family support, mentoring and training
www.thedooryouthproject.org.uk

01453 756745

The Child And Family Service –

A counselling service for families and young people who are experiencing difficulties e.g. changes in family life, separation, divorce, step family issues, bullying, loss and bereavement.
www.gloscounselling.org.uk

01453 766310

SEXUAL HEALTH

www.sexhelpglos.nhs.uk provides information about sexual health services in Gloucestershire.

The services that are provided across the county include:

- Confidential advice and information
- Free Contraception
- Emergency Contraception
- Pregnancy testing and advice on unplanned pregnancy
- Free Condoms
- Free testing and treatment for sexually transmitted infections, including HIV

If you need help, contact them by phone for a friendly chat - or pop in to see them! The contact details for the services you may wish to talk to are provided on the webpages for each service.

For confidential advice and information about the clinics and services nearest to you telephone either: **0300 422 6201** or

0300 422 2374

You can also contact **NHS Choices** for information on health conditions local services and healthy lifestyles. **www.nhs.uk**

SEXUALITY

GAY GLOS & GAY GLOS Youth

(14-18 yrs)
Supporting LGBT people, their families and friends. Free confidential services for people in Gloucestershire and beyond.

Telephone: **01452 306800**
email: admin@gay-glos.org or email for young people youth@gayglos.org
Or contact us at PO Box 171, Gloucester GL1 4YE
www.gay-glos.org.uk

GLOSCATS

Social support for the Transgendered in Gloucestershire.
www.gloscats.org.uk

BRISTOL LESBIAN & GAY SWITCHBOARD (BLAGS)

For anyone unsure about their sexuality or who is sure but needs support, advice or information.

Telephone: **0117 922 1328**
10.00am–11.00pm 7 days a week.
365 days a year.
email: email@bristolblags.org.uk

EDDYSTONE TRUST

An independent organisation providing information and support for people affected by HIV in the South West.

The Eddystone Trust provide their services across Gloucestershire, to access testing, support or information and advice contact them on:

0800 328 3508

Other Sexual Health Services specifically for young people include:

Healthwise Clinics – For young people, under 25. **Coleford**, at the Health Centre
Friday 4.00pm–6.00pm **0300 421 8850**

INDIGO Drop-in Clinics – Confidential information & advice services for young people aged 13-25 years and open to any young person living in the Cirencester area.
Pre-bookable appointments are available or young people can drop in.
Sexual health screening, contraception, unplanned pregnancy counselling etc

Phoenix Surgery 9, Chesterton Lane – Thursday 3.30pm–5.00pm **01285 652056**

Kingshill Secondary School
Friday lunchtimes during term

Chlamydia – is serious, invisible and easily spread. You must test yourself each time you or your partners have new sexual relationships.
www.best2test-glos.nhs.uk

Where to get tested – At any Contraception Clinic. Ring **0300 422 6202** to get one sent to you. Log onto to **www.sexhelpglos.nhs.uk** to find out other places to pick up kits or request online.

Kits also available from **www.freetest.me.uk**
www.brook.org.uk
www.kidshealth.org/kid
www.likeitis.org.uk
www.teenadvice.about.com

Broken Rainbow

National helpline for LGBT victims of domestic violence. Opening hours: Monday to Thursday: 10.00am–8.00pm. Wednesday 10.00am–5.00pm.

Telephone: **0300 999 5428**
email: help@brokenrainbow.org.uk
Website: www.brokenrainbow.org.uk

ABUSE AND BULLYING

RAPE CRISIS –

For women and girls who have been raped or sexually assaulted at any time in their lives. Via telephone helpline, ongoing telephone support or face to face support. Also for professionals, family and friends. Also offers practical information, support and advocacy.
Telephone helpline: **01452 526770**

Mon, Tues, Wed and Fri 7.30–8.30pm
Thursday 11.30am–12.30pm
24 hr answerphone service – response within 24 hours or write to: Gloucestershire Rape Crisis
PO Box 16, Gloucester GL4 3PX
email: **glosrapecrisis@hotmail.co.uk**

Hope House SARC –

A service for men, women and children who have been raped or sexually assaulted either recently or historically.

Telephone: **01452 754390**
Gloucestershire Royal Hospital, Great Western Road Gloucester GL1 3NN

Open Monday-Friday 9.00am–5.00pm

Out of Hours: **0845 090 1234**

Kidscape – For anyone concerned about bullying – and child sexual abuse.

www.kidscape.org.uk

ABUSE AND BULLYING

Men's Advice Line – Helpline for male victims of domestic abuse Monday-Friday 9.00am–5.00pm

Telephone: **0808 801 0327**

www.mensadviceline.org.uk

Gloucestershire Domestic Violence Support and Advocacy Project –

Victim Support **0845 3030900**

Bullying and Abuse – User friendly sites for young people who are living with bullying and abuse.

www.thehideout.org.uk

www.antibullying.net/youngpeople

www.bullying.co.uk

www.textsomeone.com

www.supportline.org.uk

Karma Nirvana – Support for anyone experiencing honour based abuse or forced marriage. Also advice for professionals.
Helpline Monday-Friday 9.30am–5.00pm

Telephone: **0800 5999 247**

e-mail form submit online
www.karmanirvana.org.uk

DRUGS & ALCOHOL

Youth Support Teams Substance Misuse Service

– Free specialist service for children and young people under 18 years throughout Gloucestershire

Telephone: **01452 547540**

SAS.referrals@prospects.co.uk
www.whatnowglos.com

NATIONAL DRUGS HELPLINE – FRANK

Telephone: **0300 123 6600**

(SAME AS TALK TO FRANK)
Service available in several ethnic languages
www.talktofrank.com

RELEASE – Advice on drugs and the law

Advice line, Telephone: **020 7324 2989**
Open 11.00am–1.00pm & 2.00pm–4.00pm
Monday-Friday
email: **ask@release.org.uk**
www.release.org.uk

If your drinking or drug use or someone else's is causing you concern, help is available.

DRINKLINE – Free & confidential advice about sensible drinking. Telephone: **0300 123 1110**
Monday-Friday 9.00am–8.00pm
11–4pm weekends

InfoBuzz - If you are aged 11-17 and have concerns about your own or someone else's drug or alcohol use, you can receive free and confidential advice support and guidance. You can contact us yourself or ask your school, youth club or other support worker to contact us on your behalf.
Contact us directly: anytime through our confidential email: **t2@infobuzz.co.uk** or call us **01452 381770** between 9.00–4.00pm, Mon-Friday
You can also use our website:
www.infobuzz.co.uk
www.drinksense.org
Alcohol advice for young people under 25 years.

Family Focus – A family therapy service providing interventions for all family members who maybe affected by substance misuse.

Call us on: **01452 397692**
or visit **www.family focus.org.uk** for more information

Additional Agencies for Young People and Professionals

NSPCC – **0808 800 5000**
Child Protection helpline. 24 hour service which provides counselling, information and advice to anyone concerned about a child at risk of abuse.
www.nspcc.org.uk

Young Carers Gloucestershire –
For children and young people under 25 whose lives are affected by caring for a family member with physical or mental health problems
Telephone: **01452 733060**
www.glosyoungcarers.org.uk

www.there4me.com
Developed by the NSPCC for 12-16 year olds having any kind of difficulties.

Voice – Children's rights advocacy, for children in need and children in care.
Helpline 9.30–6.00pm Mon-Fri **0808 800 5792**
www.voiceyp.org

Relate – A confidential counselling service provided by professionally trained counsellors for couples or individuals experiencing relationship problems. Ring for an appointment

National Number **0300 100 1234**
Appointments for Gloucestershire contact

Telephone: **01242 523215**
www.relate.org.uk

Missing People text 116000–

National freephone for children and young people (under 18 yrs) who have run away or been forced to leave home or care.
www.missingpeople.org.uk **Freefone 116000**

Community Transport

01594 812613

Available to anyone, of any age, who does not have access to regular forms of other transport.
www.forestroutes.org

Assist – Assistance Support and Self Help in surviving Trauma. Provides counselling, support, friendship and information for anyone of any age, gender or culture who is affected by Post Traumatic Stress and the needs of their families and carers.

Telephone: **01788 560800**
www.assisttraumacare.org.uk

Time to Change – This website is England's biggest ever attempt to end the stigma and discrimination that faces people with mental health problems run by Mind & Rethink.
www.time-to-change.org.uk

Turning Point – Integrated community drug and alcohol recovery service, offering integrated support to individuals across Gloucestershire.

Telephone: **0300 1231512**
Imperial Chambers, 41/43 Longsmith Street, Gloucester.
www.turning-point.co.uk

10 Basic Skills for Looking After Yourself:

1. Be good to yourself – Consider how you would like to be treated.
2. Believe in yourself – You don't have to have everyone else's approval.
3. Learn to relax – Time spent unwinding is time very well spent.
4. Eat a balanced diet – Remember what you eat will affect how you feel.
5. Try to do some physical exercise everyday – This will release endorphins, the bodies natural "feel good" factor.
6. Learn to say NO and not feel guilty – You are not an endless resource for others and need to think about your own reserves.
7. You do not have to be perfect, just good enough – It is ok to make mistakes.
8. Set yourself achievable goals – Including managing your time effectively to allow time for yourself.
9. Identify, face and solve your problems – Whilst accepting you cannot change some things, develop the courage to change the things you can.
10. Learn to express your feelings and needs – Whilst recognising they might differ from others.

Everyone is different – So celebrate it

Every effort has been made to keep this information booklet up to date and accurate. However, we cannot guarantee that inaccuracies will not occur. Gloucestershire County Council, its employees and/or partner agencies will not be held responsible for any loss, damage or inconvenience caused as a result of reliance on such information.

Links to external sites

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NHS

Gloucestershire
COUNTY COUNCIL