

# Mental Health Support

Local sources of support include:

- Qwell – Digital mental health and wellbeing platform including self-care resources, peer support and access to online counsellors <https://www.qwell.io/>
  - Gloucestershire Counselling Service [www.gloscounselling.org.uk](http://www.gloscounselling.org.uk)
  - Let's Talk: 0800 073 2200 or [www.letstalkglos.nhs.uk](http://www.letstalkglos.nhs.uk)
  - Every Mind Matters: <http://www.nhs.uk/oneyou/every-mind-matters>
  - Five Ways to Wellbeing and further support:  
<https://www.gloucestershire.gov.uk/look-after-your-wellbeing>
  - The Samaritans: 116 123 or <https://www.samaritans.org>
  - Swindon and Gloucestershire Mind: <https://sgmind.org.uk>
  - Human Givens: <https://humangivens.com>
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- Childline 0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)
  - The Mix 0808 4994 [www.themix.org.uk](http://www.themix.org.uk) or text THEMIX to 85258
  - Young Minds 0808 802 5544 [www.youngminds.org.uk](http://www.youngminds.org.uk) or text YM to 85258
  - Teens in Crisis: <https://ticplus.org.uk>
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- Gloucestershire's Rethink Self Harm Helpline: 0808 801 0606 or [glosselfharm@rethink.org](mailto:glosselfharm@rethink.org)
  - **CRISIS number 0800 169 0398 – Or, if immediate danger to life dial 999 or go to nearest Accident & Emergency department**

## Other Resources

[www.patient.co.uk](http://www.patient.co.uk)

[www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)

[www.nopanic.org.uk](http://www.nopanic.org.uk)

[www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

[www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

For a complete list of local Coronavirus Community Support Groups:

<https://www.stroud.gov.uk/media/1166102/community-support.pdf>