

The 'Well-City Partnership' Mental Health Support Signposting Resource

At time of writing the following organisations are offering mental health support either over the phone or via email during the current situation.

In an Emergency:

999

If you are in danger, have hurt yourself or know of someone who is hurt or a danger to themselves please phone the **emergency services** on 999

SAMARITANS

If you are feeling distressed or having suicidal thoughts, please phone the **Samaritans** on 116 123

*Mental Health support groups local to
Salisbury and to Wiltshire:*

**Avon and Wiltshire Mental Health Partnership
(AWP) NHS Trust**

<http://www.awp.nhs.uk/news-publicationstions/trust-news/2020/april/mental-health-247-telephone-response-line/>

 **0300 3031320**

Avon and Wiltshire 
Mental Health Partnership NHS Trust

Anyone concerned about their own or someone else's mental health can speak to mental health experts who will provide advice, guidance and support over the telephone. The mental health response line is available around the clock for adults and children, open 24 hours a day, 7 days a week.



Wiltshire Wellbeing Hub

<http://www.wiltshire.gov.uk/news/articles/council-hub-set-up-to-support-people-during-covid-19-situation>

 **0300 003 4576**

 wellbeinghub@wiltshire.gov.uk

Available from 8am-8pm Monday-Friday and 10am-4pm Saturday and Sunday.

Wiltshire MIND

<http://www.wiltshiremind.co.uk/>

 **01225 706532**

Richmond Fellowship

<https://www.richmondfellowship.org.uk/>

 **01380 724833**

 wiltshirereferrals@richmondfellowship.org.uk

Leave a voice mail message over the phone or send an email and they will get back to you within 24 hours





Alabare

<https://www.alabare.co.uk/theme/mental-health>

 **01722 466680**

 riversidesanctuary@alabare.co.uk

Phone line open 7 days a week 3pm – 11pm



Carer Support Wiltshire

<https://carersupportwiltshire.co.uk/>

 **0800 181 4118**

 admin@carersupportwiltshire.co.uk

Monday – Thursday 9.30am – 4.30pm and Friday 9.30am – 4pm

*National Mental Health support groups
and information services:*

SAMARITANS

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

 **116 123**

 jo@samaritans.org


Someone is available to talk 24 hours a day, 365 days a year



Mind

<https://www.mind.org.uk/information-support/helplines>

 **0300 123 3393**

 86463

 info@mind.org.uk

9am – 6pm Monday to Friday



Rethink

<https://www.rethink.org/about-us/our-mental-health-advice>

 **0300 5000 927**


 advice@rethink.org

9:30am to 4pm Monday to Friday



Shout

<https://www.giveusashout.org/>

 Text Shout to 85258


Text messaging support service open 24 hours a day, 7 days a week.



Anxiety UK

<https://www.anxietyuk.org.uk/>

 **03444 775 774**

 07537 416 905

9.30am – 10pm

National Mental Health support groups and information services for children and young people:

childline

ONLINE, ON THE PHONE, ANYTIME

Childline

<https://www.childline.org.uk>

 **0800 1111**

Create an account and send a confidential email

YOUNGMINDS

Young Minds

<https://youngminds.org.uk/>

 Text YM to 85258

Available 24 hours, 7 days a week

kooth

Kooth

<https://www.kooth.com/>


Log in to create an account to chat. Monday to Friday 9am – 10pm and Saturday & Sunday 6pm – 10pm



HOPELineUK

<https://papyrus-uk.org/hopelineuk-text-and-email-services/>

 **0800 068 41 41**

 07860 039967

 pat@papyrus-uk.org

Open 9am-10pm Monday to Friday, 2pm-10pm weekends and bank holidays

Additional support groups and organisations:



Cruse Bereavement Care

<https://www.cruse.org.uk/>

 **0808 808 1677**

 helpline@cruse.org.uk

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays)

Winston's Wish Bereavement support for children

<https://www.winstonswish.org/>

 **08088 020 021**

The helpline is open between 9.00am and 5.00pm, Monday to Friday.





Refuge - Domestic Abuse

<https://www.refuge.org.uk/>

 **0808 2000 247**

24-Hour domestic abuse helpline



Rape Crisis

<https://rapecrisis.org.uk/get-help/>

Click on the link above to access the live chat helpline



SSAFA

<https://www.ssafa.org.uk/get-help/forcesline>

Click on the link above to access the live chat helpline

The 'Well-City Partnership' mental health support is a collaboration by:

