Mental Health and Emotional Wellbeing Support in Bristol

community access support service

Who are we?

The Community Access Support Service offers information and guidance to Bristol community, equality and faith groups about mental health and emotional wellbeing.

If you would like us to meet with your group to discuss anything related to mental health and emotional wellbeing in Bristol, please contact us on info@cassbristol.org

This booklet is for anyone who is active in a community group in Bristol who may need help supporting other group members with their mental health and emotional wellbeing.

We have included information about local mental health and emotional wellbeing services and support. Many of the services offered are free.

A community group could be anything from a faith group to a sports club to a parent-and-toddler group.

Community groups in Bristol offer so much support to their members, but it can be confusing to know which services are available when someone is really struggling. This booklet provides a guide to which services are available and who they are for.

Of course, there are so many support services in Bristol that it would be impossible to list all of them, and this booklet is not intended to be a comprehensive directory. We have a space on the back page where leaflets for specialist services can be stored.

Contact us today for information about how we can help your group (details on the back cover).

Going to a GP about mental health

• Someone doesn't have to be physically ill to go and see a GP. If they are feeling low, upset, unable to cope or stressed, it is a good idea to see a GP.

• A GP can talk to the person about their feelings, assess their needs and refer them to further support. They will be able to discuss different treatment options, such as medication or talking therapies.

• If someone is nervous about making an appointment, they can request to see a doctor they already know or someone who specialises in mental health support. They can also take a friend or family member along with them to the appointment. Writing things down beforehand will help them remember what they want to say.

• Seeing a GP is an important step in accessing the right support.

Social prescribing

Social prescribing means that GPs, nurses and other health professionals can refer someone to non-clinical services in the local community.

This could be volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice or sports activities.

Wellspring Healthy Living Centre, Southmead Development Trust and Knowle West Health Park (the Healthy Living Consortium), and The Care Forum offer social prescribing through the Social Prescribing for Equality And Resilience (SPEAR) program. Ask your local surgery for more information

www.wellspringhlc.org

www.southmead.org

www.knowlewesthealthpark.co.uk

www.thecareforum.org

What is mental health and emotional wellbeing?

Mental health issues affect 1 in 4 of us at some point in our lives. The term 'mental health' isn't one we use every day so when we see those words together we can have different ideas about what it means.

However, we often use terms like 'stressed', 'anxious', 'sad' or 'angry'. If these feelings are overwhelming, last for extended periods or are being fed by life events it's important to get the right support and advice.

Stress is tension which builds up in the body and mind in response to something happening in our lives. Some stress can be good for us, helping us to work harder and focus. After a difficulty passes, the feelings of stress usually fade. However, if you are constantly stressed, your body and mind will stay on 'high alert' and you might develop symptoms which are hard to live with.

People with mental health problems are different from normal people.

Myth

Fact

We all have mental health, just like we all have physical health.

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. It's normal to feel worried and anxious about sitting an exam or having a job interview. However, some people find it hard to control their worries. Their feelings of anxiety affect them all the time in their daily lives.

Depression is a low mood which lasts for a long time and can be mild or severe.

Most people have times when they feel down but when you're depressed you feel unhappy for weeks or months rather than a few days.

CASS have produced booklets on these issues. If you would like some, please get in touch.

Don't be afraid to talk about mental health.

time-to-change.org.uk

mind

Rethink Mental Illness

COMIC RELIEF

Funded by the Department of Health

it's time to talk. it's time to change

it's time to end mental health discrimination

Bristol support

These services are mainly run by charities and can be accessed without a referral.

Bike Minded run by Lifecycle improves people's wellbeing and reduces stress, anxiety, depression and other conditions through cycling. Call **0117 353 4583** or visit **www.lifecycleuk.org.uk/wellbeing**

Bipolar UK runs a helpline and free support groups in Bristol for anyone affected by bipolar. Call the helpline on **0333 323 3880** or find information on support groups by calling **0333 323 3880** or visiting **www.bipolaruk.org.uk**

Bluebell supports families through depression and anxiety related to pregnancy or birth. Call **0117 922 0746** or email **info@bluebellcare.org** **www.bluebellcare.org**

Bristol Independent Mental Health Network (BIMHN) represents people with lived experience of mental health. The service provides a space to talk about experiences of accessing services while campaigning to hold providers to account. **www.bimhn.org.uk**

Bristol Drugs Project offers support to anyone living with alcohol or drug problems. Anonymous support is available on **0117 987 6000** or face-to-face meetings can be arranged. **www.bdp.org.uk**

1 in 4 people are affected by a mental health problem in any year

time-to-change.org.uk #TimetoTalk

Bristol Hearing Voices Network provides a self-help group for anyone who hears voices or has intrusive thoughts. Call **07912 624 296** or email **bristol.hearingvoices@outlook.com** **www.bhvn.org.uk**

Bristol Mind offers a variety of support services, including low-cost counselling and advocacy. Call **0117 980 0370** or email **admin@bristolmind.org.uk**. They also run **Bristol MindLine**, a support and information line. Wednesday to Sunday, from 8pm to midnight **0808 808 0330**. Visit **www.bristolmind.org.uk** for information on all services.

Carers Support Centre provides support, information and advice to carers in Bristol. For advice call CarersLine on **0117 965 2200** or visit **www.carerssupportcentre.org.uk**

Help Counselling offers low-cost counselling to children and young adults aged 9 to 25 years. Call **0117 950 2511** or visit **www.help-counselling.org.uk**

Nilaari provides counselling, advocacy and support primarily to Black Asian & Minority Ethnic (BAME) adults and young people in Bristol. Call **0117 952 5742** or visit **www.nilaari.co.uk**

Many Minds work with people who are managing mental ill-health by running creative workshops and putting on performances. Call **07843210272**, email **info@many-minds.org** or visit **www.many-minds.org**

Off the Record provides free and confidential mental health support to young people aged 11 to 25. **0808 808 9120** or visit **www.otrbristol.org.uk**

Rethink Bristol provides community support to help those living with mental ill-health, and advice on mental health issues. Call the advice line weekdays on **0300 5000 927**, 9.30am to 4.30pm, or visit **www.rethink.org/about-us/commissioning-us/community-support**

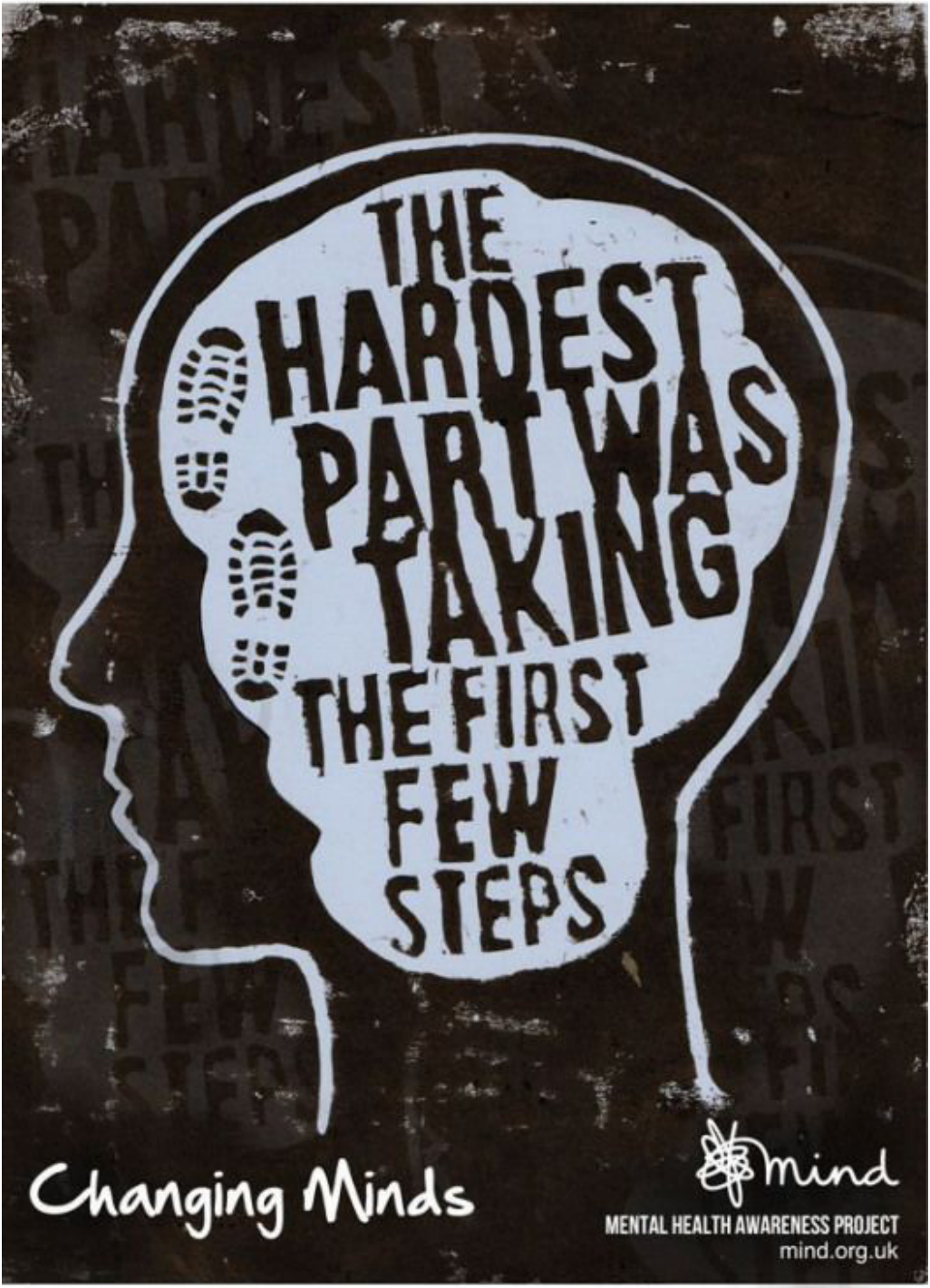
Rethink Bristol Carer Service provides one to one, group or phone support for anyone with a friend or family member who has a mental health issue. Call **0117 903 1803** or see **www.rethink.org/services-groups/services/bristol-carer-service**

SANEline is available for support and mental health info on **0300 304 7000** every day from 4.30 to 10.30pm **www.sane.org.uk**

Second Step provide a range of support including housing services for people with mental health needs. They run a Wellbeing College providing free courses, workshops and wellbeing activities. Call **0117 909 6630** or visit **www.second-step.co.uk**

Self Injury Self Help (SISH) runs a support group for anyone who self-harms currently or has done in the past. Email **sishbristol@gmail.com** or visit **www.sishbristol.org.uk**

Social Anxiety Bristol offers a free self-help group to anyone who experiences or has experienced social anxiety. Visit **www.socialanxietybristol.org.uk**


THE HARDEST PART WAS TAKING THE FIRST FEW STEPS
Changing Minds
mind
MENTAL HEALTH AWARENESS PROJECT
mind.org.uk

Somerset & Avon Rape and Sexual Abuse Support (SARSAS) supports people who have experienced sexual abuse at any point in their lives. Call **0117 929 9556**

WellAware provides a comprehensive directory of local mental health organisations and support groups. They also list details of other advice agencies in Bristol, including debt, benefits and housing advice agencies. Visit **www.wellaware.org** or call **0808 808 5252**

Bristol Mental Health

Bristol Mental Health offers a wide range of mental health services across the city. Visit www.bristolmentalhealth.org for information on all services.

Assessment and Recovery Service supports people with long term mental health problems, helping their recovery and giving advice. Referrals via a GP.

Assertive Contact and Engagement Service (ACE). Reaches out to people and groups who face complex barriers to services, including barriers due to cultural background or chaotic lifestyles. Open 8am to 8pm Monday to Friday, **0117 239 8969**, **awp.bmhace@nhsnet**. **www.bristolmentalhealth.org/services/assertive-engagement-service/**

Bristol Sanctuary provides a safe environment for those in serious emotional distress. **Text 07709 295 661** or call **0117 954 2952** from Friday to Monday, 7pm to 2am, or email **awp.bmhsanctuary@nhs.net** **www.bristolmentalhealth.org/services/bristol-sanctuary/**

Improving Access to Psychological Therapies is now run by **VitaMinds**, who provide short-term therapies for depression, anxiety and post-traumatic stress disorder with self-referrals available. Call **0333 200 1893**, email **BNSSG@nhs.net** or visit **www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/**

The Crisis Service provides 24/7 support to people experiencing an extreme mental health or emotional crisis who need immediate help. Call **0300 555 0334** or visit **http://www.bristolmentalhealth.org/services/crisis-service/**

The Dementia Wellbeing Service helps people with dementia live as well as possible. Referrals via a GP.

Early Intervention in Psychosis supports people aged 16-35 experiencing early signs of psychosis. Call **0117 919 2371** or speak to your GP.

The Employment Service supports those with mental health problems return to or stay in work. Call **0117 947 1189** or **0117 923 2741** from 9am to 5pm, Monday to Friday. **www.bristolmentalhealth.org/services/employment-service/**

For women

Missing Link provide support workers for women with mental health needs that impact their housing. Call **0117 925 1811** or visit **www.missinglinkhousing.co.uk/services-we-offer/womens-mental-health-floating-support-service-in-bristol/**. They also run the **Women's Crisis House** (Link House), which offers 24 hour supported accommodation. Self-referral via **0117 924 6459**, lines open 8am to 6pm daily.

Mothers for Mothers offer support, advice and information for mums with peri natal depression or distress. Call **0117 975 6006**, Monday to Thursday, 9.30am to 12.30pm and 2.30 pm to 9pm, or email **support@mothersformothers.co.uk**

Self Injury Support supports women and girls affected by self-injury or self-harm. Women's helpline: Tuesday to Thursday, 7pm to 9.30pm **0808 8008088**. Text and email support (TESS) Tuesday to Thursday 7pm to 9.30pm **0780 047 2908 www.selfinjurysupport.org.uk**

Womankind offers befriending, counselling and support groups for women in Bristol. Contact **0117 9166461** or visit **www.womankindbristol.org.uk**

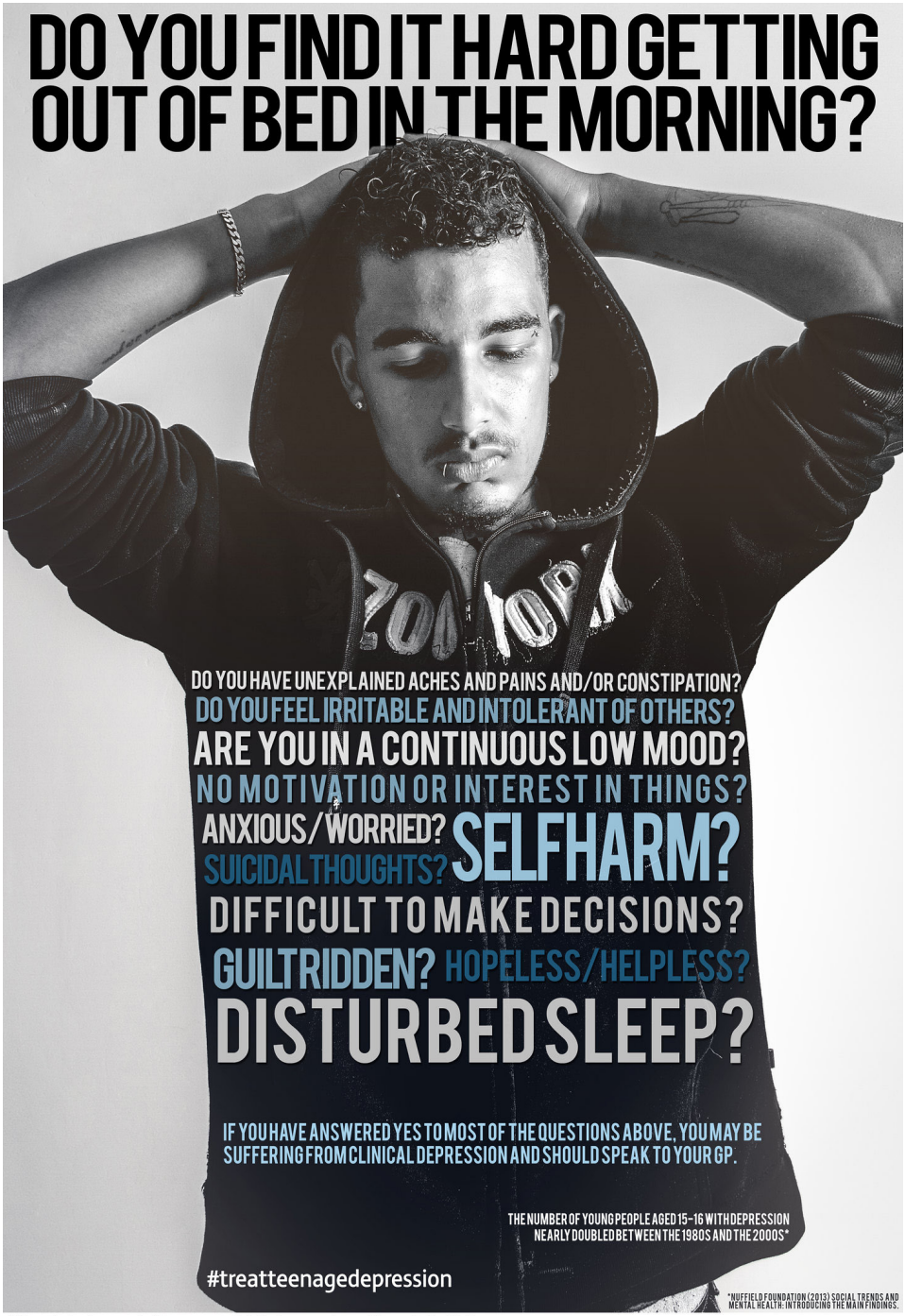
For men

Campaign Against Living Miserably (CALM) provides support for men through a helpline and webchat service. Helpline 5pm to midnight 365 days a year **0800 58 58 58**. Webchat available 5pm to midnight 365 days a year at **www.thecalmzone.net**

Fathers Reaching Out is an online and social media support group and network for dads' mental health **www.reachingoutpmh.co.uk**

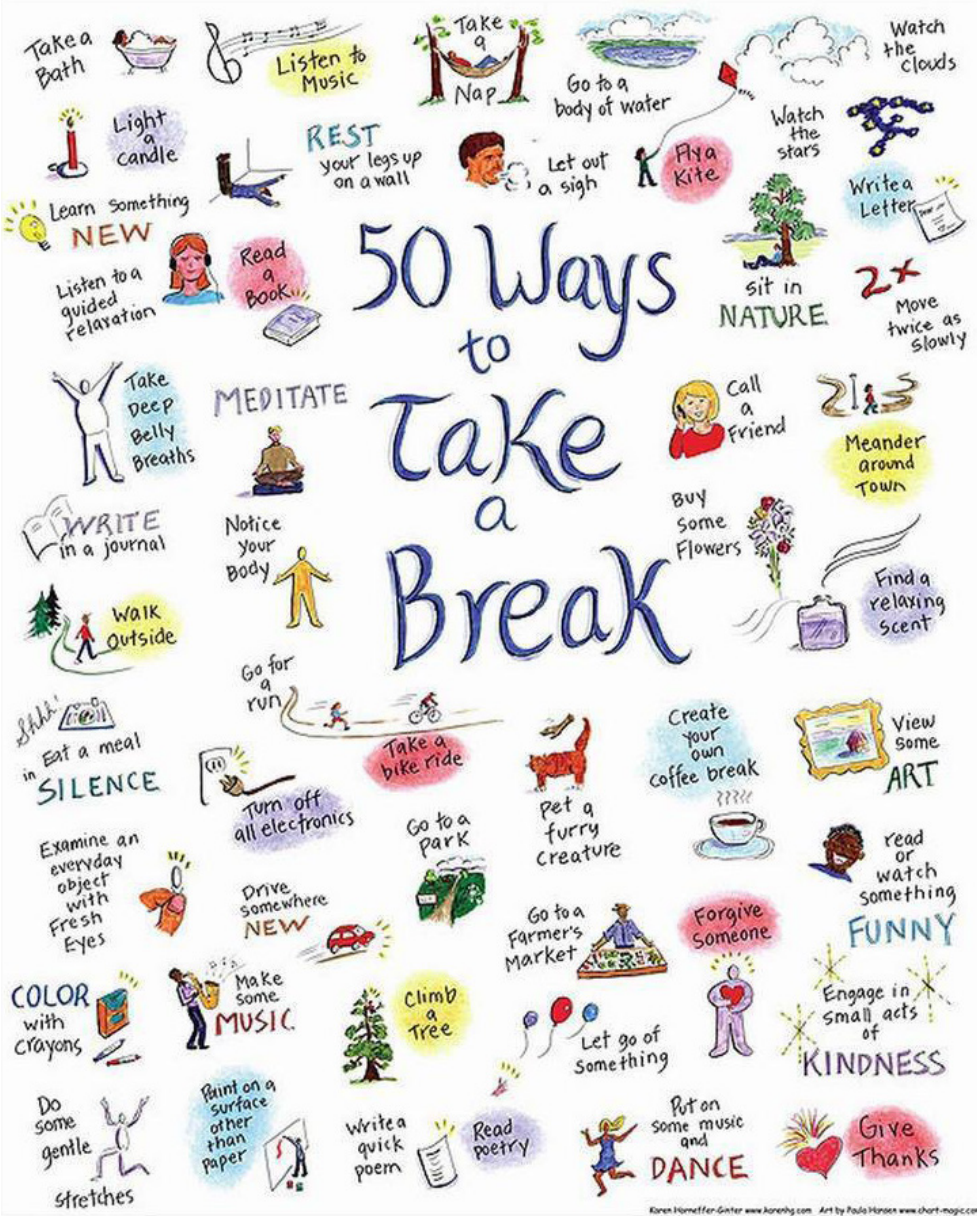
Man Alive! runs activities for men living in and around Filwood and Knowle. Call **0117 377 2255** or visit **www.knowlewesthealthpark.co.uk/project/man-alive/**

Men's Crisis House self-referral via **0117 934 9848.**



This poster has been created by young people (who have experience of depression), with the help of Fixers, the campaign that gives young people a voice. Fixers is part-funded by the National Lottery through the Big Lottery Fund. Company 2194957 Charity 298643 © 2014

fixers.org.uk/teenagedepression


50 Ways to Take a Break
Take a Bath
Listen to Music
Take a Nap
Go to a body of water
Watch the clouds
Light a candle
REST your legs up on a wall
Let out a sigh
Fly a Kite
Watch the stars
Write a Letter
Learn Something NEW
Listen to a guided relaxation
Read a Book
sit in NATURE
2x Move twice as slowly
Take Deep Belly Breaths
MEDITATE
Call a Friend
Meander around Town
WRITE in a journal
Notice your Body
Buy some Flowers
Find a relaxing scent
Walk Outside
Go for a run
Take a bike ride
Shhh! Eat a meal in SILENCE
Turn off all electronics
Pet a furry creature
Create your own coffee break
View some ART
Examine an everyday object with Fresh Eyes
Go to a Park
read or watch something FUNNY
Drive somewhere NEW
Go to a Farmer's Market
Forgive Someone
COLOR with Crayons
Make some MUSIC
Climb a Tree
Let go of Something
Engage in small acts of KINDNESS
Do some gentle Stretches
Paint on a surface other than paper
Write a quick poem
Read poetry
Put on some music and DANCE
Give Thanks

In a crisis?

In life-threatening emergencies, call 999 immediately

If someone is being seen by Bristol Mental Health services and is experiencing a mental health crisis, please call their local **Recovery Team**:

- Central area **0117 955 6098**
- Petherton (South Bristol) **01275 796200**
- Greenway Centre (North Bristol) **0117 354 7312**

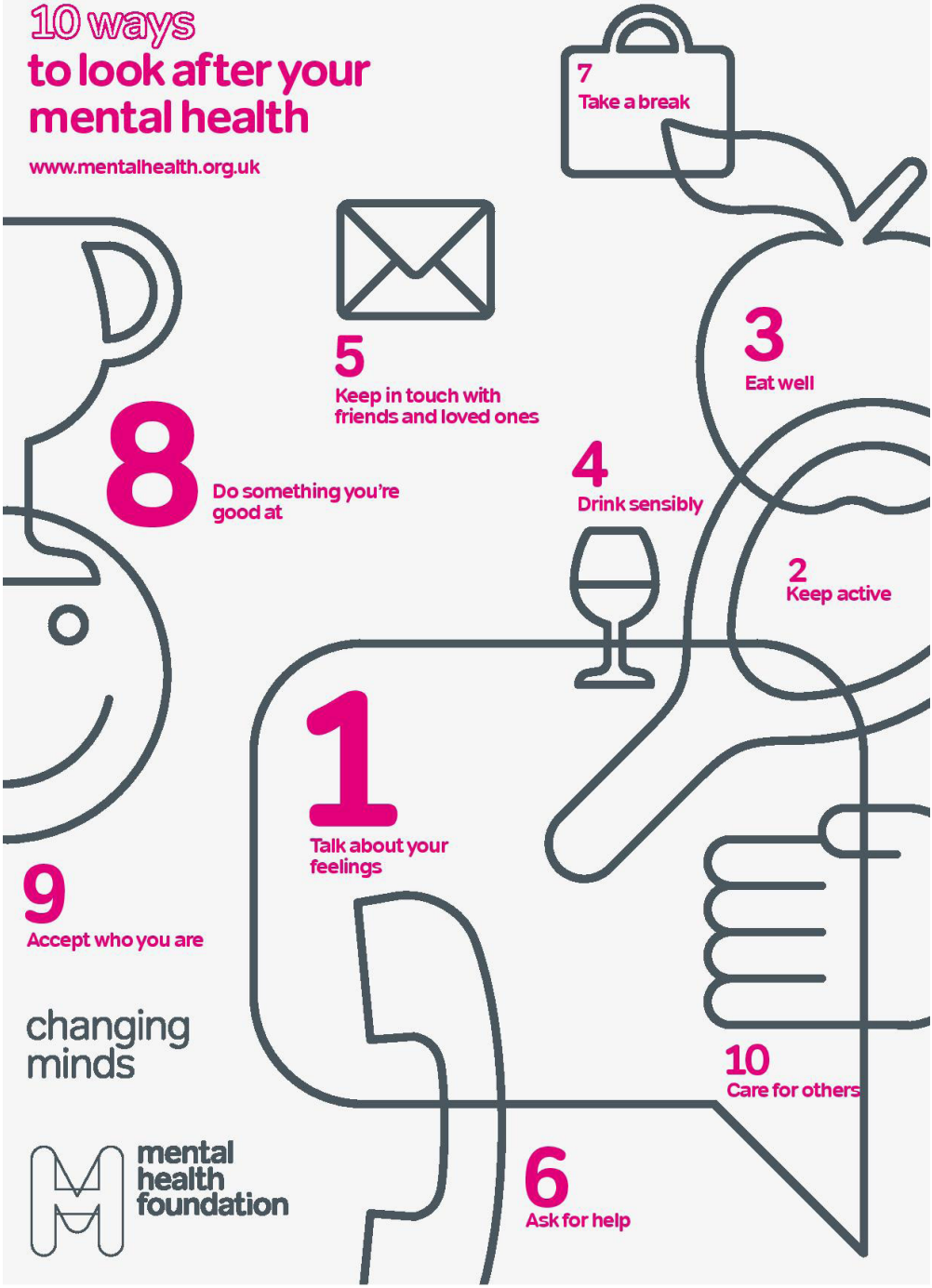
Otherwise, you can call Bristol Mental Health 24/7 on **0300 555 0334** if they are having a mental health crisis.

Anyone can contact the following if they are feeling distressed:

- **The Samaritans** 24/7 on **0117 983 1000**
- **Mindline** Wednesday to Sunday, 8pm to Midnight on **0808 808 0330**

10 ways to look after your mental health

www.mentalhealth.org.uk



changing minds

mental health foundation

community access support service

Are you part of a community group? Interested in health and wellbeing? We want to hear from you!

info@cassbristol.org www.cassbristol.org

The Community Access Support Service (CASS) works with community, faith and equality groups to improve knowledge, confidence and awareness of mental health and support in Bristol.

We can give your group advice and information on:

- Current mental health services
- How to signpost group members to the right support
- Starting conversations about mental health and emotional wellbeing
- Challenging mental health stigma
- Feeding back to mental health service providers on how services can be improved

CASS also produces resources to help support mental health and emotional wellbeing, suitable for anyone living in Bristol. Available from our website.

Inner & East Bristol	North Bristol	South Bristol
07400 128052	07400 118652	07400 122759

Managed by the Healthy Living Consortium:

Wellspring Settlement · Southmead Development Trust · Happy to be Healthy Knowle West Health Park CIC

Funded by:

NHS

/CASSBristol