

## Agencies and support for children and adult's mental health and well-being in Gloucestershire.

(Some of these need referrals from professional and some parents can do directly.)

### Support for children and their families:

- GPs
- NHS-Gloucestershire Health and Care – Children and young people's services.  
CAMHS  
[CAMHSreferrals@ghc.nhs.uk](mailto:CAMHSreferrals@ghc.nhs.uk)
- Tic – Teens in crisis (Age 9 to 21-year olds)
- NSPCC – [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.mind.org.uk](http://www.mind.org.uk) Teenage mental health support for children
- Kooth – an online mental health and wellbeing services provided by the county council  
[www.kooth.com](http://www.kooth.com) – for young people, no referral needed or waiting list
- Chat Health – 07507 333351
- Childline – [www.childline.org.uk](http://www.childline.org.uk)
- Self-harm helpline – for young people and adults giving support and advice for families  
0808 8160606 or text 07537 410022 or webchat on [www.gloucestershire.org](http://www.gloucestershire.org)
- Young minds – [www.youngminds.org.uk](http://www.youngminds.org.uk) or 0808 802 5544
- Samaritans – 116 123 or text shout on 85258
- [www.gloucestershire.gov.uk/look-after-your-wellbeing](http://www.gloucestershire.gov.uk/look-after-your-wellbeing).
- [www.bewellglos.org.uk](http://www.bewellglos.org.uk) mental health support, children, young people and families. Be well Gloucestershire.
- <https://parents.actionforchildren.org.uk/live-support>. Support for child's behaviour-free and live one-to-one chat. Answers questions and gives free support and advice.
- Gloucestershire Young Carers – [glosyoungcarers.org.uk](http://glosyoungcarers.org.uk) or call 01452 733060
- Scope emotional support for families of a disabled child [www.scope.org.uk](http://www.scope.org.uk)
- GP can help, listen and make referrals
- Be Well Glos. [www.bewellglos.org.uk](http://www.bewellglos.org.uk)

- [www.gloucestershire.gov.uk](http://www.gloucestershire.gov.uk) 'Lets Talk' an NHS service for people experiencing stress, anxiety and depression.
- [www.gloucestershire.gov.uk](http://www.gloucestershire.gov.uk) mental Health and Wellbeing in Gloucestershire
- [www.ghll.org.uk](http://www.ghll.org.uk) Local mental health services and links including Bounce- Self harm support for 14 to 25-year olds, CBT counselling
- Xenzone – UK digital mental health online counselling support for adults
- Gloucestershire Crisis Team helpline 0800 169 0398 Grassroots suicide prevention – STAY ALIVE
- Samaritans – 116 123 or text shout on 85258