



MENTAL HEALTH AND WELLBEING

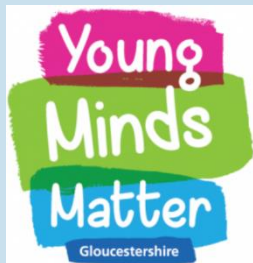
Mental Health and
Wellbeing resources for
young people

Web: [We are the
Gloucestershire Youth Support
Team](#)

Email:
YSTOpportunitySupport@gloucestershire.gov.uk

MENTAL HEALTH AND WELLBEING

Young Minds Gloucestershire - [Mental Health Support For Young People | YoungMinds](#)



- A charity that supports children and young people (up to 18) in schools across Gloucestershire and provides young people and families with resources.
- YMMChat can provide regular face-to-face, telephone or online appointment(s) each week (Mon-Fri, 9am-4:30pm)
- Email: getinvolved@youngglos.org.uk

On Your Mind Glos (Mental Health Support Finder) - [On Your Mind Gloucestershire - children & young people's mental health - NHS \(onyourmindglos.nhs.uk\)](#)



- NHS Gloucestershire programme for children and young people, an anonymous online support network/support finder

Shout – text SHOUT to 85258 - [Shout: the UK's free, confidential and 24/7 mental health text service for crisis support | Shout 85258 \(giveusashout.org\)](#)



- For immediate mental health support
- Shout is a free, confidential, 24/7 text messaging service for anyone who is struggling to cope

TIC+ - Teens in Crisis - [Home - Tic+ \(ticplus.org.uk\)](#)



- Counselling for young people aged 9-25 – chose from face-to-face, online, telephone or video counselling
- TIC+Chat – Anonymous, safe, confidential 1-1 support – telephone and online chat
 - 0330 303 8080 or online chat
 - Opening times: Sunday-Thursday 5pm-9pm
- Parent Support and Advice Line – 0800 6525675 or online chat – parent and carer support groups and family counselling

If you are at imminent risk, please ring **999**

MENTAL HEALTH AND WELLBEING



The Door - thedor.org.uk

- Offers confidential support, advice and guidance for young people aged 11-25
- 01453 705350 – 5pm-7pm / Monday-Friday
- Chat Online – 5pm – 7pm / Monday – Friday
<https://thedor.org.uk/chat>
- Youth Clubs – young people aged 11-17 – a safe space to hang out with friends, majority have free entry – range of activities including table tennis, games consoles, cooking and music

SAMARITANS

Samaritans – [Contact Us](#) | [Samaritans](#)

- A listening service that does not offer advice or intervention
- Whatever you are going through, you can call anytime
- Available 24/7 – call 116 123 – from any phone for FREE



Calm Harm – [Home](#) - [Calm Harm App \(stem4.org.uk\)](#)

- A free app providing support and strategies to help you resist or manage the urge to self-harm
- Can be downloaded from Google Play OR App Store

childline

ONLINE, ON THE PHONE, ANYTIME

Childline - [Contacting Childline](#) | [Childline](#)

- No problem is too big or small, talk to Childline anytime
 - Call 0800 1111 or chat online
- Information and advice on website, including:
 - Bullying; Abuse; Drugs; Alcohol; Puberty; Home and Families; Feelings; Mental Health; Sex and Relationships; School and College and more

MENTAL HEALTH AND WELLBEING

Essential Space – [Counselling | Essential Space Affordable Counselling](#) - based at Kingsley House GL51 4TQ

- Affordable easy-to-access counselling and mentoring service for adults and young people
- Cost is dependent on individual financial circumstances and income
- Identity Space – LGBTIA+ mentoring and counselling

ANXIETY

Anxiety UK – [National charity helping people with Anxiety - Anxiety UK](#)

- Provides information, support and advice for anyone struggling with anxiety
 - Call 03444 775 774 OR 07537 416905
 - Opening times: Monday-Friday – 10:30am-4:40pm

No Panic - [Home - NoPanic](#)

- Supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues
 - 0300 772 9844
 - Opening times: 10am-10pm – 365 days a year
- Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7)

OCD – Obsessive Compulsive Disorder

OCD Action – [OCD Action](#)

- Offers support and information to anybody affected by obsessive compulsive disorder (OCD)
 - 0300 636 5478
 - Opening times: Monday – Friday - 9:30am-8pm



MENTAL HEALTH AND WELLBEING

DEPRESSION

CALM (Campaign Against Living Miserably) –

[Homepage | Campaign Against Living Miserably \(CALM\)](#)
(thecalmzone.net)

- Provides support to anyone aged 16+ who is feeling down and needs to talk or find information
- Free webchat service available
 - Call 0800 58 58 58
 - Opening times: 365 days a year – 5pm-midnight

Papyrus – [Papyrus UK Suicide Prevention | Prevention of Young Suicide](#) (papyrus-uk.org)

- Offers confidential advice and support for young people struggling with suicidal thoughts, as well as family and friends
- Information on how to make a safety plan

AUTISM

National Autistic Society – [National Autistic Society](#)

(autism.org.uk)

- Offers support to autistic people and their families
- They have a wide range of information about Autism – from what autism is, to diagnosis, to socialising and relationships

ADHD – Attention Deficit Hyperactivity Disorder

ADHD UK – [ADHD UK - Homepage - ADHD UK](#)

- Information and resources on subjects including diagnosis, medication, education and employment as well as online support groups



MENTAL HEALTH AND WELLBEING

EATING DISORDERS

Beat – [The UK's Eating Disorder Charity - Beat](https://www.beateatingdisorders.org.uk)
([beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk))

- Offers information and support for anybody affected by eating disorders
- One-to-one web chat available
- Also run a range of online support groups which are fully moderated and anonymous
 - Opening times: 365 days a year
 - Weekdays: (9am-8pm) | Weekends (4pm-8pm)

PTSD – Post Traumatic Stress Disorder

PTSD UK – [PTSD UK](https://www.ptsduk.org/)

- Provides resources and support for people affected by PTSD
- Their website has detailed information about PTSD symptoms, treatment options and coping strategies

LGBTQIA+

GayGlos - [Youth Group | GayGlos](https://www.gayglos.org.uk/)

- Support sessions are held every other Saturday between 11:45 and 15:00 – the first 45 minutes of each session is a 'Gender Group'
 - The location of these meetings is kept private to ensure it is a safe space
 - They can help with transport cost
- Online alternative called GaySpace

Beat
Eating disorders



MENTAL HEALTH AND WELLBEING

TransUnite – [Trans Unite | Find a Transgender Support Group in Your Area](#)

- Mental health and support group for transgender men and women as well as those who identify as non-binary
 - Every other Sunday 1pm-4pm
- Group focuses on expressing thoughts and feelings, socialising with like-minded individuals, increasing self-understanding and providing help to others
- They provide online support through blogs, forums and chat rooms

Pink Therapy – Online – [Pink Therapy Directory of LGBTQIA+ Therapists & Counsellors](#)

- Pink Therapy provides counselling to lesbian, gay, bisexual, trans, queer, asexual, intersex and anyone who identifies as gender, sex or relationship diverse
- You can filter your choice of counsellor based on sexuality/gender, location, neurodiversity and more
- Pink Therapy Counsellors in Gloucestershire: [You searched for - Pink Therapy Directory](#)

Mind Out – Online - [MindOut | Mental Health Charity for LGBTQ community](#)

- This is an LGBTQIA+ charity, they offer anonymous support
- The cost of sessions is means tested
- Many of the counsellors are transgender themselves



MENTAL HEALTH AND WELLBEING

SEXUAL HEALTH

LOCAL GP surgery can offer a range of sexual health services including:

- Contraception
- STI testing
- Sexual health advice and sign posting

COMMUNITY PHARMACIES can offer:

- Contraception, including free emergency contraception and condoms
- Chlamydia testing and treatment



Hope House – Gloucester / **The Milsom Centre** –

Cheltenham - [Home New](#) | [Hope House Sexual Health Services](#)

- Provides sexual health or contraception services
- Services are free, confidential (even for U16s) and available to anyone
- Hope house is the Specialist Sexual Health Service in Gloucestershire and can offer:
 - STI testing
 - Pregnancy advice
 - Chlamydia screening
 - Signposting to other services
 - Contraception
 - HIV screening
 - Advice on sexual assault
- Phone in only service
 - Call 0300 421 6500 - Monday-Friday 8am-4pm

Switchboard – [Homepage](#) | [Switchboard](#)

- National LGBTQIA+ support line
- Can discuss sexual health, relationships and feelings
- Phone, chat or email services
 - Opening times: 10am-10pm every day

MENTAL HEALTH AND WELLBEING

SH.UK – [SH.UK — Free STI / STD Testing & Reproductive Health](#)

- Free NHS sexual health services online
- Complete short online consultation – asked about what services wanted
- Orders are processed and dispatched the same day
 - Test kits and contraception delivered quickly and discreetly
- Clinical team will keep you up to date with progress of order and test results via text or email



BOOTS – [Sexual Health Services Online | Boots Online Doctor UK](#)

- Tests or quick prescription treatment for a variety of sexual health issues
 - Convenient and discreet treatment
- No appointment needed – fill out quick online consultation

PHYSICAL HEALTH

NHS Fitness – [Fitness Studio exercise videos - NHS \(www.nhs.uk\)](#)

- Aerobic Fitness – aerobic for beginners; belly dancing; la bomba dancing; wake up work out
- Strength and Resistance – warm up; waists, abs, arms, legs, glutes, cool down
- Pilates and Yoga – chair based; beginners; pyjama, scoliosis

Couch to 5K - [Get running with Couch to 5K - NHS \(www.nhs.uk\)](#)

- Free NHS app for beginners to start running
- Running is a good stress reliever and is known to help with mental health



MENTAL HEALTH AND WELLBEING

Leisure Centres

Gloucester: [GL1 Leisure Centre - Gloucester](#) | [Freedom Leisure \(freedom-leisure.co.uk\)](#)

Cheltenham: [Leisure Centre and Gym Cheltenham](#) | [Leisure at Cheltenham](#)

Stroud: [Stratford Park Leisure Centre](#) | [Gym, Sports Hall & Swim](#) | [Everyone Active](#)

Cirencester: [Cirencester Leisure Centre](#) | [Leisure Centre, Gym, Swimming in Cirencester](#) | [Freedom Leisure](#) | [Freedom Leisure \(freedom-leisure.co.uk\)](#)

Forest of Dean: [Leisure centres and leisure activities - Forest of Dean District Council](#)

- Gym / Junior Gym – functional training; group cycling; group exercise
- Swimming – fitness or fun
- Fitness classes – dance, yoga, Pilates, legs bums and tums, aqua aerobics, body pump, HIIT, Zumba, Tai Chi and more
- Squash, badminton, basketball, tennis, football, pickleball, table tennis, roller-skating

Gloucestershire Football Association - [Home - Gloucestershire FA](#)

- Football for 16–18-year-olds to help you move into adult groups – boys and girls teams
- They also offer Turn up and Play as well as walking football

Go Ape – [Go Ape | Fun Outdoor Activities Near Me](#)

- Cycling Routes
 - Walking/running Routes
 - Tree top challenge
-

