

If someone is in immediate danger or there is a risk to life then always call 999, otherwise the following is available for mental health crisis support.

## **NHS Helpline**

If you're not in immediate danger, you can call to access the local mental health and support line.

Call 111, option 2

## **Shout**

Free confidential support from a trained volunteer. Where appropriate will receive Wiltshire specific signposting.

Text WILTS to 85258

## **Samaritans**

Confidential emotional support to anyone in distress, struggling to cope, or at risk of suicide, available 24/7 via their helpline

Call 116 123

Please note all information provided in this booklet was correct at time of publication. Always check via contact or websites for the respective organisations for latest details. This booklet has been compiled by **Rethink Mental Illness** services within Wiltshire.

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This booklet is available to download from:

rethink.org/wiltshirewellbeingcafes



We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness Phone **01215227007** or email **info@rethink.org** 

rethink.org

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Mental Health and Wellbeing Support Services in Wiltshire

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## In any instance it is advised to always speak to your **GP**

Access Community Mental Health Free support for anyone (16+) with	alabare.co.uk	
significant mental health needs.	03002 225745 (from 1 April 2025) accesscommunitymentalhealth@alabare.co.ul	
Adult Social Care Help adults live independently and improve their quality of life.	wiltshire.gov.uk/adult-care 0300 456 0111	
The Advocacy People Advocacy services to help individuals have their voices heard.	theadvocacypeople.org.uk 0330 440 9000 info@theadvocacypeople.org.uk	
<b>Building Bridges</b> Help people overcome their barriers to education and employment.	buildingbridgessw.org.uk 01380 732821 hello@buildingbridgessw.org.uk	
CAMHS (NHS)  Mental health service for children and young people (incl. families)	oxfordhealth.nhs.uk/camhs/wilts/ 01865 903330 baneswiltscamhsspa@oxfordhealth.nhs.uk	
Carer Support Wiltshire Variety of services to support unpaid carers of all ages.	carersupportwiltshire.co.uk 0800 181 4118 admin@carersupportwiltshire.co.uk	
<b>Citizens Advice (Wiltshire)</b> Free and impartial advice on a wide range of issues.	citizensadvicewiltshire.org.uk 0808 278 7995	
Combat Stress Specialist mental health support for veterans.	combatstress.org.uk 0800 138 1619 helpline@combatstress.org.uk	
Connect Free drug and alcohol support service led by Turning Point.	turning-point.co.uk 0300 555 0157 connectreferrals@turning-point.co.uk	
Cruse Bereavement Support Services to help people cope with grief (incl. 1:1 support).	www.cruse.org.uk 0808 808 1677 helpline@cruse.org.uk	
Fearfree Support for individuals dealing with domestic abuse and sexual violence.	fearfree.org.uk 01225 775276 admin@fearfree.org.uk	
Healthwatch Wiltshire Speak up for people who use health and social care services.	healthwatchwiltshire.co.uk 01225 434218 info@healthwatchwiltshire.co.uk	
HELP Counselling Low-cost and counselling services to adults and young people (16+).	helpcounselling.co.uk 01225 767459 enquiries@helpcounselling.co.uk	

<b>Home Start</b> Support families with young children through challenging times.	home-start.org.uk 0116 464 5490 info@home-start.org.uk	
National Farmers Union (NFU) Represents farmers and growers, offering a Wellbeing Support Helpline.	nfuonline.com 01935 873044 nfu@nfu.org.uk	
Olive Branch Counselling Affordable and confidential counselling therapy.	olivebranch.charity 01249 443810 info@olivebranchcounselling.org.uk	
Relate Mid Wiltshire Supporting individuals, couples, and families with their relationships.	<u>relate.org.uk</u> 0300 003 1781	
Riverside Sanctuary (Alabaré) Place of calm drop-in for anyone (16+) struggling with their mental wellbeing.	alabare.co.uk 01722 322882 riversidesanctuary@alabare.co.uk	
Spurgeons Provide a range of family support services.	spurgeons.org 0800 970 4669 WiltshireFamilyHubs@spurgeons.org	
<b>Teen Talk</b> Support services for young people aged 10 to 25.	teentalk.org.uk 01225 667328 info@teentalk.org.uk	
Travelling Communities Support Service for Gypsy, Showpeople, Roma, Boater and Traveller communities.	<u>julianhouse.org.uk</u> 01225 354650 grtb@julianhouse.org.uk	
Wiltshire Centre for Independent Living (WCIL) support disabled individuals to live independently.	wiltshirecil.org.uk 0300 123 3442 info@wiltshirecil.org.uk	
Wiltshire MIND Various services, including 1:1 counselling and group support.	www.wiltshiremind.co.uk 01225 706532	
Wiltshire Service Users Network (WSUN) Providing support for individuals on the autism spectrum.	wsun.co.uk 01380 871800 info@wsun.co.uk	
Wiltshire Talking Therapies Therapies for common mental health problems eg anxiety and depression.	awp.nhs.uk 01380 731335 awp.wiltshiretalkingtherapies@nhs.net	
Wiltshire Treehouse Bereavement support to children and young people.	treehousewiltshire.org.uk 01793 987105 admin@wiltshiretreehouse.org.uk	

For more urgent or immediate support services see back page of booklet