



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.

Published: April 2025



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 **0121 522 7007** or email info@rethink.org

rethink.org

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Mental Health and Wellbeing Support Services in Wiltshire



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

Access Community Mental Health	alabare.co.uk 03002 225745 (from 1 April 2025) accesscommunitymentalhealth@alabare.co.uk
Adult Social Care	wiltshire.gov.uk/adult-care 0300 456 0111
The Advocacy People	theadvocacypeople.org.uk 0330 440 9000 info@theadvocacypeople.org.uk
Building Bridges	buildingbridgessw.org.uk 01380 732821 hello@buildingbridgessw.org.uk
CAMHS (NHS)	oxfordhealth.nhs.uk/camhs/wilts/ 01865 903330 baneswiltscamhsspa@oxfordhealth.nhs.uk
Carer Support Wiltshire	carersupportwiltshire.co.uk 0800 181 4118 admin@carersupportwiltshire.co.uk
Citizens Advice (Wiltshire)	citizensadvicewiltshire.org.uk 0808 278 7995
Combat Stress	combatstress.org.uk 0800 138 1619 helpline@combatstress.org.uk
Connect	turning-point.co.uk 0300 555 0157 connectreferrals@turning-point.co.uk
Cruse Bereavement Support	www.cruse.org.uk 0808 808 1677 helpline@cruse.org.uk
Fearfree	fearfree.org.uk 01225 775276 admin@fearfree.org.uk
Healthwatch Wiltshire	healthwatchwiltshire.co.uk 01225 434218 info@healthwatchwiltshire.co.uk
HELP Counselling	helpcounselling.co.uk 01225 767459 enquiries@helpcounselling.co.uk

Home Start	home-start.org.uk 0116 464 5490 info@home-start.org.uk
National Farmers Union (NFU)	nfuonline.com 01935 873044 nfu@nfu.org.uk
Olive Branch Counselling	olivebranch.charity 01249 443810 info@olivebranchcounselling.org.uk
Relate Mid Wiltshire	relate.org.uk 0300 003 1781
Riverside Sanctuary (Alabaré)	alabare.co.uk 01722 322882 riversidesanctuary@alabare.co.uk
Spurgeons	spurgeons.org 0800 970 4669 WiltshireFamilyHubs@spurgeons.org
Teen Talk	teentalk.org.uk 01225 667328 info@teentalk.org.uk
Travelling Communities Support Service	julianhouse.org.uk 01225 354650 grtb@julianhouse.org.uk
Wiltshire Centre for Independent Living (WCIL)	wiltshirecil.org.uk 0300 123 3442 info@wiltshirecil.org.uk
Wiltshire MIND	www.wiltshiremind.co.uk 01225 706532
Wiltshire Service Users Network (WSUN)	wsun.co.uk 01380 871800 info@wsun.co.uk
Wiltshire Talking Therapies	awp.nhs.uk 01380 731335 awp.wiltshiretalkingtherapies@nhs.net
Wiltshire Treehouse	treehousewiltshire.org.uk 01793 987105 admin@wiltshiretreehouse.org.uk

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

