

## Directory of Services of support for children, Young People and Adults

Much of Creative Youth Networks Services will be closed over the Christmas period whilst take annual leave from Monday 21<sup>st</sup> December 2020 –Monday 4<sup>th</sup> January 2021

Much of this information is taken from the Keeping Bristol Safe Partnership (KBSP) and Bristol City Council (BCC) #AreYouOK campaign website pages (plus we've added some additional information).

Earlier this year, KBSP and BCC launched the Are you OK? campaign to encourage people to check in with friends, family and neighbours to make sure they are OK during the pandemic.

Now with Christmas around the corner, we're reaching out to remind people of the hidden effects of coronavirus, how to spot signs for concern and where to find help.

Christmas can be a difficult time, even without the pandemic, and many people will find Christmas particularly challenging this year for lots of reasons. Some people might be spending it alone, whilst others might be facing more stress at home.

### How you can help

Learn how to ask if someone is OK, how to spot the signs for concern and where to find help on the Are you OK? website: [www.bristolsafeguarding.org/areyouok](http://www.bristolsafeguarding.org/areyouok)

### Useful contacts

For children and young people:

#### Advice

<a href="http://www.childline.org.uk">Childline</a> <a href="http://www.childline.org.uk">www.childline.org.uk</a>	Provides 24 hour 1-1 counselling, and also run an 'Ask Sam' service to answer letters you send about anything and everything that is worrying you.	0800 11 11
SupportLine	The telephone Helpline providing confidential emotional support to Children, Young People and Adults on any issue including domestic violence.	<a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a> 01708 765200
<a href="http://www.relate.org.uk/relationship-help/help-children-and-young-people">Relate for Young People</a> <a href="http://www.relate.org.uk/relationship-help/help-children-and-young-people">www.relate.org.uk/relationship-help/help-children-and-young-people</a>	If you are aged 10-25 and your parents, step-parents or carers are separating or argue a lot, Relate can help. You can talk in private about your experiences and feelings with a Relate Counsellor	0300 100 1234

## Anti bullying

<a href="http://www.Kidscape.org.uk">Kidscape</a> <a href="http://www.Kidscape.org.uk">www.Kidscape.org.uk</a>	This anti-bullying charity has a helpline for parents and carers.	<a href="mailto:info@kidscape.org.uk">info@kidscape.org.uk</a> 08451 205 204
<a href="http://www.each.education">Education Action Challenging Homophobia</a> <a href="http://www.each.education">www.each.education</a>	Providing services to inspire lesbian, gay, bisexual and trans equality	0808 1000 143
<a href="http://www.sariweb.org.uk">Support Against Racial Incidents (SARI)</a> <a href="http://www.sariweb.org.uk">www.sariweb.org.uk</a>	Providing support and advice to victims of hate, and promotes equality and good relations between people with protected characteristics	<a href="mailto:sari@sariweb.org.uk">sari@sariweb.org.uk</a> 0117 952 5652

## Children's Social Care

<a href="http://www.rvoice.co.uk">Care Leavers</a> <a href="http://www.rvoice.co.uk">www.rvoice.co.uk</a>	Support for young people who have left care  R-Voice Online is a website for Bristol's children and young people in care and care leavers. This site has been designed by members of the Bristol Children in Care Council.	0800 694 0168
<a href="http://www.bristol.gov.uk/web/bristol-local-offer">Disabled Children's Service</a> <a href="http://www.bristol.gov.uk/web/bristol-local-offer">www.bristol.gov.uk/web/bristol-local-offer</a>	Disabled children's social care team	0117 9038 350
<a href="http://www.bristol.gov.uk/social-care-health/emergency-duty-team">Emergency Duty Team</a> <a href="http://www.bristol.gov.uk/social-care-health/emergency-duty-team">www.bristol.gov.uk/social-care-health/emergency-duty-team</a>	Emergency social care team (out of hours)	01454 615 165
<a href="http://www.bristol.gov.uk/social-care-health/social-work">Families in Focus</a> <a href="http://www.bristol.gov.uk/social-care-health/social-work">www.bristol.gov.uk/social-care-health/social-work</a>	Early intervention for families that would like some extra support	North; 0117 3521 499 East/Central; 0117 3576 460 South; 0117 9037 770

<a href="#">contact-details-children-and-young-people</a>		
<a href="#">First Response</a> <a href="http://www.bristol.gov.uk/social-care-health/report-your-concerns-about-a-child">www.bristol.gov.uk/social-care-health/report-your-concerns-about-a-child</a>	Team to contact if you are concerned about the wellbeing of a child	0117 903 6444
<a href="#">Through Care and Placement</a> <a href="http://www.bristol.gov.uk/social-care-health/social-work-contact-details-children-and-young-people">www.bristol.gov.uk/social-care-health/social-work-contact-details-children-and-young-people</a>	Social care team for children in care and leaving care	0117 3534 100

### Coronavirus Support

<a href="#">We Are Bristol Helpline</a>	<p>A dedicated free telephone hotline to help the city's most vulnerable citizens during the coronavirus pandemic</p> <p>Food, medicine or essential tasks</p> <p>If you, a family member or a neighbour are self-isolating, or feeling isolated, and need help getting food or medicine or doing other essential tasks. Help if you can't afford to buy food;</p> <p>If you can be referred to a food bank, for short-term support in a financial crisis</p>	<p>Monday to Friday, 8.30am to 5pm, Saturday and Sunday, 10am to 2pm), translation service available</p> <p>0800 694 0184</p> <p>deaf BSL users can contact the phoneline through a BSL Interpreter using <a href="#">SignVideo</a></p>
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	<p>If you can be referred a <a href="#">FOOD club</a>, for help feeding your family</p> <p>Information about community or voluntary organisations that can provide food</p>	
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## Domestic Violence and Abuse

If you need emergency help but can't talk call 999 & when prompted press 55 – Do not hang up after pressing 55.

<p><a href="#">Julian House</a></p> <p><a href="http://www.julianhouse.org.uk/service/children-and-young-people-domestic-abuse-service/">www.julianhouse.org.uk/service/children-and-young-people-domestic-abuse-service/</a></p>	<p>Our children's and young persons domestic violence and abuse service is made up of a specialist team who offer practical and emotional support, information and education for children and young people who are experiencing or have experienced domestic abuse.</p>	<p><a href="mailto:admin@julianhouse.org.uk">admin@julianhouse.org.uk</a></p> <p>01225 354650</p>
<p><a href="#">Next Link</a></p> <p><a href="http://www.nextlinkhousing.co.uk">www.nextlinkhousing.co.uk</a></p>	<p>Domestic Abuse support services</p> <p>Provides support services, and can help arrange emergency accommodation for women and girls who have experienced domestic or sexual abuse</p>	<p>0117 9250 680</p> <p><b>Helpline</b>  <b>open 10am – 4pm</b>  <b>Monday to Friday</b>  <b>0800 470 0280</b></p>
<p><b>National Domestic Helpline</b></p> <p><a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a></p>	<p>Run by Refuge</p>	<p>24 hours, 7 days a week</p> <p>Freephone  0808 2000 247</p>
<p><a href="#">Awaz Utaoh</a></p> <p><a href="http://www.lighthousevictimcare.org/organisation/awaz-utaoh/">www.lighthousevictimcare.org/organisation/awaz-utaoh/</a></p>	<p>Mainly serving South Asian community. Advice, drop in and signposting. Domestic violence outreach service</p>	<p>07968 621079</p>

<a href="#"><u>Bristol Men's Domestic Abuse Project</u></a> <a href="http://www.wellaware.org.uk/organisation/bristol-mens-domestic-abuse-project/Mankind"><u>www.wellaware.org.uk/organisation/bristol-mens-domestic-abuse-project/Mankind</u></a>	Support for males, including gay, bisexual and transgender victims of domestic abuse, honour based violence and forced marriage	0300 303 1972 <a href="mailto:bristolmens.dasupport@victimsupport.org.uk"><u>bristolmens.dasupport@victimsupport.org.uk</u></a>
<a href="http://www.mankind.org.uk"><u>www.mankind.org.uk</u></a>	Confidential support for male victims of domestic abuse	01823 334 244
<a href="http://www.mensadviceine.org.uk"><u>www.mensadviceine.org.uk</u></a>	Helpline for male victims of Domestic Abuse	0808 8010327
<a href="http://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west/avon-and-somerset"><u>www.victimsupport.org.uk/help-and-support/get-help/support-near-you/south-west/avon-and-somerset</u></a>	Support for victims of crime, including physical, sexual and emotional abuse.	0300 303 1972

### Drug and Alcohol Use

<a href="http://www.al-anonuk.org.uk"><u>Alateen</u></a> <a href="http://www.al-anonuk.org.uk"><u>Www.al-anonuk.org.uk</u></a>	For any teenager who is bothered by someone else's drinking. They offer support and guidance and hold regular meetings	<a href="mailto:Enquiries Dept"><u>Enquiries Dept</u></a> <b>020 7403 0888</b>
<a href="http://www.bdp.org.uk/"><u>Bristol Drugs Project</u></a> <a href="http://www.bdp.org.uk/"><u>www.bdp.org.uk/</u></a>	Whether using alcohol or drugs yourself, or affected by someone else's use, BDP provide free and confidential support	<a href="mailto:info@bdp.org.uk"><u>info@bdp.org.uk</u></a> 0117 9876 000
<a href="http://www.talkaboutalcohol.com"><u>Talk About Alcohol</u></a> <a href="http://www.talkaboutalcohol.com"><u>www.talkaboutalcohol.com</u></a>	Providing facts about alcohol use to enable you to make your own decisions about alcohol in the future.	
<a href="#"><u>Talk to Frank</u></a>	Honest information about drugs	0300 123 6600

<a href="http://www.talktofrank.com">www.talktofrank.com</a>		
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## Exploitation

<p><b>Avon &amp; Somerset Police</b></p> <p><a href="http://www.avonandsomerset.police.uk/victims-witnesses-and-offenders/support-for-victims-of-child-sexual-exploitation/">www.avonandsomerset.police.uk/victims-witnesses-and-offenders/support-for-victims-of-child-sexual-exploitation/</a></p>	<p>If you know or suspect a child is in immediate danger, you should dial <b>999</b> immediately.</p> <p>If you suspect a child may be at risk, or have any information relating to Child Sexual Exploitation, we would prefer to speak to you:</p>	<p>online — fill in the <b>report a crime or incident form</b> <a href="http://www.avonandsomerset.police.uk/report/crime-or-incident/#/">www.avonandsomerset.police.uk/report/crime-or-incident/#/</a></p> <p>by phone — call <b>101</b></p> <p>in person — <a href="#">visit a police station</a></p>
<p><b>Barnardos BASE Hub and Spokes project</b></p> <p><a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a></p>	<p>Supports children and young people of all genders who are at risk of Child Sexual Exploitation</p>	<p><a href="mailto:ella.remes@barnardos.org.uk">ella.remes@barnardos.org.uk</a></p> <p>0117 9349 726</p>
<p><b>Parents Against Child Exploitation (PACE)</b></p> <p><a href="http://www.paceuk.info">www.paceuk.info</a></p>	<p>Information for parents and carers of children at risk of exploitation</p>	<p>0113 240 3040</p>
<p><b>The Children's Society</b></p> <p><a href="http://www.childrensociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines">www.childrensociety.org.uk/what-we-do/our-work/child-criminal-exploitation-and-county-lines</a></p>	<p>County Lines- The children's society has information, resources and advice on how to spot the signs</p>	<p><a href="mailto:Supportercare@childrensociety.org.uk">Supportercare@childrensociety.org.uk</a></p> <p>0300 303 7000</p>

## Family Support & Advice

<p><a href="http://www.bristolrefugeerights.org">Bristol Refugee Rights</a> <a href="http://www.bristolrefugeerights.org">www.bristolrefugeerights.org</a></p>	<p>First port of call for the majority of asylum seeking and refugee families coming to Bristol</p>	<p><a href="mailto:advice@bristolrefugeerights.org">advice@bristolrefugeerights.org</a> 07526352353</p> <p>Advice Services will be closed from Wednesday 23rd December and will restart on Tuesday 5th January. Virtual support groups will continue over the Christmas period and New Year for existing members</p>
<p><a href="http://www.bristolcab.org.uk">Citizens Advice Bristol</a> <a href="http://www.bristolcab.org.uk">www.bristolcab.org.uk</a></p>	<p>Provides free, independent, impartial and confidential advice (Financial, housing, court system, cancer support)</p>	<p>03444 111 444</p>
<p><a href="http://www.southbristoladvice.org.uk">South Bristol Advice Centre- Citizens Advice</a> <a href="http://www.southbristoladvice.org.uk">www.southbristoladvice.org.uk</a></p>	<p>Provide a range of free advice including help with benefits and debt</p>	<p><a href="mailto:admin@southbristoladvice.org">admin@southbristoladvice.org</a> 0117 985 1122</p>

### Homelessness

Bristol Youth MAPS is 1625 Independent People's first port of call for a young person who is homeless or at risk of homelessness

#### Covid-19 Notice

Bristol Youth MAPS is OPEN and continuing to support young people.

During this time, we will often conduct our initial meeting by phone. However, if you do not have access to a phone, we will arrange for you to attend appointments with us at the office. On arrival at the office we will ask you to wash your hands and maintain a 2m distance from others. If we allocate you a support worker we will be available to meet you safely in person or over the phone, video call etc. We will take into consideration your needs and preferences regarding this.

You can contact us on 0117 332 7111 or 0800 035 4213 (free) if you have any questions.

<a href="http://www.1625ip.co.uk">1625 Independent People www.1625ip.co.uk</a>	Prevention of homelessness and support with housing	<a href="mailto:enquiries@1625ip.co.uk">enquiries@1625ip.co.uk</a> Freephone 0800 731 7213
<a href="http://www.1625ip.co.uk/What-We-Do/Bristol-Youth-MAPS.aspx">Bristol MAPS www.1625ip.co.uk/What-We-Do/Bristol-Youth-MAPS.aspx</a>	Support for young people with accommodation issues	Opening hours Mondays, Tuesdays, Thursdays, Fridays 9am - 5pm Wednesdays 1pm - 5pm Email <a href="mailto:bristol youthmaps@1625ip.co.uk">bristol youthmaps@1625ip.co.uk</a>  0117 332 7111 or Freephone 0800 731 7213

## Mental Health

If you are concerned about your or someone else's mental health urgently, please contact the police or [The Samaritans](#) on **116 123** (open 24 hours a day).

<a href="http://www.otrbristol.org.uk">Off the Record www.otrbristol.org.uk</a>	Mental Health social movement by and for young people aged 11-25	<a href="mailto:hello@otrbristol.org.uk">hello@otrbristol.org.uk</a> 0808 808 9120
<a href="http://www.bristolmind.org.uk">Bristol Mind www.bristolmind.org.uk</a>	A range of services including emotional support	0808 808 0330
<a href="http://www.selfinjurysupport.org.uk">Self Injury Support www.selfinjurysupport.org.uk</a>	Text and email support service	<a href="mailto:tessmail@selfinjurysupport.org.uk">tessmail@selfinjurysupport.org.uk</a> 07537 432 444 0808 800 8088
<a href="http://www.kooth.com">KOOOTH www.kooth.com</a>	Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day.	Online service <a href="http://www.kooth.com">www.kooth.com</a>



<p><b>Vita Health 24/7 Support &amp; Connect - immediate emotional and practical support helpline</b></p> <p><a href="http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/247supportandconnect/">www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/247supportandconnect/</a></p>	<p>An NHS, free, confidential 24/7 helpline for people who live in Bristol, North Somerset, and South Gloucestershire. It is provided by Vita Health Group, in partnership with AWP. The line is staffed by experienced counsellors, who you can talk to and they will listen. They will offer emotional support and can connect you to organisations available in the local area. If English isn't your first language we can arrange for a translator to support your call.</p>	<p>For immediate emotional and practical support call 0800 0126549.</p> <p>Textphone users dial 18001 followed by 0800 0126549.</p> <p>If you are 17 or under please call the Children and Young People's helpline via Avon and Wiltshire Partnership SPA line on 0300 303 1320.</p>
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### Sexual Violence and Abuse

<p><b>SARSAS</b></p> <p><a href="http://www.sarsas.org.uk">www.sarsas.org.uk</a></p>	<p>Support for people who have experienced rape or any kind of sexual assault or abuse at any time in their lives</p>	<p><a href="mailto:support@sarsas.org.uk">support@sarsas.org.uk</a> 0808 801 0456</p>
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### Young Carers

<p><b>Carers Support Centre</b></p> <p><a href="http://www.carerssupportcentre.org.uk/youngcare">www.carerssupportcentre.org.uk/youngcare</a></p>	<p>Provides help and support to children aged 8-18, their families and professionals</p>	<p>0117 965 2200</p>
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### Sexual Health

<p><a href="http://www.otrbristol.org.uk/what-we-do/freedom/">Freedom and Freedom Youth</a></p> <p><a href="http://www.otrbristol.org.uk/what-we-do/freedom/">www.otrbristol.org.uk/what-we-do/freedom/</a></p>	<p>A service for lesbian, gay and bisexual young people, and those questioning their sexuality.</p>	<p><a href="mailto:hello@otrbristol.org.uk">hello@otrbristol.org.uk</a> 0808 808 9120</p>
<p><a href="http://www.brook.org.uk">Brook</a></p> <p><a href="http://www.brook.org.uk">www.brook.org.uk</a></p>	<p>help and advice on sexual health and wellbeing</p>	<p><a href="tel:01179290090">0117 929 0090</a></p>
<p><a href="http://www.unitysexualhealth.co.uk">Unity Sexual Health</a></p> <p><a href="http://www.unitysexualhealth.co.uk">www.unitysexualhealth.co.uk</a></p>	<p>Free and confidential sexual health advice for Bristol, North Somerset and South Gloucestershire.</p>	<p>0117 342 6900 Telephone line opening hours are: Monday-Thursday: 8:30 to 17:00 Friday: 8.30 to 13.00 Saturday: 9:00 to 12:00</p>

## ADULTS

### Adult Social Care Services

<p><a href="http://www.bristol.gov.uk/social-care-health/care-and-support-for-adults">Care Direct</a></p> <p><a href="http://www.bristol.gov.uk/social-care-health/care-and-support-for-adults">www.bristol.gov.uk/social-care-health/care-and-support-for-adults</a></p>		<p>Adult Social Care</p>	<p>0117 922 2700</p>
<p><a href="http://www.bristol.gov.uk/social-care-health/emergency-duty-team">Emergency Duty Team</a></p> <p><a href="http://www.bristol.gov.uk/social-care-health/emergency-duty-team">www.bristol.gov.uk/social-care-health/emergency-duty-team</a></p>		<p>Adult Social Care out-of-hours emergencies</p>	<p>01454 615 165</p>

### Coronavirus Support

<p><a href="#">We Are Bristol Helpline</a></p>	<p>A dedicated free telephone hotline to help the city's most</p>	<p>Monday to Friday, 8.30am to 5pm, Saturday and Sunday,</p>
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	<p>vulnerable citizens during the coronavirus pandemic</p> <p>Food, medicine or essential tasks</p> <p>If you, a family member or a neighbour are self-isolating, or feeling isolated, and need help getting food or medicine or doing other essential tasks. Help if you can't afford to buy food;</p> <p>If you can be referred to a food bank, for short-term support in a financial crisis</p> <p>If you can be referred a <a href="#">FOOD club</a>, for help feeding your family</p> <p>Information about community or voluntary organisations that can provide food</p>	<p>10am to 2pm), translation service available</p> <p>0800 694 0184</p> <p>deaf BSL users can contact the phoneline through a BSL Interpreter using <a href="#">SignVideo</a></p>
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### Domestic Abuse

If you are suffering Domestic Abuse you can call the 24 hr helpline on 0808 2000 (open 24 a day, 7 days a week) run by Refuge.

**If you need emergency help but can't talk call 999 & when prompted press 55 – Do not hang up after pressing 55.**

<p><a href="#">Next Link</a></p> <p><a href="http://www.nextlinkhousing.co.uk">www.nextlinkhousing.co.uk</a></p>	<p>Domestic Abuse support services</p> <p>Provides support services, and can help arrange emergency accommodation for</p>	<p>0117 9250 680</p> <p>0800 470 0280</p>
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	women and girls who have experienced domestic or sexual abuse	
<a href="http://www.lighthousevictims.org/organisation/awaz-utaoh/">Awaz Utaoh</a> <a href="http://www.lighthousevictims.org/organisation/awaz-utaoh/">www.lighthousevictims.org/organisation/awaz-utaoh/</a>	Mainly serving South Asian community. Advice, drop in and signposting. Domestic violence outreach service	07968 621079
<a href="http://www.bava.org.uk">Bristol Against Violence and Abuse</a> <a href="http://www.bava.org.uk">www.bava.org.uk</a>	The BAVA website aims to be a source of local information about support services, training and prevention work	<a href="mailto:bava@bristol.gov.uk">bava@bristol.gov.uk</a>
<a href="http://www.wellaware.org.uk/organisation/bristol-mens-domestic-abuse-project/">Bristol Men's Domestic Abuse Project</a> <a href="http://www.wellaware.org.uk/organisation/bristol-mens-domestic-abuse-project/">www.wellaware.org.uk/organisation/bristol-mens-domestic-abuse-project/</a>	Support for males, including gay, bisexual and transgender victims of domestic abuse, honour based violence and forced marriage	0300 303 1972 <a href="mailto:bristolmens.dasupport@victimsupport.org.uk">bristolmens.dasupport@victimsupport.org.uk</a>
<a href="http://www.everymanproject.co.uk/services/">Everyman Project</a> <a href="http://www.everymanproject.co.uk/services/">www.everymanproject.co.uk/services/</a>	Working with perpetrators of domestic abuse and violence	0203 642 8860 <a href="mailto:everymanproject@btinternet.com">everymanproject@btinternet.com</a>
<a href="http://www.mankind.org.uk">Mankind</a> <a href="http://www.mankind.org.uk">www.mankind.org.uk</a>	Confidential support for male victims of domestic abuse	01823 334 244
<a href="http://www.mensadvice.org.uk">Respect Men's Advice Line</a> <a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a>	Helpline for male victims of Domestic Abuse	0808 8010327
<a href="http://www.victimsupport.org.uk/help-">Victim Support</a> <a href="http://www.victimsupport.org.uk/help-">www.victimsupport.org.uk/help-</a>	Support for victims of crime, including physical, sexual and emotional abuse.	0300 303 1972

<a href="#">and-support/get-help/support-near-you/south-west/avon-and-somerset</a>		
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## Drugs and Alcohol misuse

<b>Bristol Drugs Project</b> <a href="http://www.bdp.org.uk/">www.bdp.org.uk/</a>	Whether using alcohol or drugs yourself, or affected by someone else's use, BDP provide free and confidential support	<a href="mailto:info@bdp.org.uk">info@bdp.org.uk</a> 0117 9876 000
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<b>Bristol ROADS (DHI)</b>  <a href="http://www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment/bristol-roads">www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment/bristol-roads</a>	Recovery Orientated Alcohol and Drugs Service. One-to-one sessions, groups, peer support, preparation for detox	<a href="mailto:roads@dhi-services.org.uk">roads@dhi-services.org.uk</a> 0117 440 0540
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## Homelessness

<b>Independent Futures</b>  <a href="http://www.independentfutures.org.uk">www.independentfutures.org.uk</a>	Improving service delivery for homelessness, addiction, mental health	<a href="mailto:lucy.woods@goldenkeybristol.org.uk">lucy.woods@goldenkeybristol.org.uk</a> 0117 428 9237 07860 938 203
<b>St Mungo's Rough Sleeper Service</b>  <a href="http://www.mungos.org">www.mungos.org</a>	<b>If you need somewhere to stay</b> The Outreach Team run by <a href="#">St Mungo's</a> may be able to help find you somewhere to stay. BCC fund St Mungo's Rough Sleeper Service. They'll talk to you and take time to understand your needs, which will allow them to offer you the support	Email: <a href="mailto:bristolspot@mungos.org">bristolspot@mungos.org</a> Phone: 0117 407 0330, Monday to Friday, 8am to 8pm

	you need to move away from rough sleeping, whatever your circumstances.	
<p><b>Streetlink</b></p> <p><a href="http://www.streetlink.org.uk">www.streetlink.org.uk</a></p>	Contact Streetlink to help someone sleeping rough	<p>You can contact <a href="#">StreetLink</a> by:</p> <ul style="list-style-type: none"> <li>• signing up online</li> <li>• calling them on 0300 500 0914, 24 hours a day and 7 days a week</li> <li>• downloading their free mobile app from <a href="#">iTunes</a> or <a href="#">Google Play</a></li> </ul>

### Human Trafficking and Modern Slavery

<p><a href="#">Modern Slavery Helpline</a></p> <p><a href="http://www.modernslaveryhelpline.org">www.modernslaveryhelpline.org</a></p>	The Modern Slavery Helpline and Resource Centre provides victims, the public, and agencies access to information and support	08000 121 700
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### Immigration support

<p><a href="#">Bristol Refugee Rights</a></p> <p><a href="http://www.bristolrefugeerights.org">www.bristolrefugeerights.org</a></p>	Direct support for people going through the asylum system. Campaign for human rights	<p><a href="mailto:info@bristolrefugeerights.org">info@bristolrefugeerights.org</a></p> <p>07526 352353</p>
<p><a href="#">Bristol Somali Resource Centre</a></p>	Free and impartial information, advice and guidance including welfare, housing, immigration, schools and employment for newly arrived immigrants	<p><a href="mailto:info@somalicentre.co.uk">info@somalicentre.co.uk</a></p> <p>0117 907 7994</p>

### Mental Health

If you are concerned about your or someone else's mental health urgently, please contact the police or [The Samaritans](#) on **116 123** (open 24 hours a day).

<p><a href="#">Bristol Mental Health</a></p>	Links to various mental health services	<a href="#">I'm experiencing a mental health crisis &gt;&gt;&gt;&gt;</a>
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[www.bristolmentalhealth.org](http://www.bristolmentalhealth.org)

If you are being seen by our services and are experiencing a mental health crisis, please call the number on your care plan.

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

[I need emotional support >>>>](#)

For non-emergency medical advice please call 111 or book an appointment with your GP.

If you are using one of our services already you should have a care plan. It may be useful to use this for support in a non-emergency situation. If you are not currently using our services, you can visit our [services page](#) to find out what other mental health services we have to support you. You can also contact the following if you're feeling distressed:

The Samaritans on 0117 983 1000 (local charges apply) or 116 123 (free to call) 24/7

MindLine, which can be contacted on 0808 808 0330 and is open Wednesday to Sunday, 8pm to midnight.

<p><b><u>Bristol Mind</u></b> <a href="http://www.bristolmind.org.uk">www.bristolmind.org.uk</a></p>	<p>Aims to promote a positive view of mental health and provide services that are accessible, relevant and empowering to people using them.</p>	<p><a href="mailto:info@bristolmind.org.uk">info@bristolmind.org.uk</a> 0117 980 0370 0808 808 0330</p>
<p><b>Bristol Sanctuary</b></p>	<p>Bristol Sanctuary is a place to contact when you are in serious emotional distress.</p> <p><b>Please note we are currently running a telephone only service.</b></p> <p>After an initial informal assessment we will allocate a time slot for people during the evening when staff will call back and offer support.</p>	<p>Email awp.bmhsanctuary@nhs.net</p> <p>Telephone service is operating Thursday to Monday from 4pm until midnight. The service is closed on Tuesdays and Wednesdays.</p> <p>Mobile Telephone: 07709 295 661 Telephone number: 0117 9542952</p>
<p><b><u>Nilaari</u></b> <a href="http://www.nilaari.co.uk">www.nilaari.co.uk</a></p>	<p>Black, Asian and Minority Ethnic led community-based emotional wellbeing and mental health charity</p>	<p><a href="mailto:nilaari@nilaari.co.uk">nilaari@nilaari.co.uk</a> 0117 952 4742</p>
<p><b><u>Samaritans</u></b> <a href="http://www.samaritans.org/wales/how-we-can-help/contact-samaritan/">www.samaritans.org/wales/how-we-can-help/contact-samaritan/</a></p>	<p>24 hour support line for people needing support for their mental health</p>	<p>116 123</p>

<p><b><u>Shout 85258</u></b> <a href="http://www.giveusashout.org">www.giveusashout.org</a></p>	<p>If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.</p> <p>Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.</p>	<p>Text 85258</p>
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<p><b>Vita Health 24/7 Support &amp; Connect - immediate emotional and practical support helpline</b></p> <p><a href="http://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/247supportandconnect/">www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/247supportandconnect/</a></p>	<p>An NHS, free, confidential 24/7 helpline for people who live in Bristol, North Somerset, and South Gloucestershire. It is provided by Vita Health Group, in partnership with Avon Wiltshire Partnership. The line is staffed by experienced counsellors, who you can talk to and they will listen. They will offer emotional support and can connect you to organisations available in the local area. If English isn't your first language we can arrange for a translator to support your call.</p>	<p>For immediate emotional and practical support call 0800 0126549.</p> <p>Textphone users dial 18001 followed by 0800 0126549.</p> <p>If you are 17 or under please call the Children and Young People's helpline via Avon and Wiltshire Partnership SPA line on 0300 303 1320.</p>
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## Sex Work

<p><b>One25</b></p> <p><a href="http://www.one25.org.uk">www.one25.org.uk</a></p>	<p>Outreach work with women trapped or vulnerable to street sex work</p>	<p><a href="mailto:office@one25.org.uk">office@one25.org.uk</a> 0117 909 8832</p>
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