

Support & Advice

Telephone helplines for people in distress or in need of emotional support



Mindline
Tel: 0808 808 0330
Wednesdays to Sundays
8pm – midnight

Saneline
Tel: 0845 767 8000
7 days a week
6pm - 11pm



Sane also provide information and advice on mental health problems:-
Tel. 020 7375 1002 or www.sane.org.uk (a discussion board is available) or you can email with queries (response can take up to 5 working days) on sanemail@sane.org.uk



Samaritans
Tel: 0117 983 1000
24hrs. 7 days a week

National Samaritans number (reduced rate):
08457 90 90 90

www.samaritans.org/bristol

Some local support groups:



Day or evening meetings take place at 6 different venues across Bristol with two more planned for 2011. Call 0117 941 1123 (weekday mornings 9- 12.30) for further information.
www.changesbristol.org.uk
Email: changesbristol@googlemail.com

The Manic Depression Fellowship: a group meets monthly in the Bristol area. For further info, call: 01270 230 260 (daytime) / www.mdf.org.uk



Hearing Voices group (www.bhvn.org.uk):
Meets every Tuesday 3-4.30p.m. at Bristol Mind, 35 Old Market Street, Bristol, BS2 0EZ – you can just turn up or tel. 0117 973 5142 and ask to speak to Tim or Glenn.

There are support groups in the Bristol area that you may feel suit you better than those shown above. Information is available on them from:

Bristol Mind,
35 Old Market Street, Bristol, BS2 0EZ,
www.bristolmind.org.uk, Tel: 0117 980 0370
Mon/Wed/Thurs from 9.30 am to 4.45 p.m.
or Well Aware on 0808 808 5252
(9.30 am to 4.30 pm Monday to Friday)

For financial advice:-

Bristol Debt Advice Centre
Tel: 0117 954 3990
(9 a.m. to 5 p.m. Monday to Friday)

For advice on housing:-

Call Bristol City Council advice line on 0117 914 1188 or visit your local Customer Service Point (in Bristol centre at Phoenix Court, Bond Street South, Bristol, BS1 3PH)

or
Call your local Shelter office
on 0344 515 1705.

Shelter's local office is at: Kenham House,
Wilder Street, St Pauls, Bristol BS2 8PD

In event of acute mental health crisis:-

The Bristol Crisis Resolution and Home Treatment Team
Tel: 0845 9000 075
(Mental Health services crisis team)

Mashruuca Talo Bixinta Soomaalida waxuu bixiyaa talo bixin sharciga waafaqsan oo Soomaali ah. Waxay kaloo kugu hagaajin karaan adeegyada kale eed u baahan tahay. Fadlan soo wac 0117 941 3889 Isniinta ilaa Khamista si aad ula hadasho talo bixiye Soomaali ah.

The Somali Advice Project offers legal advice in Somali, and can direct Somali people to other services they need. Please call 0117 941 3889 Monday - Wednesday to speak to a Somali advice worker.