

Mental Health Support Info

Local support in Gloucesterhire

Service	What they offer	How to contact
On Your Mind Glos	Mental health info, self-help tools, & online self-referral for ages 0–25.	 onyourmindglos.nhs.uk
Talk Well (formerly TIC+)	Free 1–2–1 counselling or live chat for ages 9–25.	 01594 372 777  Text 07520 634063
Young Gloucestershire	Support with wellbeing, housing, and more for ages 14–25.	 youngglos.org.uk
CAMHS	Specialist NHS mental health support, accessed through a GP or school referral for under 18's.	Speak to your GP, school, or CAMHS directly.
Rethink Mental Illness	Offers peers support groups and help navigating mental health services.	 rethink.org  01452 367 400
Gloucestershire Crisis Line	24/7 urgent mental health support for anyone struggling.	 0800 169 0398 or NHS 111 & select option 2
School Nurse / ChatHealth	Confidential text support for young people in school.	 Text 07507 333351 (Mon–Fri, 9am–4:30pm)

National support

NHS 111 – Option 2	24/7 mental health crisis support through NHS.	 Call 111, then press 2
Shout	24/7 free crisis text support for those aged 25 and under.	 Text SHOUT to 85258
Papyrus HOPELINEUK	Support for anyone under 35 struggling with thoughts of suicide.	 0800 068 4141  Text 07786 209 697
Samaritans	Someone to talk to, 24/7, about anything	 116 123
SANeline	Mental health support line (evenings only).	 0300 304 7000 (4:30pm–10pm daily)
CALM	Help and suicide prevention for anyone in crisis.	 0800 58 58 58 (5pm–midnight)  Webchat or WhatsApp on thecalmzone.net
The Mix	Info and 1–2–1 help about anything from mental health to relationships for ages 25 and under.	 0808 808 4994  Live chat at themix.org.uk
Mood Swings	Support for anyone affected by mood disorders, including carers and families.	 moodswings

Online & Extra Support

Kooth	Free online counselling, journaling, and self-help tools. Fully anonymous. Ages up to 25.	 kooth.com
Lumi Nova	App-based game to help 7–12-year-olds manage anxiety and worries.	 oninapps.com/lumi-nova

 **Quick Tip:** Save the details that feel right for you in your phone.