

# Local Mental Health Support

Did you know that there are ways to access support locally for Low mood or concerns around your own mental health without having to speak to a GP. This is a great way for you to ask for help in the way that best suits your needs or communication style.

At **Brooklea Health Centre** on Wick Road:

'Elli Telling The Mental Health and Well being Coach offers up to 6 appointments. The sessions are aimed at supporting you to set and work towards goals to improve your mental health and well being. The coach can also signpost to other services if appropriate (Please note this service is only for persons 18+)

Via the Internet **VITAMINDS** - is a self- referral system that will help assess your needs and access counseling/support. (Initial phone assessment - then wait for in person support)

<https://www.vitahealthgroup.co.uk/make-a-referral/self-referral/nhs-mental-health-self-referral/nhs-mental-health-self-referral-bristol-north-somerset-and-south-gloucestershire/>

If you ever feel you are in crisis please either call 999 or there is a mental health line for Bristol 0300 555 0334.

Other good online resources include:

<https://bristolmind.org.uk/> (lots of useful links and ideas for well being support)

<https://changesbristol.org.uk/> (Local groups to meet up for support)

<https://www.otrbristol.org.uk/> (although aimed at teenagers has a wealth of information especially around LGBTQ issues and self harm)

<https://www.wellaware.org.uk/info-resources/mental-health/bristol-mental-health-2/> (amazing list of resources available in Bristol)

Don't forget you are always welcome at the **Children's Centre** which runs a range of sessions for families both term time and during the holidays.

The Junior School run a coffee morning every Monday at 9.00am. Infant parents are also welcome to join the bustling community building there.

Finally, always feel free to come and speak to any of the staff here including one of the Mental health champions Debi Howells, Miss W, Michelle Higgs and Miss Stacey

