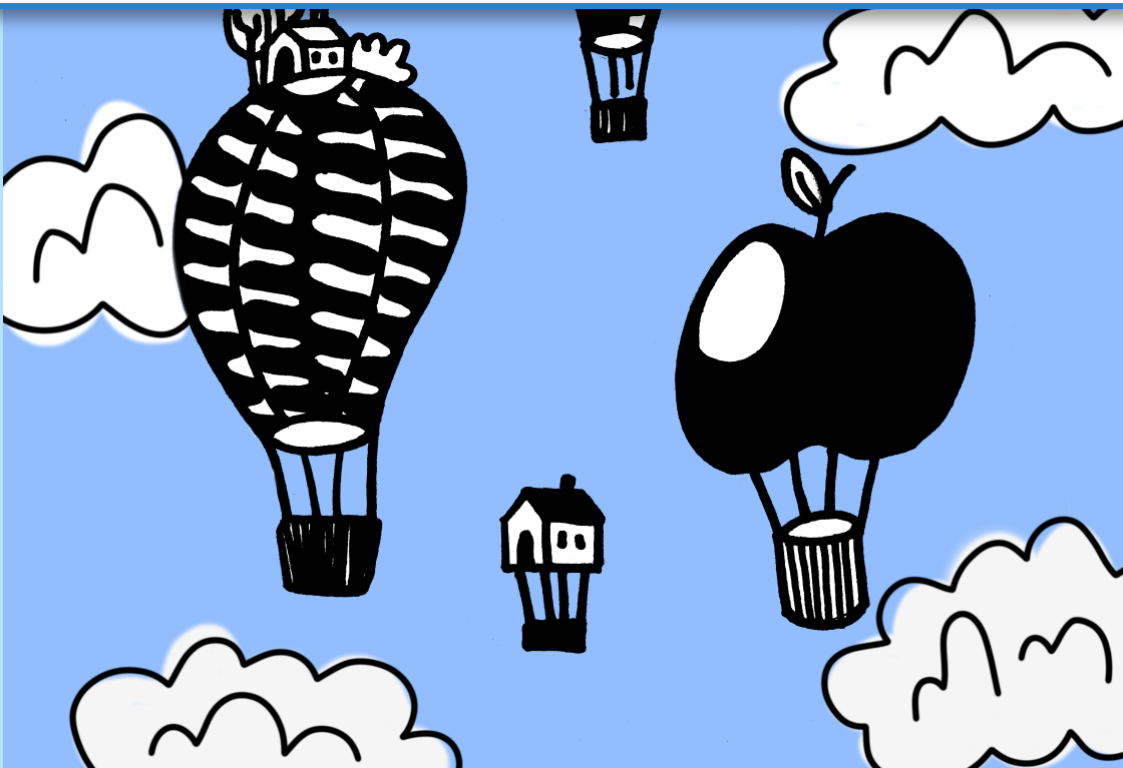
# The Little Blue Booklet 2021-22



# How To Use This Booklet

*This booklet aims to help you navigate all of the welfare services in Bristol. They are grouped according to how you are feeling, with details of each service in the second half of the booklet. Choose the description that best fits you:*


1. *"I need help now"* *P3*
2. *"There is a problem"* *P5*
3. *"I think there might be a problem"* *P8*
4. *"I'm not sure. Is what I'm feeling normal?"* *P9*


# COVID-19 Statement

*Throughout COVID, many of the services listed here are running online via Zoom or other platforms. Not all services have managed to transition, however most have a statement on their website with how COVID-19 has affected them. We encourage you to continue to seek help when you need it.*

## 1. *"I NEED HELP NOW"*

**For life-threatening emergencies** – Go to A&E or ring 999

**Crisis lines** – *Someone to talk to: no judgement*

| | | |
|---|---|---|
| **Bristol Mental Health Crisis Team** | 0300 555 0334<br>*(or the number on your care plan if you are being seen by Bristol Mental Health).* | 24/7 |
| **Samaritans** | 116 123 | 24/7<br><br>"No judgement. No pressure. We're here for anyone who needs someone" |
| **MindLine Bristol Helpline** | 0808 808 0330 | Wednesday to Sunday from 8pm to midnight.<br><br>"Here to listen when you need to talk" |
| **SANEline** | 0300 304 7000 | Every day between 4:30pm and 10:30pm |
| **Papyrus** | Call 0800 068 4141 or text 0778 620 9697 | Weekdays 9am - 10pm, and on weekends / bank holidays 2pm - 10pm.<br>Offers support and advice to young people struggling with thoughts of suicide, or those concerned about friends or family. |

## Don't feel safe? Go to **Bristol Sanctuary**

At the time of writing (August 2021) the following applies:

- Bookable face to face sessions on Thursday to Monday evenings 5pm-11pm
- Phone 07790 295 661 (from 4pm) to book a session (in person or over the phone)
- Email address: awp.bmhsanctuary@nhs.net
- Website: http://www.bristolmentalhealth.org/services/bristol-sanctuary/

What to expect:

- In person sessions are 90 minutes, including a one-to-one session for up to 60 minutes
- You will be offered a free taxi home
- Phone sessions are 30 minutes

New location: Gloucester House, Dorian Way, Southmead Hospital, Bristol, BS10 5NB

## *2. "There is a problem"*

*You are having a hard time and you've decided that you definitely need some help. Here are some options for you.*


Student Health Service ..... 18

Student Counselling Service ..... 10

VitaMinds ..... 18

Faculty of Health Sciences Student Advice Service ..... 17


## Support groups


PROJECT:TALK Peer Support Network ..... 15

Changes Bristol ..... 15

Off the Record ..... 10

NHS – Avon and Wiltshire Mental Health Partnership NHS Trust – Wellbeing Workshop ..... 15


## Counselling


Meeting Minds ..... 10

Off the Record ..... 10

Help! Counselling ..... 10

British Medical Association (BMA) ..... 11

## Specialist Help

### *For people affected by life-threatening illness*

The Harbour ..... 11

### *Sexual abuse*

The Bridge ..... 12

The Survivor Pathway..... 20

Kinergy ..... 11

The Green House ..... 11

The Survivor Trust ..... 20

### *Drugs and alcohol*

Southmead Project ..... 20

Bristol ROADS ..... 20

SWAN Project ..... 20

### *Bereavement*

Cruse ..... 21

### *Self-injury support*

Self-Injury Support Charity ..... 21

Self-Injury Self Help group ..... 21

## *Relationship problems*

Marriage Care ..... 11

Relate Avon ..... 12

## *Support for carers*

Rethink Bristol Mental Illness ..... 21

## *Gambling*

ARA ..... 22

## *Eating Disorders*

Beat ..... 22

## 3. *"I think there might be a problem"*

*You have been struggling recently and are starting to think there is a problem. Your feelings or your situation are starting to affect your life, and you want to talk to someone who will help you understand what's going on.*

*It's okay if you aren't sure – there are support services to help you figure out what is going on.*


Student Health Service ……. 18

Student Counselling Service …… 10

VitaMinds …… 18

College Welfare Reps ……. 17

Personal Tutor …….. 17

Student Advice Service ……. 17

PROJECT:TALK's 1:1 Peer Support Scheme …….. 17


*Don't forget you can talk to your friends – they may be feeling similarly*

## *4. "I'm not sure. Is what I'm feeling normal?"*

*Perhaps you have been feeling more stressed than usual, or you're a bit low. You aren't sure whether what you are experiencing is normal, but you are considering support options. The following services will help you to understand your situation, and provide reassurance where it is needed.*


Just Ask ..... 16

Nightline ..... 14

Multifaith Chaplaincy ..... 16

Residential Life Team ..... 16

Rethink Bristol Mental Illness ..... 21

Personal Tutor ..... 17


*Don't forget you can talk to your friends – they may be feeling similar*

# Services by Category

## *Counselling*

**Student Counselling Service** provides high quality small-group or one-to-one counselling for students with non-emergency mental health concerns. They are able to refer students with more complex difficulties to the Mental Health advisory service, where personal action plans can be made.

- Cost per session: Free
- Website: http://www.bristol.ac.uk/students/support/wellbeing/request-support/services/counselling/
- Number: 0117 394 0123

**Meeting Minds** is a low-cost one-to-one counselling service for adults, provided by Bristol Mind on Mondays, Tuesdays, Wednesdays and Thursdays.

- Cost per session: £15 for the initial appointment; £20-£35 (on a sliding scale) for further counselling appointments
- Website: https://bristolmind.org.uk/counselling/meeting-minds/
- Number: 0117 980 0385

**Off the Record Bristol** provide both group and one-on-one counselling and therapy sessions for young people. Due to their popularity, they are only able to offer counselling via their LGBTQ+ and BME services this year.

- Cost per session: Free
- Website: https://www.otrbristol.org.uk
- Number: 0808 808 9120

**Help! Counselling** provides group and one-on-one counselling for children and adults up to the age of 25, with no limit on the number of sessions.

- Cost per session: Minimum £10 donation per session; recommended donation £10-£40
- Website: https://www.help-counselling.org.uk
- Number: 0117 950 2511

**Kinergy** provides free short or long-term counselling for survivors of sexual abuse and/or rape over the age of 16.

- Cost per session: Free; services are accessed via self-referral via the website
- Website: https://www.kinergy.org.uk/index.html
- Number: 0117 908 7712

**The Green House** offers free counselling to anyone who has experienced sexual abuse.

- Cost per session: Free
- Website https://www.the-green-house.org.uk
- Number: 0117 935 1707 / 07378905183, leave a message if no one picks up and they will get back to you

**The BMA** (British Medical Association) provides free specialist telephone or video-call counselling for all doctors and medical students, available 24/7.

- Cost per session: Free (you can have up to 6) even if you aren't a BMA member
- Website: https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support
- Number: 0330 123 1245

**The Harbour** is a Bristol-based charity that offers free group, one-on-one, and couples' counselling (and psychotherapy) to those affected by life-threatening illness and bereavement.

- Cost per session: Free, "we encourage people to make a donation towards the cost of your sessions"
- Website: https://www.the-harbour.org.uk
- Number: 0117 925 9348 - If the phone isn't answered, leave a message

**Marriage Care** provides a crisis helpline and counselling opportunities for those experiencing issues in their relationship, whether or not they're married.

- Cost per session: Registration fee of £15, then payment by donation. You will not be turned away if you cannot afford to give very much.
- Website: https://www.marriagecare.org.uk
- Number: to arrange counselling call 0800 389 3801

**Relate Avon** offers a range of services that are open to everyone aged 16 or over, including relationship counselling, family counselling, and sex therapy. They are LGBTQ+ inclusive, and support all types of relationships.

- Cost per session: £60 for first session then £55 (1 hour), or £30 for a short notice session. Can apply for a bursary to get 6 sessions for £25 each.
- Website: https://www.relate-avon.org.uk
- Number: 0117 942 8444

**Avon Counselling and Psychotherapy Service**

- Cost per session: £50, but can be reduced to £15 per session for 8 sessions or £25 per session for 30 sessions if you can't afford the standard price (discussed on an individual basis on the first session)
- Website: http://www.acps-bristol.org.uk
- Number: 0117 930 4447

**Anxiety UK** is a charity provided by Mind that aims to help people with anxiety disorders. They offer support groups, self-help information, and counselling.

- Cost per session: £20 for students, but membership is required. Membership costs £30, but you receive a free year's subscription to Headspace worth £50.
- Website: https://www.anxietyuk.org.uk
- Number: 03444 775 774 (helpline)

**The Bridge Foundation** is a Bristol-based charity that specialises in families and relationships, and strives for "a future where every person can feel secure about who they are and relate to others as fully and honestly as possible". They also offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted. They can also provide information and support to friends and family if someone you care about has been affected by rape or serious sexual assault. Confidential advice 24/7, 365 days a year.

- Cost per session: £30 per 90 minute session
- Website: https://www.bridgefoundation.org.uk
- Number: 0117 942 4510

**Network Counselling** is a Bristol-based charity that offers “affordable counselling in a welcoming, safe and confidential space”.

- Cost per session: Suggested donation of £32 per session. However, if you are unable to make a contribution, you can still receive counselling.
- Website: https://network.org.uk
- Number: 0117 9507271

**Womankind Bristol** is a Bristol-based charity that supports women in the local area with professional counselling, psychotherapy, and a befriending and helpline service.

- Cost per session: Cost by donation; varies depending on what you are able to contribute. If you are unable to contribute, you can still receive counselling for up to 6 months
- Website: https://www.womankindbristol.org.uk/1-to-1-counselling/
- Number: 0117 9166461

## *Helplines*

| | | |
|---|---|---|
| **MindLine Bristol Helpline** | 0808 808 0330 | Wednesday to Sunday from 8pm to midnight.<br><br>“Here to listen when you need to talk”. |
| **SANEline** | 0300 304 7000 | Every day between 4:30pm and 10:30pm.<br><br>“We believe no-one affected by mental illness should face crisis, distress or despair completely alone”. |
| **Bristol Nightline** | 0117 9266 266 | 8pm to 8am every night during term-time.<br><br>“Impartial, non-advisory listening and information service. No problem is too big or too small”. |

## *Support Groups*

**Changes Bristol** runs support groups that provide a safe and confidential place to talk about problems and feelings and receive help and advice from others who have had similar experiences.

- Website: www.changesbristol.org.uk
- Number: 0117 941 1123 - please bear in mind that the organisation's admin centre is open at 'irregular times' according to their website.

**Off the Record Bristol** provide a specialist LGBTQ service as well as several group workshops dealing with topics such as body image, self-esteem, self-harm, anxiety, low mood and more.

- Website: https://www.otrbristol.org.uk
- Number: 0808 808 9120

**Avon and Wiltshire Mental Health Partnership** offers free courses, workshops, and one-on-one sessions and therapies for individuals suffering with anxiety, low mood, depression, or other mental health concerns. They also supply specialist services for those experiencing problems with alcohol or eating disorders.

- Website: http://www.awp.nhs.uk
- Number: 01225 325 680 for advice and support; 01225 731 731 to contact the trust headquarters.
- NEW (since lockdown 2020) 24/7 mental health response telephone line for if you are worried about your own or someone else's mental health – 0300 303 1320

**PROJECT:TALK Peer Support Network** offers a variety of peer support groups which are free to attend and run various activities to support your mental fitness, if you would like to attend one or multiple sessions they are here to support you. For students, by students.

- Groups include: Talk Club, Medic Talk Club, Grief, Terminal & Life Threatening Illness, LGBTQIA+, SASS (Sexual Assault Survivor Support), Drugs & Addictions, Culture & Identity and 1:1 Peer Support Scheme.
- Website: https://www.projecttalk.org.uk/bristol-peer-support

## *University Services*

**Just Ask** is an SU-run service that helps students with academic issues and problems regarding university policies, processes and procedures (e.g. appeals). It is also able to signpost to external services for issues such as mental health, finances or accommodation problems.

- Website: https://www.bristolsu.org.uk/advice-support
- Number: 0117 331 8634

**The Multi-Faith Chaplaincy** is there to talk about religion or other issues, providing wellbeing support, and advise about local faith community services.

- Website: http://www.bristol.ac.uk/multifaith-chaplaincy/
- Number: 0117 954 6600

**Residential Life Teams** are there to offer support for all students living in halls. They can be contacted for any reason relating to yourself or a friend.

- Website: https://www.bristol.ac.uk/students/support/wellbeing/request-support/services/
- Numbers:
    - Stoke Bishop (North) – 0117 428 3300
    - Clifton (West) – 0117 428 3301
    - City-Centre (East) – 0117 428 3302

**Disability Services** offer support for students with a range of disabilities including mental health problems. The disability advisor offers tailored case-by-case disability-related support and identify if there is support the service can offer, such as mentoring, study skills, deadline extensions and exam support.

- Website: http://www.bristol.ac.uk/disability-services/
- Number: 0117 331 0444

**Student Advice Service (Faculty of Health Sciences)** provides friendly advice and support to students within the faculty. At the time of writing, they are not offering in-person appointments due to COVID-19.

- Website: http://www.bristol.ac.uk/health-sciences/student-advice-service/
- Number: Claire – 0117 331 1577
  Amy – 0117 331 1541

**PROJECT:TALK & Bristol SU** are offering 1:1 and group check in calls, from established UoB students, to fellow peers in need of a chat. These calls will be friendly and relaxed; if you need an outlet to offload what you're going through, or just fancy a chat with someone outside of your bubble, let us know via the link and we will arrange for one of our volunteers to give you a call at a time that suits you.
We've also teamed up with a number of peer-led support groups across the University that offer a free, relaxed way to support your mental fitness.

- Website: https://www.projecttalk.org.uk/bristol-peer-support
- If you would like to more about who PROJECT:TALK are visit page 24.

The **College Welfare Reps** are a group of medical students across multiple years that are passionate about improving student wellbeing. They are all happy to help with anything – nothing is too big or too small

- Website: https://www.galenicals.org.uk/colleges-welfare

**Personal Tutor –** Don't forget that you can always arrange a meeting with your personal tutor to discuss the issues that you're facing.

## *NHS*

**The Student Health Service** provides General Practice (GP) care for all students in Bristol. They are able to signpost you to the best service for you or refer you to Bristol Mental Health if needed. Their office hours are Monday to Friday, 8:45am to 6:30pm.

- Website: http://www.bristol.ac.uk/students-health/
- Number: 0117 330 2720
- Urgent medical enquiries outside of office hours: (0117) 330 2721

**VitaMinds (NHS)** provide a range of free short-term one-to-one therapies including CBT and counselling to people with low mood, anxiety or other mental health problems. Individuals self-refer and will have a relaxed phone assessment where you will be matched to the right service.

- Website: https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/
- Number: 0333 200 1893

## *Online Communities*

**Side by Side [formerly Elefriends]** is a safe and supportive online community provided by Mind where you can listen, share and be heard. Whether you're worried about yourself or someone else, the community enables you to speak with and receive support from others who have had similar experiences.

- Website: https://sidebyside.mind.org.uk/

**Togetherall [formerly Big White Wall]** is a safe and supportive online community that aims to reduce isolation, improve coping skills, and increase emotional health. Providing creative outlets, focused courses, self-improvement tools, and the opportunity to speak with others in similar situations, the service has helped many of its users to help themselves.

- Website: https://togetherall.com/en-gb/

## *Specialist Help*

### *Sexual abuse*

**The Survivor Pathway** is an online resource for anyone wanting to know more about specialist sexual violence support services in the South West.

- Website: https://www.survivorpathway.org.uk

**The Survivor Trust** – provides a free helpline to provide emotional support for women, men and non-binary people who have experienced sexual abuse and signpost them to the appropriate service.

- Website - https://www.thesurvivorstrust.org
- Helpline (free) - 08088 010818 - *Monday- Thursday: 10am-12.30pm, 1.30pm-5.30pm & 6pm-8pm / Friday: 10am-12.30pm & 1.30pm-5.30pm / Saturday: 10am-1pm / Sunday: 5pm-8pm*

### *Addiction*

**The Southmead Project** offers free specialist drug and alcohol support

- Website: https://southmeadproject.org.uk
- Number: 0117 9506 022 / 0117 9594 809

**The SWAN Project** offers free one-to-one therapy for people struggling with addiction – run by Mind and based in Montpelier

- Website: https://bristolmind.org.uk/mental-health-resources/akousis-the-swan-project/
- Number: 0117 989 2521

**Bristol ROADS** offers a wide range of specialist drug and alcohol support, and is provided by five different organisations in Bristol

- Website: https://www.dhi-online.org.uk/get-help/adult-drug-alcohol-treatment/bristol-roads
- Number: 0117 440 0540

### *Bereavement support*

**CRUSE Bereavement centre** provides support to individuals in Bristol who are bereaved via face-to-face sessions, telephone and email

- Website: https://www.cruse.org.uk/get-help/local-services/south-west/bristol-and-district
- Number: 0117 926 4045
- Cruse bereavement free helpline: 0808 808 1677
- CruseChat (on the website) – speak to a bereavement counsellor 9am - 9pm Monday - Friday.

### *Self-injury support*

**Self-injury Support Charity** provide support to women of any age or background affected by self-injury

- Website: https://www.selfinjurysupport.org.uk
- Self-Injury Helpline: 0808 800 8088
- Office Admin Number: 0117 927 9600

**Self-Injury Self Help Group** is an open group that provides a friendly, safe, non-judgemental space for those who suffer from self-harm. The group meets on Tuesdays between 6:30pm and 8pm, and you don't need to contact in advance. See address below. [Note that the group is not currently operating due to COVID-19 restrictions]

- Website: https://sishbristol.org.uk
- Email: sishbristol@gmail.com
- Address: Bristol Mind, 35 Old Market Street, BS2 0EZ

### *Support for carers*

**Rethink Bristol Mental Illness** is a charity that supports those who care for people with mental illness. If offers a range of services from individual and group support to education seminars and courses.

- Website: https://www.rethink.org
- Number: 0117 903 1803

### *Gambling*

**ARA** provides free support and one-on-one counselling to those affected by gambling addiction. If you're worried about yourself or a friend, their free online toolkit will help you to determine whether professional help is required.

- Website: https://www.recovery4all.co.uk/
- Email: info@recovery4all.co.uk
- Number: 0330 1340 286

### *Eating Disorders*

**Beat** – a national charity that aims to encourage and empower people to get help quickly. They have support in the form of a helpline, online chat-rooms and lots of resources to enable you get the help you need.

- Website - https://www.beateatingdisorders.org.uk
- Helpline - 0808 801 0677

## *Feedback and Suggestions*

Thank you for using the Little Blue Booklet. We hope you found what you were looking for.

If you would like to suggest new services to be included in the booklet, provide feedback, or report an inaccuracy, please email us:


Hannah Cooney hc17413@bristol.ac.uk

Xav Leonard xl17277@bristol.ac.uk


- Hannah Cooney and Xav Leonard, Co-Authors

*Sponsored by PROJECT:TALK*

# PIONEERING MENTAL FITNESS.

Making your community a place where each and every person can thrive.

[PROJECT:TALK]®
PIONEERING MENTAL FITNESS

## About PROJECT:TALK

We are a non-profit organisation with a mission to change the way we view mental health by pioneering mental fitness in communities across the UK. Mental fitness is like physical fitness. By proactively preparing our minds with the resources it will need when it's under stress, as you would physically train your body for an event we are better able to navigate difficult situations or seize opportunities presented to us. One of the most pertinent contributing factors to our mental fitness is the support network & resources that surround each one of us. It is here that we focus our work.

## What do we do?

PROJECT:TALK empowers individuals with the necessary tools and a platform to make their community a place where every person can thrive. We enact change through mental fitness training programmes, events, campaigns and community support schemes. The success of our work is shown with our growing network who pioneer mental fitness where they are.

## Where does the money go?

As a non-profit organisation, we depend on charitable donations and passionate volunteers. Your support will go a long way in helping us to maximize our impact. We use any profits to fund passionately led mental fitness initiatives in the communities with whom we work.

**TRAINING | EVENTS | COMMUNITY SUPPORT**
**MENTAL FITNESS AMBASSADORS**

## How can YOU get involved?

Getting involved is easy and opens up a world of opportunities!

1. Our flagship Mental Fitness Ambassador Programme
2. TOOLS TO:TALK Training
3. WALK TO:TALK Events
4. TIME TO:TALK Online Platform
5. Community Mental Fitness Support

Follow these 3 simple steps:
Scan the QR Code > Select your location > See what's available!

If we aren't in your area, please get in touch & we'll see what we can do together.

FOLLOW
**@PROJECTTALKCIC**
VISIT
**PROJECTTALK.ORG.UK**
EMAIL
**INFO@PROJECTTALK.ORG.UK**

*Produced by Xavier Leonard & Hannah Cooney*

*Art by Edie McWhinnie (@ediemacart)*

*Sponsored by PROJECT:TALK (@projecttalkcic)*