

## Your guide to children and young people's emotional health services

### Bristol services

#### Kooth



Kooth is a free online service that offers emotional and mental health support for children and young people aged 11 - 25. Users can have a "drop-in" chat with a counsellor, therapist or book a one-to-one session. They have a monitored online forum and users can also record journals.

[www.kooth.com](http://www.kooth.com)

#### TESS



TESS is a text and email support service that is run by Self Injury Support, which offers support to girls & young women up to 24yrs in the UK who are affected by self-harm.

Text: 0780 047 2908  
Open Sun - Fri 7pm - 9pm  
Email option available through their website: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

#### Off The Record



Off the Record provide free and confidential mental health support, information and workshops to young people aged 11 - 25 in Bristol. Support for:

- Depression
- Anxiety
- Self harm
- Anger
- Eating problems
- Psychosis
- OCD / Stress
- Suicide

Call free on: 0808 808 9120  
[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

#### Reading Well Scheme



Reading Well promotes the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books. They are available through local libraries and schools

[www.reading-well.org.uk](http://www.reading-well.org.uk)

### National Services

#### Young Minds



Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

020 7089 5050  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

#### NHS Choices – Young People and Mental Health



An information hub offering young people advice and help on mental health problems including depression, anxiety and stress.

[www.nhs.uk/livewell/youth-mental-health](http://www.nhs.uk/livewell/youth-mental-health)

#### Childline



24 hour helpline 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

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## Emotional Health Directory of Services

The Emotional Health Directory of Services for Children and Young People aims to be the single 'go to' place for information about children and young people's emotional health in Bristol. You can download the directory at the Bristol Clinical Commissioning Group website: [www.bristolccg.nhs.uk/cyp-emotional-health](http://www.bristolccg.nhs.uk/cyp-emotional-health)

### Winston's Wish



Winston's Wish is the leading childhood bereavement charity in the UK. They offer practical support and guidance to bereaved children, their families and professionals.

08452 03 04 05  
[www.winstonswish.org.uk](http://www.winstonswish.org.uk)

### Talk to Frank



0300 123 6600  
Live Chat, Text: 82111  
[www.talktofrank.com](http://www.talktofrank.com)

### National Self Harm Network



Support for individuals who self harm to reduce emotional distress and improve their quality of life.

Online Support Forum  
[www.nshn.co.uk](http://www.nshn.co.uk)

### BEAT



BEAT are the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape.

Youthline (under 25): 0345 634 7650  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

## For Parents

### Young Minds



Worried about a child or young person's behaviour or mental health? You're not alone.

Call free on 0808 802 5544  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

### MindEd



MindEd is a free educational resource on children and young people's mental health for all adults.

[www.minded.org.uk](http://www.minded.org.uk)

### Time to Change



Time to Change is a growing movement of people changing how we all think and act about mental health

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

### Bullying UK



Bullying UK provide advice on all aspects of bullying

0808 800 2222  
[www.bullying.co.uk](http://www.bullying.co.uk)

### ABC



ABC offer personal, on-going, emotional support and practical guidance for recovery for people struggling with Anorexia Nervosa, Bulimia Nervosa and Binge eating, in addition to related self-harm.

03000 11 12 13  
[www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)

### Barnardo's



Supporting parents, carers and families in the community and providing guidance and advice to vulnerable children and their families

0117 978 2441  
[www.barnardos.org.uk](http://www.barnardos.org.uk)