

OTR HUBS and support

Mondays 4pm – 7pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

Saturdays 10am – 1pm @ 8-10 West Street, Old Market, Bristol, BS2 0BH

OTR Enquiry Line: 0808 808 9120 Mon-Fri, 2-5pm.
Email: hello@otrbristol.org.uk

More support - www.otrbristol.org.uk

Online Support

KOOTH kooth.com
[11+] online counselling, self-help materials and forums
midday - 10pm on weekdays, 6-10pm Sat and Sun

THE MIX themix.org.uk
[under 25] webchat open from 3pm – midnight everyday

CHILDLINE childline.org.uk/get-support
[19 & Under] 1-2-1 online chat with counsellors, open 9am - 10.30pm everyday

Apps that might help

Calm Harm

Chill Panda

Cove

DistrACT

Headspace

Smiling Mind

Support by phone or text

Childline: Support for anyone under 18. Call 0800 1111, lines are open from 9am - 3.30am everyday

Young Minds Crisis Messenger: Offers crisis support. Text YM to 85258, available 24/7 everyday

Papyrus Hopeline: Support for young people thinking about suicide. Call 0800 068 4141 or text 07860039967, available 9am - midnight daily

Samaritans: Emotional support for all ages. Call 116 123, available 24/7 everyday

NHS: Non-emergency advice about mental health. Call 111, available 24/7 everyday

ChatHealth: Confidential text messaging service for students (ages 11-19) to seek advice from a healthcare professional. Text 07312 263093. Available Monday-Friday, 9am - 5pm

CAMHS Emergency Response Line: 0800 9539599 - Young people experiencing an immediate mental health crisis, or parent/ carer of a young person experiencing an immediate mental health crisis.

For urgent care please contact your GP. Please avoid visiting A&E (Accident and Emergency) departments unless you have a physical health emergency, if you are not sure you can call the non emergency line 111. If you are at risk of immediate harm please contact 999