

Where Can I Talk to Someone or Get Support?

Listening Spaces

The response by people who are supporting each other in our community following the recent deaths of two of boys has been amazing. We've set up a couple spaces to provide a friendly listening ear if you need to talk to someone or air any concerns.

St. Barnabas Church on Daventry Road – speak with Clive or one of his team.

You might bump into a team of chaplains who are walking around the estate and talking to people over the next week.

Mon, Tues & Fri -10:30am to 5pm / Wed – 2:30pm to 5pm & 7pm to 8:30pm / Thurs – 9:30am to 5pm / Sat 10:30am to 2:30pm



The Park on Daventry Road – speak with Joy or Emma (on the reception desk)

Monday / Tuesday / Thursday / Friday - 9am to 4pm



Eagle House – speak with Margaret or Anita

Monday - 12noon to 2pm / Friday – 12noon to 2pm – women only

Boing, Inns Court Children and Family Centre

Daily weekdays. Café is open 10am to 4pm^{4p}

Grief and trauma is hard to navigate. We will experience sadness, anger and we will want to do something to help or make a difference.

Many people feel scared. We are safer and stronger when we are united

What can we all do to help?

Be kind to yourself and to others

If you are struggling reach out

Make time for a chat with friends, neighbours and colleagues

Don't carry knives – they do not keep you safe

Be careful on social media – rumours make things worse

Build positive connections across communities

Initial help and connecting to other support

If you are struggling please contact your GP: General Practitioner (GP) and NHS 111

Therapeutic support

[VitaMinds Bristol Mental Health Services](#) – NHS psychological (talking) therapies. Self-referral, no cost service, offering online short courses and 1:1 services

Children and young people

www.childline.org.uk - support for any worries online, on the phone, anytime

Other support

www.bristolmind.org.uk - a confidential free-phone helpline, call 0808 808 0330

Local Information

The Knowle West Alliance Facebook page has a lot of useful local information

<https://www.knowlewest.co.uk/community-information-helping-yourself-others/>

Urgent help – when safety is a concern

www.samaritans.org - 24-hour telephone and email support, call 116 123

www.giveusashout.org – text SHOUT to 85258 for 24/7 support

www.second-step.co.uk – the Hope Project provides support to men aged 30-64, call 0117 9096630

Bristol Crisis Line 24/7 - call 0300 555 0334