



Looking for help?



It is ok to feel anxious, worried or stressed at the moment.
Here are some helplines to call if you're concerned about your mental health.

For translations of this leaflet, please email bnssg.engagement@nhs.net



24/7 Support & Connect

0800 012 6549

For immediate emotional and practical support.
Text phone users dial 18001 followed by the number above.



NHS Support Line

0300 303 1320

24/7 helpline for people using mental health services in Bristol.



We Are Bristol Helpline

0800 694 0184

Local authority telephone service providing advice and support for vulnerable people including food, medication and other essentials.

If someone you know has hurt themselves intentionally or taken too much medication,

call 999.

IN ASSOCIATION WITH LOCAL VOLUNTARY SECTOR ORGANISATIONS

Help and Support Bristol

New parents

Online advice at

bump2babywellbeingguide.org

Debt or money matters

Citizens Advice Bristol **03444 111 444**

Talking Money **0117 954 3990**



Nilaari

0117 952 5742

Nilaari supports black communities struggling with stress and anxiety.



SARI

0800 171 2272

To report a hate crime contact SARI or visit www.sariweb.org.uk



Next Link

0800 470 0280

Call Next Link for support relating to domestic abuse.

Mind 0300 123 3393 for information and signposting

Samaritans 116 123 for emotional support



For more information visit www.imhn.org/leaflet