



# ACCESSING SUPPORT OUTSIDE OF SCHOOL:

## SELF-REFERRALS

Your GP

School nurse drop-ins – Tuesday, lunchtimes

Young Minds Matter (CBT)

[Young Minds Matter > CYPS Gloucester Health & Care](#)

Let's Talk Well (talking therapy)

[Let's Talk Well | Free counselling and support for 9-25 year olds](#)

Young Glos (talking therapy and mentoring)

[Young Gloucestershire | Youth Work, Counselling and Mentoring](#)

On Your Mind Glos (support finder for under 25s)

[Find help for your mental health](#)

## NON-URGENT SUPPORT LINES

YMM CHAT [07480 635723](#)

Talk Well Chat [0300 303 8080](#)

ChatHealth (confidential advice from school nurse) [07507 333 351](#) or

[Home Page - ChatHealth](#)

Gloucestershire self-harm support line:

Call [0808 801 0606](#), text [07537 410 022](#) or for web-chat visit:

[http://orlo.uk/self\\_harm\\_help](http://orlo.uk/self_harm_help)

## IN AN EMERGENCY, DIAL 999

### HELP IN A CRISIS (24/7)

SHOUT (crisis text line, free 24/7): text 'Hello' or 'Start' to [852 58](#)

Crisis team: [0800 169 0398](#)

Childline: [0800 1111](#)

Samaritans: [116 123](#)

Papyrus Hopeline: [0800 068 4141](#), text: [88247](#), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## SELF-REFERRAL TO SPECIALIST SERVICES

Brownhills Centre (eating disorders)

[Eating Disorders Service Gloucestershire > Glos Health & Care NHS Foundation Trust](#)

Youth Support Team (substance misuse support)

[We are the Gloucestershire Youth Support Team](#)

Gay Glos (support for LGBTQ+ people, their families and friends)

[GayGlos](#)

Gloucestershire Young Carers

[Gloucestershire Young Carers | Charity | UK](#)

Sunflowers (suicide bereavement support)

[SUNFLOWERS SUICIDE SUPPORT | Supporting those bereaved by suicide in Gloucestershire](#)

Winston's Wish (bereavement support)

[Winston's Wish - Bereavement Support for Children](#)

STREET (healthy teenage relationships)

[STREET - GloucesterCYP](#)

Hope House (Sexual Health Services)

[Home New | Hope House Sexual Health Services](#)

Holly Gazzard (personal safety app)

[HollieGuard - Personal Safety App](#)

SARC (medical and practical support after rape or sexual assault)

[SARCs | Rape Crisis England & Wales](#)

GRASAC (Gloucestershire Rape and Sexual Abuse Centre)

[Home | Gloucestershire Rape and Sexual Abuse Centre](#)

Crime Stoppers (anonymous crime reporting)

[Independent UK charity taking crime information anonymously | Crimestoppers](#)

Victim Support

[Home - Victim Support](#)

Report Remove (Childline: for removal and support regarding sexual images online)

[Report Remove | Childline](#)

Childline: Sexting and Nudes advice

[Sexting and nudes | Childline](#)