

MENTAL HEALTH SUPPORT SERVICES

LOCAL SUPPORT SERVICES



<https://talkclub.org>

Men's Support Groups all over the UK. Free



www.kooth.com

Free & anonymous advice via a free App.



www.bewellglos.org.uk

Mental Health & Health advice & support. Free



glicb.hls.glos@nhs.net

Health Advice & Services. Free



cardiffmind.org

Mental Health Services Cardiff. Free



4winds.org.uk

Mental Health Charity for Cardiff & The Vale. Free



swansea.gov.uk/mentalhealth

Primary & Community Teams Mental Health Services. Free



swanseamind.org

Mental Health Services Swansea. Free



www.awp.nhs.uk

Avon & Wiltshire Mental Health Partnership. Free



www.second-step.co.uk

Community Mental Health Services Bristol. Free

NATIONAL SUPPORT SERVICES



www.samaritans.org

Charity providing Emotional & Suicidal Support. Free



www.mind.org

Mental Health Support & Advice. Free



www.sane.org.uk

Out of hours mental health helpline. Free



citizensadvice.org.uk

Advice on a range of issues. Free



prevent-suicide.org.uk

Support for anyone experiencing suicide & prevention.

MENTAL HEALTH SUPPORT SERVICES

FAMILY SUPPORT SERVICES



nationaldahelpline.org.uk

Support for Women & Children Against Domestic Violence. Free



www.lullabytrust.org.uk

Child or Baby Loss Bereavement Support. Free



victimsupport.org.uk

Domestic Abuse Support Service. Free



england.shelter.org.uk

Support with homelessness.



www.bica.net

Counselling for anyone experiencing fertility issues.

FINANCIAL SUPPORT SERVICES



moneyhelper.org.uk

Impartial money advice. Free



stepchange.org

Debt Advice. Free



nationaldebtline.org

Debt Advice for anyone living in the UK. Free

LIFESTYLE ADVICE SERVICES



nhs.uk/better-health

Free advice & services for health changes.



nhs.uk/live-well/quit-smoking

Free services in your area. Affordable NRT



nhs.uk/live-well/alcohol-advice

Free services in your area. Free support & counselling.



beateatingdisorders.org.uk

Charity offering diagnosis, services & support. Free



diabetes.org.uk

Diabetes support and advice in your area.