

Wellbeing support tools



During this time, you may feel low, worried, anxious, or be concerned about your health or that of someone close to you. Everyone reacts differently to events and changes and the way we think, feel, and behave will vary between different people and over time.

If you, or someone you know, need support, these organisations may be able to help:

Bristol City Council

A 24/7 mental health support line is available for people in Bristol on 0800 0126549. The line can help with immediate emotional and practical mental health support. Within the council, a range of mental health support resources is also available [HERE](#), depending on the sort of support you are looking for.

Are you OK?

If you are worried about someone you know, find advice and support to help them, including free online workshops, on the [Are you OK? website](#), developed by the Keeping Bristol Safe Partnership.

24/7 Support & Connect

A free NHS confidential 24/7 helpline for people in Bristol, North Somerset and South Gloucestershire. Staffed by experienced counsellors, they offer emotional support and can connect you to organisations in the local area. If English isn't your first language they can arrange for a translator to support your call. Please contact them [HERE](#).

Bristol Mind

Aims to contribute to mental and emotional wellbeing and reduce stigma and discrimination. Their newsletter offers lots of useful information. To receive their newsletter, sign up [HERE](#).

Bristol Chaplaincy

Offers a range of one-to-one and business listening services, providing a safe environment and a compassionate ear. Free 30-minute telephone or video conference sessions are available. For more info, please visit: www.bristolchaplaincy.co.uk.

The Mental Health Foundation

Focuses on prevention and finding solutions to improve everyone's mental wellbeing. Their website is packed with tips on [how to look after your mental health](#). There is also a useful [dedicated Covid-19 resources page](#).

NHS mental health recommended helplines

Helplines are available [HERE](#).

Public Health England

Guidance on mental health and wellbeing during the coronavirus outbreak can be accessed [HERE](#).