

Bristol Support/Self-Help Groups

Social Anxiety West

Self-help groups for people who wish to seek help or support with social anxiety / social phobia.

Phone: 0117 230 7735 **Email:** email@sawest.org **Web:** www.sawest.org

Changes Mutual Support Group

Support groups for anyone with any mental health condition, particularly relevant for those experiencing depression.

Phone: 0117 941 1123 **Email:** changesbristol@googlemail.com **Web:** www.changesbristol.org.uk

Triumph Over Phobia (TOP)

Self-help groups for people experiencing anxiety, panic and OCD. Self-therapy based on exposure techniques.

Phone: 0845 600 9601 **Email:** info@topuk.org **Web:** www.topuk.org

Bipolar UK

Self-help groups (including Bristol) for people experiencing bi-polar and those supporting them.

Phone: 020 7931 6480 **Email:** info@bipolaruk.org.uk **Web:** www.bipolaruk.org.uk

Beat Self-help Groups

Self-help group for anyone experiencing eating disorders including anorexia, bulimia and binge eating.

Phone: 0845 634 1414 **Email:** help@b-eat.co.uk **Web:** helpfinder.b-eat.co.uk

Overeaters Anonymous

Offers 12-step groups for people struggling with compulsive eating.

Phone: 07000 784985 **Email:** general@oagb.org.uk **Web:** www.oagb.org.uk

Alcoholics Anonymous (AA)

Runs many 12-step groups for people having trouble with drinking or wishing to recover from alcohol addiction.

Phone: 0117 9265520 **Web:** www.aa-gb.org.uk/southmidlands/avon **Web:** www.alcoholics-anonymous.org.uk

Al-Anon

Offers support and understanding to the friends and family members of alcoholics.

Phone: 020 7403 0888 **Email:** enquiries@al-anonuk.org.uk **Web:** www.al-anonuk.org.uk

Self-injury Self-help (SISH)

Support groups for people who self-harm. Women only and mixed men and women groups available.

Phone: 0117 2308230 **Email:** sishbristol@gmail.com **Web:** www.sishbristol.org.uk

Windmill Hill City Farm Survivors Group

Friendly, supportive group welcoming all mental health service users. Volunteering and educational opportunities.

Phone: 0117 963 3252 **Email:** info@windmillhillcityfarm.org.uk **Web:** www.windmillhillcityfarm.org.uk

Bristol Hearing Voices Network

Self-help group for people who experience hearing voices and intrusive thoughts.

Phone: 07912 624 296 **Email:** bristol.hearingvoices@outlook.com **Web:** www.bhvn.org.uk

Mothers for Mothers

Post-natal depression support group for mothers who have suffered with depression or distress after the childbirth.

Phone: 0117 975 6006 **Email:** support@mothersformothers.co.uk **Web:** www.mothersformothers.co.uk

Battle Against Tranquillisers (BAT)

Mutual support for anyone wishing to consider their benzodiazepines use or to come off tranquillisers.

Phone: 0117 9690303 **Email:** Support@bataid.org **Web:** www.bataid.org

Hawkspring (Hartcliffe & Withywood)

One-stop, holistic support services to drug and alcohol users, their families, children and the people who care for them.

Phone: 0117 964 2859 **Email:** info@hawkspring.org.uk **Web:** www.hawks1.org.uk

OCD Action (Obsessive Compulsive Disorder)

One-stop, holistic support services to drug and alcohol users, their families, children and the people who care for them.

Phone: 01263 510705 **Email:** support@ocdaction.org.uk **Web:** www.ocdaction.org.uk

Not what you need? Many other organisations are listed on our resources web site page. There are also links to relevant directories if you still cannot find what you are looking for.

<http://www.sawest.org/resources.shtml>

Helplines / Services

Samaritans – 08457 909 090 (All hours 24/7) or Bristol **(0117) 983 1000**

Confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.

Email: jo@samaritans.org

Web: www.samaritans.org

Mind Line – 0808 808 0330 (Wed-Sun evenings 8pm to midnight)

Confidential freephone number offering a safe place to talk if you, or someone you know, is in distress.

Email: mindline@bristolmind.org.uk

Web: www.bristolmind.org.uk

Anxiety UK – 08444 775 774 (Mon-Fri 9:30am-5:30pm)

Helpline offering support for people experiencing all types of anxiety and panic.

Email: support@anxietyuk.org.uk

Web: www.anxietyuk.org.uk

Woman Kind - 0845 458 2914 (Mon-Fri 10am-12noon, Mon & Tues Eve 8pm-10pm, Tues & Wed 1pm-3pm)

For women experiencing abuse, an acute crisis, rape, depression, anxiety or relationship difficulties.

Email: info@womankindbristol.org.uk

Web: www.womankindbristol.org.uk

National Domestic Violence Helpline (for women) – 0808 2000 247 (All hours 24/7)

Confidential advice for women experiencing domestic violence and abuse. Only limited service via email.

Email: helpline@womensaid.org.uk

Web: www.womensaid.org.uk

Men's Advice Line – 0808 801 0327

Freephone number giving confidential support and advice for men in abusive relationships.

Email: info@mensadvice.org.uk

Web: www.mensadvice.org.uk

Survivors UK (for men) – 0845 122 1201 (Mon & Tues 7pm-9:30pm, Thurs 12pm-2:30pm)

Helpline for men who have experienced sexual abuse or rape at any time in their life.

Email: info@survivorsuk.org

Web: www.survivorsuk.org

BEAT – 0845 634 1414 (Mon-Thurs 1:30pm-4:30pm)

Help for men or women struggling with anorexia, bulimia, binge-eating or compulsive eating.

Email: help@b-eat.co.uk

Web: www.b-eat.co.uk

OCD Action Helpline – 0845 390 6232 (Mon-Fri 9pm-5pm)

Confidential support for anyone experiencing obsessive compulsive disorder.

Email: support@ocdaction.org.uk

Web: www.ocdaction.org.uk

North Bristol Advice Centre – 0117 951 5751 (times unknown)

Provides advice and advocacy in areas of debt, employment, housing, welfare benefits and basic immigration.

Email: team@northbristoladvice.org.uk

Web: www.northbristoladvice.org.uk

Bristol Debt Advice Centre – 0117 954 3990 / 0117 954 3991 (Mon, Tues, Thurs 9:30am-12:30pm)

Advice on debt, finances, reducing energy costs and maximising benefits.

Email: mail@bdac.org.uk

Web: www.bdac.org.uk

Shelter Housing Helpline – 0808 800 4444 (Mon-Fri 8am-8pm, Sat-Sun 8am-5pm)

Practical assistance and advice regarding housing issues and homelessness.

Email: info@shelter.org.uk

Web: england.shelter.org.uk

Citizens Advice Bureau (Bristol) – 0844 499 4718

Helps people resolve their legal, money and other problems by providing free information and advice.

Web: www.bristolcab.org.uk

Web: www.citizensadvice.org.uk

National Drugs Helpline (FRANK) – 0800 776 600 (All hours 24/7)

Information and advice on drugs, alcohol and addiction.

Email: frank@talktofrank.com

Web: www.talktofrank.com

NHS 111 Service – 111 (All hours 24/7)

For any non-urgent medical/health related query or for health related information. **Dial 999 in an emergency.**

Web: www.nhsdirect.nhs.uk/About/111FAQs