

Bristol Support/Self-Help Groups

Social Anxiety West

Self-help groups for people who find their life or well-being is affected by social anxiety or 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

OCD 12-Step Programme

12-step support group for people experiencing obsessive compulsive disorder.

Phone: 0790 312 9753 **Web:** www.ocdaction.org.uk/support-groups (lists other groups)

Manic Depression Fellowship

Self-help group for people suffering with manic depression/bi-polar and those supporting them.

Phone: 0845 340 540 **Email:** groups@mdf.org.uk

Web: www.mdf.org.uk

Beat Self-help Group

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

Phone: 01454 271000 **Email:** help@b-eat.co.uk

Web: helpfinder.b-eat.co.uk

Overeaters Anonymous

Offers 12-step groups for people struggling with compulsive eating. Also call 07830444136 or 01278429027.

Phone: 0117 9550423 **Email:** help@b-eat.co.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 7378 9910 **Email:** enquiries@al-anonuk.org.uk

Web: www.al-anonuk.org.uk

Self-injury Self-help (SISH)

Women only support group for people experiencing difficulties with self-harm.

Phone: 07788 142 999 **Email:** sishbristol@yahoo.co.uk

Self Harm Anonymous

Anonymous group for people who self-harm.

Phone: 07714337258 (Glen) or 07704433949 (Natalie)

Windmill Hill City Farm Survivors Group

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

Phone: 0117 963 3252

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:** info@hearing-voices.org

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 9663629 **Email:** una@notranx.fsnet.co.uk

Web: www.bataid.org

Hartcliffe and Withywood Support Group

Self help user support group run by volunteers for people who suffer from mental illness in any form.

Phone: 0117 902 8714

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)

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 (unknown times)

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.nationaldomesticviolencehelpline.org.uk

Men's Advice Line – 0808 801 0327 (Mon-Fri 10am-1pm & 2pm-5pm)

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

Email: info@mensadviceline.org.uk

Web: www.mensadviceline.org.uk

Men as Survivors of Sexual Abuse Helpline – 0117 907 7100 (Thurs 7pm-9pm)

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

BEAT – 0845 634 1414 (Mon-Fri 10:30am-8:30pm, Sat 1:00pm-4:30pm, BH 11:30am-2:30pm)

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

Bristol Lesbian and Gay Switchboard – 011 922 1328 (Mon-Fri 8pm-10pm)

Information and support for the gay, lesbian, bisexual, transgender and transvestite community.

Email: email@bristolblags.org.uk

Web: bristolblags.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

Debt Helpline – 0800 074 6918 (All hours 24/7)

Provides self-help advice to its callers and also produces written self-help packs and fact sheets to back this up.

Email: info@insolvencyhelpline.co.uk

Web: www.insolvencyhelpline.co.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 (Mon-Fri 9:30am-4pm)

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 – 0800 776 600 (All hours 24/7)

Information and advice on drugs, alcohol and addiction.

Email: frank@talktofrank.com

Web: www.talktofrank.com

Benefits Enquiry Line – 0800 88 22 00 (Mon-Fri 8:30am-6:30pm, Sat 9am-1pm)

A government run service providing advice and information on benefits.

Web: www.dwp.gov.uk

NHS Direct – 0845 4647 (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

This document was last updated on 14th May 2010 by Nick Hanlon for Social Anxiety West

If you spot any inaccuracies or find information needs updating then please email us at email@sawest.org