

**Spark Somerset** - supporting volunteers and community groups. Lots of local resources and help.

**01460 202970** [www.sparksomerset.org.uk](http://www.sparksomerset.org.uk)

**Community Council for Somerset** – works in Somerset’s communities to find practical based solutions - **01823 331222**  
<https://ccslovesomerset.org/>

### Self-help Resources

**Every Mind Matters**  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

**Wellbeing and mental health** – a guide to looking after yourself and others  
[www.healthysomerset.co.uk/happy/](http://www.healthysomerset.co.uk/happy/)

**Somerset Community Connect** – health, care and wellbeing information and advice  
[www.somersetcommunityconnect.org.uk/](http://www.somersetcommunityconnect.org.uk/)

**Recovery College** – local courses for mental health and recovery  
<https://somersetwlc.co.uk/>

Walking, exercise and sports activities **01823 653990** [www.sasp.co.uk/activities](http://www.sasp.co.uk/activities)

### Jobs, Benefits, Housing & Money Worries

Work and money worries can have an effect on your mental health. Here are some local services that can talk through your concerns and offer practical support.

**Citizens Advice Somerset**  
03444 88 9623 Mon-Fri 10-4pm  
<https://citizensadvice Somerset.org.uk/>

**Step Up Somerset**  
help with jobs and training  
<https://www.stepupsomerset.org.uk/>

**Somerset Council**  
Help with housing, benefits, welfare advice, Council tax, business advice and grants.  
[www.somerset.gov.uk](http://www.somerset.gov.uk)

**Dept of Work and Pensions**  
[www.gov.uk/dwp](http://www.gov.uk/dwp)

**Growth Hub** - Business support  
[www.heartofswgrowthhub.co.uk/](http://www.heartofswgrowthhub.co.uk/)

**Safe and Warm Somerset** reducing energy bills [www.cse.org.uk/projects/view/1367](http://www.cse.org.uk/projects/view/1367)

**Wiser Money in West of the county**  
[www.wisermoney.org.uk/](http://www.wisermoney.org.uk/)

# Looking after your Mental Health



**A simple guide to local services and support**



Many of us may be feeling anxious, worried or down.

You might be lonely, concerned about finances or your health. It can be tricky to know where to turn for help. It is OK to feel like this.

There may be times when we need some extra support to deal with our situation. It's **OK** to ask for help. The services listed in this leaflet are here to help you. Please keep this leaflet.

## Looking after your wellbeing

### Tips to help support wellbeing:

- Connect with people who make you feel good – by phone, on-line or letter
- Share your worries – with people you trust – or if you are feeling isolated, there are helplines and online support forums. Reach out as soon as you can
- Exercise everyday and try to go outside and be in nature
- Keep to a routine and eat sensibly, drink plenty of water and keep taking any prescribed medication. Maintain a regular sleep pattern
- Keep your mind active and spend time each day doing activities you enjoy
- Be kind to yourself and others. Often the small things make the biggest difference

## Getting help - Adults

### Telephone helplines:

- **Mindline Somerset** - 01823 276 892  
Emotional support, information and guidance. **Open 24/7.**
- **CALM Helpline for men** -  
0800 58 58 58 5pm – Midnight
- **Samaritans** - 116 123 . Open 24/7
- **Age UK Somerset** - Friendly calls service  
01823 345 610 (Mon-Fri 9-4pm)



### Specialist services:

- **Bereavement Support**  
0800 3047 412 Mon-Sat 9-5pm
- **Somerset Carers** - 0800 31 68 600  
[www.somersetcarers.org](http://www.somersetcarers.org)
- **Somerset Drug and Alcohol Service**  
0300 303 8788 - Open 24/7  
[www.turning-point.co.uk/sdas](http://www.turning-point.co.uk/sdas)
- **Somerset Suicide Bereavement Support Service** - 0300 330 5463 – Open 24/7
- **Somerset Domestic Abuse Service** -  
0800 69 49 999
- **Somerset and Avon Rape and Sexual Abuse Support** - 0808 801 0456/64

## Getting help - children, young people and families

- **Mindline Somerset** - 01823 276 892  
Emotional support, information and guidance - Open 24/7. ALL ages
- **Young Somerset** – wellbeing support including virtual hubs and counselling  
[www.youngsomerset.org.uk/](http://www.youngsomerset.org.uk/)
- **Kooth** - Online mental wellbeing community for people 11 years plus  
[www.kooth.com](http://www.kooth.com)
- **Chathealth** - texting service with health visitors and school nurses. Mon-Fri 9-4pm.
  - Advice for 0-4 years Text 07490 635514
  - Advice 5-19 years Text 07480 635515
  - Young person (11-19) No name needed. Text 07480 635516
- **Wide range of Health & Wellbeing Resources** [www.cypsomersethealth.org](http://www.cypsomersethealth.org)

## Getting help - ALL

**NHS Support** - NHS 111 for NHS advice and referral for all health related issues 24/7

### Open Mental Health

Alliance of voluntary organisations and NHS. Giving you support when you need it 01823 276 892

**email: [support@openmentalhealth.org.uk](mailto:support@openmentalhealth.org.uk)**

### Somerset NHS Foundation Trust

Mental Health Services - all ages  
[www.somersetft.nhs.uk/mental-health/](http://www.somersetft.nhs.uk/mental-health/)

**Somerset Direct** – enquiries for Council children and adult services  
0300 1232 224

