

Organisation	Contact	Info
Emergency Services	999	24/7
NHS 111	111	Option 2 to access First Response for mental health services
Bristol Mental Health Crisis Line	0300 555 0334	24/7
NHS Mental Health Response Line	0800 953 1919	24/7
Child and Adolescent Mental Health Services CAMHS emergency helpline	0800 9539599	24/7
Bristol Mindline Helpline	0117 203 4419	Wednesday to Sunday, from 7 pm to 11 pm
Bristol Royal Infirmary	0117 923 0000	Switchboard
Caring in Bristol (homelessness)	0117 924 4444 https://www.caringinbristol.org.uk/ get-help-now	
Cruse Bereavement	0808 808 1677	Monday, Wednesday, Thursday, Friday – 9.30am – 5pm Tuesday – 1pm – 8pm Saturday & Sunday – closed
First Response Team Bristol (safeguarding)	0117 903 6444	Emergency Duty Team (out of hours/urgent concerns): 01454 615 165
Galop (LGBT+ victims of abuse & violence) helpline & webchat	0800 999 5428 https://www.galop.org.uk/	See website for times etc
National Domestic Abuse Helpline	0808 2000 247	24/7
Next Link Domestic Abuse Service (Bristol)	0800 4700 280	Mon - Fri: 8:30am-5:30pm Sat: 9:30am-1pm
No Panic - Helpline Anxiety disorders	0300 772 9844 https://nopanic.org.uk/	10am-10pm 365 days a year

NSPCC Issues affecting children	0808 800 5000 https://www.nspcc.org.uk	Mon-Fri 10am-4pm
Off the Record (OTR) For 11-25 yr olds	0808 808 9120 https://www.otrbristol.org.uk/	Mental health support services. Not crisis
One25 (street sex workers)	0117 909 8832	https://one25.org.uk/
One25 Outreach Night Van	08006 125 125	
Rape Crisis (England & Wales) helpline and live chat	0808 500 2222 https://247sexualabusesupport.or g.uk	24/7
Samaritans (listening service)	116 123 (free)	24/7
Suicide Prevention UK	0800 587 0800	6pm-midnight
St Mungo's Bristol Outreach Team (homelessness)	0117 407 0330	Mon-Fri 9am-5pm
Victim Support (for victims of crime) helpline & live chat	0808 1689 111 https://www.victimsupport.org.uk/ help-and-support/get-help/suppor t-near-you/live-chat/	24/7
Vita Health Group	0800 0126549	A 24/7 confidential helpline staffed by experienced counsellors, who you can talk to and they will listen. They will offer emotional support and can connect you to organisations available in Bristol, North Somerset, and South Gloucestershire.
Refuge Live Chat (Domestic Violence against women and children)	https://www.nationaldahelpline.or g.uk/Chat-to-us-online/	Monday to Friday 10am-10pm and 10am-6pm on weekends
Respect (Domestic abuse against men) helpline	0808 8010327	Mon-Fri 10am-5pm
Respect (Domestic abuse against men) webchat	https://mensadviceline.org.uk/gett ing-support/	Mon-Fri 9am-10am
A good first step when not in crisis is to contact your GP and talk to them about your mental health		