

Mental Health support

Rethink Mental Health Support and Advice Service aims to improve individual mental health outcomes for Gloucestershire residents with a Serious Mental Illness and/or common mental health conditions. Through a personalised support approach, we seek to reduce the need to access primary and secondary mental health services.

<https://www.rethink.org/help-in-your-area/services/community-support/gloucestershire-mental-health-support-and-advice/>

Rethink Connect and Offload A helpline for any adult living in Gloucestershire who would like support with mild to moderate mental health difficulties including anxiety, depression and low mood. We can also provide support and information for people affected by self harm. <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/gloucestershire-mental-wellbeing-helpline/>

Locality Community Partnerships if an adult has an SMI (scope is due to expand) can bring person to an MDT to discuss best place of support – clinical and non clinical

Complex Emotional Needs

Frequent Engagement Response Network (FERN) forms part of GHC Complex Emotional Needs Service and support people who frequently engage with the emergency services to develop their own 'what helps' plan email CMHTransformation@ghc.nhs.uk

The Guideposts Complex Emotional Needs service provides telephone coaching for people living with borderline personality disorder (BPD), also known as emotionally unstable personality disorder (EUPD) <https://guideposts.org.uk/services/coaching/cen/> - you refer via LCPs lcp@ghc.nhs.uk

Self Management Support

Gloucestershire Health and Wellbeing College Through learning together, we provide the tools that can help you to build the skills and confidence to take control of your own health and wellbeing. We know how closely linked physical and mental health are and how you can't have one without the other. Our courses are tailored to consider different aspects of wellbeing.

The new College replaces the former Recovery College and Gloucestershire Self-Management. [Gloucestershire Health and Wellbeing College > Glos Health & Care NHS Foundation Trust \(ghc.nhs.uk\)](https://www.glos.nhs.uk/health-and-care/nhs-foundation-trust)

Support for wellbeing with a long term condition

Living Well with Pain	Adult Persistent Pain	Artlift	referrals@artlift.org
Breathe in Sing Out	Adult respiratory and Long Covid	Mindsong	meg.brand@mindsong.org.uk / self referral
Sing 2 Remember	Dementia / Isolation/ loneliness in community	Mindsong	paige.halliwell@mindsong.org.uk
Music Therapy @ Home	Dementia / carer support at home	Mindsong	maggie.grady@mindsong.org.uk
Mindset	Dementia at diagnosis (8 wk psychotherapy course)	Mindsong	paige.halliwell@mindsong.org.uk
Create Well	Adult mental health	Artlift	Website/Self referral or referrals@artlift.org
Word Play	Post ICU	Artlift	Through Post ICU Community Clinics
Confidence through Creativity	Covid 19 and employment	Gloucestershire Creative Health Consortium	Self referral accepted. contact Kim on: 01452 863855 Complete our form online: click here
Hearts and Mindsong	Cardiac Rehab – heart failure	Mindsong	Please contact Ruth Melhuish at Mindsong for further information ruth.melhuish@mindsong.org.uk , or telephone 07837 349431
Heartful Arts	Cardiac Rehab – heart failure	Art Shape	Please contact Kate Cox at Art Shape for further information kate.cox@artshape.co .

Carers

Carers Hub provide a person-centred approach to Carers who register or are referred to us. Our experienced, friendly and local team are here for you to ensure you have the support, information and time to think about you.

Carers get access to free information, guidance and support. Includes helping to meet other carers. Activities include yoga, relaxation classes, coffee clubs.

Gloucestershire Carers Hub is an easily accessed service where you can gain support, feel valued and offload your worries or concerns to one of our team.

<https://gloucestershirecarershub.co.uk/>

Lifestyle support

Healthy Lifestyles Service provide free healthy lifestyle behavioural support coaching around giving up smoking, drinking less alcohol, increasing physical activity and losing weight for anyone over 18 (or over 12 for smoking support) who lives or has a GP registered in Gloucestershire.

[https://www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/service.action?id=g6mcaXEbDzc&slaction=ADD&itemid=j6c03E9_pNMRXQhHbSQxbw6Q8VBY3zf2Vpp4nBJbZg\\$\\$](https://www.glofamiliesdirectory.org.uk/kb5/gloucs/glofamilies/service.action?id=g6mcaXEbDzc&slaction=ADD&itemid=j6c03E9_pNMRXQhHbSQxbw6Q8VBY3zf2Vpp4nBJbZg$$)

Housing support

Community Based Support deliver short-term support that builds on an individual's existing strengths to help them develop the skills to become self-reliant and resilient and live independently in the long term.
<https://impact.ccp.org.uk/community-based-support/> or <https://www.p3charity.org/services/gloucestershire-accommodation-community-based-support>

Bereavement Support

Cruse provide bereavement support for children, young people and adults in Gloucestershire. They provide:

- An initial supportive call/referral (50 minutes)
- Invite to either a zoom or in-person "Understanding your Bereavement" session- 1.5 hours
- If ongoing support is requested then the resident will be able to access 6-8, 50-minute sessions (300-400 minutes of support)
- Access to a national website with a wide range of leaflets and resources and a national helpline

Wider voluntary sector

In addition to the above commissioned service, bereavement support is also delivered across the County by a wide range of community, third sector and charitable organisations. Details of support available are shared on both the ICB webpages and your circle: [Bereavement Care & Support : NHS Gloucestershire ICB \(nhsglos.nhs.uk\)](https://www.nhs.uk/healthcare-professionals/working-with-the-wider-sector/bereavement-care-support-nhs-gloucestershire-icb)

Dementia support

Dementia Advisers in Gloucestershire give advice and information face to face, over the telephone, by email or by post, and help with all aspects of living with dementia. They are also experts in getting you access to the vital support you need. If you are worried about your memory, have dementia yourself or care for someone, our dementia advisers are here to help - Gloucestershire@alzheimers.org.uk

Drug and Alcohol Support

Worried about your own or someone else's alcohol or drug use?

We provide free and confidential advice, care and support for people in Gloucestershire aged 18+. Phone: 01452 223 014

Email: gloucestershire@viaorg.uk

Advocacy

In Gloucestershire POhWER provides

- [Independent Mental Capacity Advocacy \(IMCA\)](#) including [Relevant Person's Paid Representatives \(RPPR\)](#)
- [Independent Mental Health Advocacy \(IMHA\)](#)
- [Independent Health Complaints Advocacy \(IHCA\)](#)
- [Independent Care Act Advocacy](#) which includes Independent Advocacy for Adult Social Care Complainants.

If you are not sure whether you can get an advocate, or for more information, advice and support in your area, you can contact us on 0300 0031162 or email glosadvocacy@pohwer.net

Employment support

Gloucestershire Employment and Skills Hub- Outreach project

We provide intensive 1:1 support to individuals who are economically inactive and help them return to volunteering, education, training, or employment. You can refer into ESHO and the Employment and Skills Hub by completing our online form [here](#) or call us on 01452 425776 for a chat.

Debt and Finance

GL Communities are commissioned by Debt Advice West to provide FREE counselling for debt in the local community. Do you need help with your debts?

<https://www.glcommunities.org.uk/debt-and-benefit>

Money and Pension Service

[Money and Pensions Service \(maps.org.uk\)](https://www.maps.org.uk)

A further list of support can be found at

<https://www.bewellglos.org.uk/category/finance-and-debt-support/>