



Wiltshire Mental Health and Wellbeing Support Services

| Alabaré Riverside Sanctuary | Conf dential service for anyone struggling to manage their mental wellbeing (16+). | |
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| | Helping people overcome barriers into employment or education. Call: 01380 732821 Email: hello@buildingbridgessw.org.uk buildingbridgessw.org.uk | |
| Child and Adolescent Mental Health Service (CAMHS) | Supporting children and young people with emotional, behavioural and mental health dif culties. Call: 0300 247 00990 Email: <u>vcl.wiltshirespa@nhs.net</u> <u>oxfordhealth.nhs.uk/camhs/refer</u> (including self-referrals) wiltshirechildrensservices.co.uk/spa/teams/single-point-of-access-team | |
| Carer Support Wiltshire | Free counselling and support for carers. Call: 0800 181 4118 Email: <u>admin@carersupportwiltshire.co.uk</u> <u>carersupportwiltshire.co.uk</u> | • |
| Citizens Advice Wiltshire | Providing free, independent advice for the people of Wiltshire. Call: 0800 144 8848 Textphone: 18001 0800144 8848 citizensadvicewiltshire.org.uk | £ |
| Combat Stress | Mental health support for veterans. 24-hour helpline: 0800 138 1619 combatstress.org.uk | |
| CRUSE | Bereavement support. Helpline: 0808 808 1677 Email: <u>helpline@cruse.org.uk</u> <u>cruse.org.uk</u> | • |
| Dorothy House Hospice Care | | |
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