

OTHER SOURCES OF HELP

EMOTIONAL AND MENTAL HEALTH SUPPORT

Samaritans (24 hrs 7 days a week)

If you need someone to talk to, Samaritans will listen. They don't judge or tell you what to do. Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

[Click here](#) to see various ways to contact Samaritans or call them now for free on 116 123

Bristol Mental Health Crisis Line

You can call the Bristol Mental Health crisis line – 0800 953 1919. This line is open 24 hours a day, every day.

Bristol Crisis Service

A multidisciplinary team of experienced mental health practitioners providing an emergency assessment and home treatment service for people living in the Bristol area experiencing a mental health crisis. Call 0300 555 0334

Bristol Sanctuary (Thursday to Monday including Weekends)

The Bristol Sanctuary is a welcoming safe space available for anyone feeling they can't cope or are feeling desperate over the weekends. They can help people find some stability and make a plan to stay safe. People can spend time talking through their situation with a trained worker, or just take some breathing time. The Sanctuary is run by St Mungo's and is commissioned as part of Bristol Mental Health services.

How to get in touch with The Sanctuary

Open Thursday – Monday. Phone lines open from 4pm.

In person appointments available 5 till 11pm.

Phone support 5pm till midnight.

Call us on 07709 295 661 or email awp.bmhsanctuary@nhs.net to book a place or for more information.

Mind Bristol (Various times depending on the service)

Mind Bristol is a mental health resource for people in Bristol and surrounding areas providing a range of helplines and wellbeing services. Services include

- Bristol Mindline is a free listening service for anyone needing to talk . This service is open from **Wednesday to Sunday from 7pm to 11pm**. Call 0808 808 330
- Bristol Mindline Trans+ is a confidential emotional and mental health support helpline for people who identify as Transgender, Agender, Gender Fluid, Non-binary. Currently open Friday evenings from 8pm to 11pm Call 0300 330 5468

For more details about Bristol Mind and their services [click here](#)

LOCAL FOOD AND WELFARE RESOURCES

The Wild Goose Café

Based at 32 Stapleton Rd, Easton, Bristol BS5 0QY , The Wild Goose Café offers hot meals, hope and support to anyone experiencing insecurities such as hunger or homelessness.

Help on offer includes:

- Breakfast and lunch four days a week for those facing extreme insecurity such as homeless or hunger.
- Shower facilities, clothing, a laundry service and toiletries.
- A weekly medical clinic (the 'wet clinic') for those dependant on alcohol.

For opening times and meal service times please [click here](#)

The Bristol Soup Run Trust (365 days a year)

The Bristol Soup Run Trust operates every night of the year providing food, drink and other essential supplies, free of charge, to homeless people and others in need in Bristol.

[Click here](#) to find when and where you can access this service tonight.

Bristol Methodist Centre (Various days and times depending on the service)

People of all or no faith are welcome at the centre. Based at Lincoln Street, Lawrence Hill, Bristol BS5 0BJ and provides a range of services including:-

- Nutritious Food (Breakfast and Lunch)
- Emergency Food Parcels
- Support and Advice
- Access to essentials
- Haircuts
- Showers & Laundry Service
- Access to Computers
- Clothing Store
- Dog Kennels
- Chapel
- Gardens

For more details about Bristol Methodist Centre opening times and their services [click here](#)

The Caring Handbook

The Caring Handbook is a free resource created by Caring in Bristol for everyone in Bristol and includes information about:

- Accommodation advice
- Day centres
- Food – details of agencies and organisations which supply food to homeless and vulnerable people
- Health – medical, dental and other health services including drug, alcohol and mental health support services
- Public toilets
- Advice and support
- Benefits advice
- Employment and training
- Helplines
- Map of the city centre showing location of services
- Animal and welfare
- Locations which are welcoming, non-institutional and vibrant