

Wellbeing A-Z National and Local services

A

Local:

- [Advocacy in Somerset](#)

There are a lot of organisations out there to support you if you have a concern about how you are or have been treated. If you feel you are being discriminated against, or if you have been a victim of crime or anti-social behaviour, then these organisations are there to help you.

National:

- [Abuse](#)

This page lists organisations and services who may be able to offer you support for abuse. Help is available whether you're experiencing abuse now, or have done in the past.

- [Abuse \(Older People\)](#)

The Hourglass mission is simple: end the harm, abuse and exploitation of older people in the UK.

- [Addiction and dependency](#)
- [ADHD and mental health](#)
- [Advocacy - for adults](#)
- [Advocacy - for 11-18 year olds](#)
- [Anger - for adults](#)
- [Anger - for 11-18 year olds](#)
- [Antidepressants](#)
- [Antidepressants A-Z](#)
- [Antipsychotics](#)
- [Antipsychotics A-Z](#)
- [Anxiety and panic attacks](#)
- [Armed Forces Support \(SSAFA\)](#)
- [Arts and creative therapies](#)
- [Autism and mental health](#)

B

Local:

- [Bereavement \(CRUSE\)](#)

We help people through one of the most painful times in life – with bereavement support, information, and campaigning.

National:

- [Benefits](#)
- [Bereavement](#)
- [Bipolar disorder](#)
- [Body dysmorphic disorder \(BDD\)](#)
- [Borderline personality disorder \(BPD\)](#)

C

Local:

- [Child and Adolescent Mental Health \(CAMHS Somerset\)](#)

Our department is made of different teams that offer mental health assessments and intervention to children and young people (up to the age of 18 years), as well as signposting to other appropriate services.

- [Crisis Support Somerset](#)

Crisis Safe Space is an out-of-hours service provided by our partners Mind in Somerset and Second Step for anyone who feels like they are really struggling with their mental health. Instead of going to A&E, making an urgent doctor's appointment, or suffering in silence, you can arrange a one-to-one session with a member of the Crisis Safe Space, who will be willing to listen and be able to help you. Sessions are being held either face-to-face or virtually depending on the location.

National:

- [Carers, friends and family - coping and support](#)
- [Child and adolescent mental health services \(CAMHS\)](#)
- [Child support services \(Barnardo's\)](#)
- [Christmas and mental health](#)
- [Clinical negligence](#)
- [Cognitive behavioural therapy \(CBT\)](#)
- [Community treatment orders \(CTOs\)](#)
- [Complaining about health and social care](#)

- [Complementary and alternative therapies](#)
- [Complex PTSD](#)
- [Confidence and self-esteem - for 11–18-year-olds](#)
- [Confidentiality - for 11–18-year-olds](#)
- [Consent to treatment](#)
- [Coronavirus and your mental health](#)
- [Coronavirus and your mental health - for 11–18-year-olds](#)
- [Courts and mental health](#)
- [Crisis services](#)

D

Local:

- [Somerset Drug and Alcohol Service \(SDAS\)](#)
We're a leading social enterprise, designing and delivering health and social care services in the fields of substance use, mental health, learning disability, autism, acquired brain injury, sexual health, homelessness, healthy lifestyles, and employment.
- [Somerset Domestic Abuse Services](#)
Information relating to domestic abuse and the services available across Somerset. Including Somerset Council's locally based confidential service, offering a range of specialist support to anyone who needs advice and help on domestic abuse.

National:

- [Disclosure and barring service \(DBS\) checks and your mental health](#)
- [Deep brain stimulation \(DBS\)](#)
- [Depression](#)
- [Diagnosis](#)
- [Diagnosis - for 11–18-year-olds](#)
- [Dialectical behaviour therapy \(DBT\)](#)
- [Difficult feelings & behaviours](#)
- [Disability discrimination](#)
- [Discrimination at work](#)
- [Dissociation and dissociative disorders](#)
- [Drugs - recreational drugs & alcohol](#)

E

Local:

- [Eating Disorders in Somerset](#)
SWEDA has been pro-recovery and supporting those affected by eating disorders since 1992. Discover how we can help you take control of your life.

National:

- [Eating problems](#)
- [Ecotherapy](#)
- [Electroconvulsive therapy \(ECT\)](#)
- [Exam stress - for 11–18-year-olds](#)

F

- [Feelings and experiences - for 11–18-year-olds](#)
- [Finding support - 11–18-year-olds](#)
- [Fitness to drive](#)
- [Food and mental health](#)

G

Local:

- [Gambling \(South West\)](#)
The South West Gambling is a team of caring and compassionate clinicians who provide specialist therapies to people affected by gambling addiction.

National:

- [Gambling \(National\)](#)
Gambling harm support starts here.
- [Gaming \(National\)](#)
Are you having difficulties with gaming? Do you spend too much time and money on games, despite attempts to stop? Are you spending less time with friends or family? We work jointly with mental health teams, aiming to provide a comprehensive package of care in collaboration with other professionals.

H

Local:

- [HIV Services \(Starling Clinic\)](#)
Free and confidential HIV care, treatment and support to all people diagnosed with HIV in Somerset at Musgrove Park Hospital.
- [HIV Services \(The Eddystone Trust\)](#)

A Southwest service, who believe experiencing positive sexual health should be a right for everyone, including you. In this evolving landscape of sexual health, quiet revolutions have been taking place; STIs are treatable, and living with HIV now means just that - living a long and healthy life.

National:

- [Health and social care rights](#)
- [Hearing voices](#)
- [Help and support - for 11–18-year-olds](#)
- [Helping someone else seek help](#)
- [Herbal remedies](#)
- [HIV Services \(Terence Higgins\)](#)
- [Hoarding](#)
- [Hospital treatment - for adults](#)
- [Hospital treatment - for 11–18-year-olds](#)
- [Housing](#)
- [Human Rights Act 1998](#)
- [Hypomania and mania](#)

I

- [Independent mental health advocates \(IMHAs\)](#)
- [Informal patients - for adults](#)
- [Informal patients - for 11–18-year-olds](#)
- [Insurance cover and mental health](#)
- [Intro to mental health - for 11–18-year-olds](#)

L

Local:

- [Somerset LGBTQ+ Support \(Youth\)](#)
- [Loveable](#)

Loveable is a Somerset based social enterprise with a mission to bring some more connection, job and love to the lives of the learning disabled and neuro-divergent communities.

- [Learning Disabilities and Learning difficulties \(Mencap\)](#)

We are Mencap. We are passionate about changing the world for everyone with a learning disability.

National:

- [Learning disability support](#)
- [Leaving hospital](#)
- [Legal rights - resources for adults](#)
- [Legal rights - resources for 11–18-year-olds](#)
- [LGBTQIA+ mental health](#)
- [Lithium and other mood stabilisers](#)
- [Loneliness](#)

M

Local:

- [Little Book of Mental Health](#)
- [Somerset Menopause Service](#)
- [Mind in Somerset](#)

We are here to make sure anyone with a mental health problem has somewhere to turn for advice and support. Our core purpose is to provide services and support to anyone affected by mental illness, improving their quality of life and wellbeing.

- [Open Mental Health](#)

Are you or someone you know experiencing difficulties with mental health? Open Mental Health is here to help. We offer support 24 hours a day, seven days a week, to ensure that people struggling with their mental health in Somerset can access the right support at the right time

National:

- [Mask anxiety \(coronavirus\)](#)
- [Medication - A-Z of psychiatric drugs](#)
- [Medication - introduction](#)
- [Medication - stopping or coming off](#)
- [Mental Capacity Act 2005](#)
- [Mental Health Act 1983](#)
- [Mental health problems - introduction](#)

- [Mental health problems - for 11–18-year-olds](#)
- [Mindfulness](#)
- [Money and mental health](#)

N

- [Nature and mental health](#)
- [News - coping with distressing events in the news](#)
- [NSPCC](#)

O

Local:

- [Online Mental Health \(Young People\)](#)
The Kooth team are here to provide free, safe, and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals who want to help you.

National:

- [Obsessive-compulsive disorder \(OCD\)](#)
- [Online mental health](#)

P

- [Panic attacks](#)
- [Paranoia](#)
- [Parenting with a mental health problem](#)
- [Peer support](#)
- [Perinatal anxiety](#)
- [Perinatal OCD](#)
- [Personal information](#)
- [Personality disorders](#)
- [Phobias](#)
- [Physical activity and your mental health](#)
- [Police and mental health](#)
- [Postnatal and antenatal depression](#)

- [Postnatal depression and perinatal mental health](#)
- [Postpartum psychosis](#)
- [Post-traumatic stress disorder \(PTSD\)](#)
- [Premenstrual dysphoric disorder \(PMDD\)](#)
- [PrEP Support \(iwantprepnw\)](#)
- [PrEP Support \(PrEPster\)](#)
- [Psychosis](#)

R

- [Racism and mental health](#)
- [Recovery](#)
- [Relaxation](#)

S

Local:

- [Sexual Violence- Survivor Pathway](#)
The Survivor Pathway is an online resource for **anyone** wanting to know more about specialist sexual violence support services in the South West.
- [Sexual Violence- Victim and Witness Care \(Lighthouse\)](#)
Lighthouse offers an enhanced service to vulnerable, intimidated or persistently targeted victims of crime and anti-social behaviour, and victims of serious crime
- [Sexual Violence- "The Bridge" Sexual Assault Referral Centre](#)
The Bridge is a Sexual Assault Referral Centre (SARC). We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted.
- [Sexual Violence- SARSAS](#)
Support for people affected by rape or any kind of sexual assault or abuse at any time in their lives.
- [Sexual Violence- SafeLink](#)
We provide independent support for anyone (women, men, children) who has been the victim of rape and sexual abuse across the whole of Avon and Somerset area.
- [Sexual Violence- Phoenix Project \(Children and Young People\)](#)
Somerset Phoenix Project will provide support to children, young people and their families affected by Childhood Sexual Abuse. Support and training will also be provided to frontline professionals.
- [Sex Working Support and Safety](#)
National Ugly Mugs (NUM) is a UK-wide charity working with sex workers to do research, design and deliver safety tools and to provide support services to people in adult industries. Check people's details
- [Sex Worker Support- English Collective of Prostitutes](#)
The English Collective of Prostitutes (ECP) is a grassroots organisation of sex workers and supporters campaigning for the decriminalisation of prostitution, for sex workers' rights and safety, and for resources to enable people to get out of prostitution if they want to. Our network includes sex workers working on the street and in premises.

National:

- [Schizoaffective disorder](#)
- [Schizophrenia](#)
- [Seasonal affective disorder \(SAD\)](#)
- [Sectioning - for adults](#)
- [Sectioning - for 11–18-year-olds](#)
- [Seeking help for a mental health problem](#)
- [Self-esteem](#)
- [Self-Injuring](#)
- [Self-Injuring - for 11–18-year-olds](#)
- [Sex addiction](#)

Sex and Love Addicts Anonymous, or SLAA, is a Twelve Step, Twelve Tradition oriented Fellowship based on the model pioneered by Alcoholics Anonymous. SLAA is open to anyone who knows or thinks they have a problem with sex addiction, love addiction, romantic obsession, co-dependent relationships, fantasy addiction and/or sexual, social and emotional anorexia. You are welcome here.

- [Sleep problems](#)
- [Sleep problems - for 11–18-year-olds](#)
- [Sleeping pills and minor tranquillisers](#)
- [Sleeping pills and minor tranquillisers A-Z](#)
- [St John's wort](#)
- [Statistics and facts about mental health](#)
- [Stress](#)
- [Student life](#)
- [Suicidal feelings - how to cope](#)
- [Suicidal feelings - supporting someone who feels suicidal](#)
- [Suicide attempt - how to cope](#)
- [Supporting others - resources for adults](#)
- [Supporting others - resources for 11–18-year-olds](#)

T

Local:

- [Transport Support](#)

National:

- [Talking therapy and counselling](#)
- [Tardive dyskinesia \(TD\)](#)
- [Transition - moving from child to adult mental health services](#)
- [Trauma](#)
- [Treatment and support glossary - for 11–18-year-olds](#)

V

- [Vagus nerve stimulation \(VNS\)](#)

W

- [Wellbeing](#)
- [Wellbeing - for 11–18-year-olds](#)
- [Workplace - how to be mentally healthy at work](#)
- [Workplace - taking care of your staff \(for employers\)](#)
- [Workplace - training and consultancy \(for employers\)](#)
- [Workplace - working in the emergency services \(Blue Light\)](#)

Y

Local:

- [Young Carers \(Somerset\)](#)

National:

- [Young Minds](#)