

SARSAS

*Listen.
Believe.
Support.*

MENTAL HEALTH CRISIS SUPPORT

in Avon and Somerset

HELPLINES



MENTAL HEALTH CRISIS LINE

Bristol, Bath & NE Somerset, South Glos.

0800 953 1919 | 24 hours a day, 7 days a week



SOMERSET MINDLINE (Somerset)

0800 138 1692 or 01823 276 892

24 hours a day, 7 days a week



BRISTOL MINDLINE

0117 203 4419 | 7pm-11pm, Wed-Sun



SAMARITANS (National)

116 123 | 24 hours a day, 7 days a week



SHOUT (National)

Text 85258 | 24 hours a day, 7 days a week

SAFE SPACES



BREATHING SPACE (Bath)

0808 175 1369 | Mon to Sun | 6pm-10:30pm



THE SANCTUARY (Bristol)

07709 295661 | Mon to Sun | 6pm-12.30am



SAFE HAVEN (Weston-Super-Mare)

01934 313480 | Mon to Sun | 4pm-12:00am



CRISIS SAFE SPACE (Somerset)

01823 276892 or 0800 138 1692

Bridgwater

Mon to Sun | 6pm-11pm

Frome

Thurs, Fri & Sat | 6pm-11pm

Glastonbury

Mon, Tue, Wed & Sun | 6pm-11pm

Taunton

Mon to Sun | 6pm-11pm

Yeovil

Mon to Sun | 6pm-11pm