

## BANES Support Groups & Services

Information about mental health services and support for children and young people with SEND

Call the Mental Health Helpline if you need help with an urgent mental health problem.

0800 023 2133 (BANES) | Open 5.00pm to 11.00pm on weekdays, 9.00am to 11.00pm Saturday, Sunday and Bank Holidays.

### TEXT SUPPORT

#### **Text the School Nurse – NHS ChatHealth Messaging Service**

| Text: 07507334357 | BANES Students | 9am and 4pm Monday to Friday

[Shout Crisis Text Line](#) – for everyone

Text "SHOUT" to 85258 open 24 hours a day, every day.

[YoungMinds Crisis Messenger](#) – for people under 19

Text "YM" to 85258 open 24 hours a day, every day.

### FACE TO FACE SUPPORT

#### **Wellsway - Off The Record**

If you would like to access this, please email your Head of House to be added to the waiting list.

#### **External - Off The Record**

<https://www.offtherecord-banes.co.uk/>

We are a mental health and wellbeing charity providing free, confidential and independent support to young people aged 10-25 across Bath and North East Somerset

#### **Bath Mindfulness**

| Tel: 01225 460 106

Mindfulness-based resilience training for stress, anxiety, self-esteem, and anger. Healing pain with self-compassion and presence. Audience - adults, adolescents, parents. 1-2-1's, retreats, workshops, school courses.

#### **Bath Mind Breathing Space Crisis Support**

| Tel: 0808 175 1369

Bath Mind's Breathing Space service consists of both a face-to-face and telephone service, offering calm, non-clinical support for individuals experiencing poor mental health, struggling with emotional distress, suicidal ideation or feelings of overwhelm. Staffed by a team with a broad range of experience in mental health issues, the services offers a compassionate listening ear and signposting to relevant services.

#### **BEAT Eating Disorders**

| Tel: 0808 801 0677

Supporting individuals with eating disorders, and providing information and education around eating disorders.

### ADVICE & FAMILY SUPPORT

**SENDIAS BathNES** offer free, impartial and confidential information, advice and support to children and young people between the ages of 0 to 25 with special educational needs and disabilities (SEND) and their parents/carers.

Email: [sendias@bathnes.gov.uk](mailto:sendias@bathnes.gov.uk)

Advice Line: 01225 394382

Textphone: 07530 263401

#### **Boys in Mind/Girls Mind Too**

| Tel: 07748087998

We believe that by understanding and addressing the particular barriers boys and young men face and challenging unhelpful notions of what it means to be a man we can begin to improve male mental health and ultimately reduce male suicide rates.

#### **Child and Adolescent Mental Health Service (CAMHS)**

| Tel: 0800 023 2133

Bath and North East Somerset CAMHS is a specialist service that helps children and young people who are struggling with a range of different mental health issues.

#### **Connecting Families**

| Tel: 01225 396931

We work with families who have multiple or complex needs and require intensive interventions to help them achieve positive outcomes for themselves. Our aim is to

work with you as a family to make a positive difference to your progress.

#### **Mental Health Helpline for young people**

| Tel: 01865 903889

Advice, guidance and support to children, young people and carers is available round the clock.

#### **No Panic**

| Tel: 0300 772 9844

No Panic is a registered charity that helps and supports those living with Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders.

#### **Samaritans**

| Tel: 116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

#### **Southside**

Southside is there for you whether you are grappling with problems such as domestic abuse, substance abuse, mental health difficulties; or problems with finance and debt, housing issues or concerns related to education and employment.

<https://south-side.org.uk/>

Tel: 01225 331243

Email: [enquiries@south-side.org.uk](mailto:enquiries@south-side.org.uk)

#### **West of England Music Therapy and Wellbeing**

| Tel: 01454 863147

Our Music Therapy and Wellbeing Team at North Somerset and South Gloucestershire Music hubs are now offering their service to B&NES. - Music therapy 1-1 (team of 7 HCPC trained Music Therapists) - Music and wellbeing - whole class and small group (delivered by music therapists)

[Barry.maggs@jigsawap.org](mailto:Barry.maggs@jigsawap.org)

Tutoring and Mentoring

[autism@mrconrad.co.uk](mailto:autism@mrconrad.co.uk)

Autism support for students up to the age of 25 years.

### AUTISM (SEND)

The following groups who run regular sessions for autistic young people and their families:

- [Butterflies Haven](#)
- [FACES](#) - a group for you and your siblings
- [Keynsham and District Mencap Society](#)
- [Life Project Bath](#)
- [Swallow](#)
- [WECIL](#)
- [BAS - Bristol Autism Support](#)

#### **Specialist Autism Support Service (SASS)**

<https://www.fossewayschool.co.uk/specialist-autism-support-service-2/>

#### **Dyslexia**

<https://fearlessdyslexia.com>

Local dyslexia assessor offering dyslexia assessments  
Susanna Cox - Dyslexia Assessor & Specialist Teacher

#### **Kinship**

For family or friends who step up to raise a child.

<https://kinship.org.uk/in-your-area>