

Mental Health Resources for Adults



**Mental Health Information for People Over the
Age of 18.**



**Scan this QR code to view the Mental health
and emotional wellbeing page on the Sirona
Website**

Service provided by

Sirona
care & health

Help in a Mental Health Crisis

If you, or someone you know, is experiencing a mental health crisis — where you feel unsafe, are thinking of hurting yourself, or believe that suicide is the only option — please seek immediate help.

- **In an Emergency call 999 or attend your local Emergency Department.**
 - **If it's not an emergency call NHS 111 and select the Mental Health option.**
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24/7 Crisis Support Services

Bristol Mental Health Crisis Line

For individuals in mental health crisis, as well as their family, friends, and professionals.

 0800 953 1919 (24/7 helpline)

The Samaritans

Emotional support for anyone in distress.

Tel. 116 123 (24/7 freephone)

Email. jo@samaritans.org

Visit website [Link to the Samaritans Webpage](#)

Suicide Prevention Bristol

Support via phone, social media, and outreach.

Tel. 0800 689 5652

Local Non-Emergency Mental Health Support

Let's Talk – Vita Health Group

Mental health and wellbeing support.

Opening Hours: Mon – Wed: 8am – 8pm. Thurs – Fri: 8am – 5pm. Closed on Saturdays

Tel. 0333 200 1893 (for self-referrals)

Website. Self-referral form available on: [NHS Talking Therapies](#)

General Mental Health Support

Mind (National)

Information, support, and advocacy.

Tel. 0300 123 3393

Website: [Link to the Mind Webpage](#)

Bristol MindLine

Evening emotional support.

Opening times: Wed to Sun, 7pm–11pm

Tel. 0117 203 4419

CALM (Campaign Against Living Miserably)

Support for anyone feeling down or in crisis.

Tel. 0800 58 58 58

Opening Times: 5pm – Midnight, 7 days a week

Visit website: [Link to the Calm Zone Webpage](#) (includes live webchat)

The Silver Line

Support for older people not receiving other mental health services.

Tel. 0800 4 70 80 90

Visit website: [Link to The Silver Line Webpage](#)

Action for Happiness

Promotes wellbeing through evidence-based action.

Visit website: [Link to the Action for Happiness Webpage](#)

Talk Club (Men's Mental Health)

Peer-led mental fitness community for men aged 18+.

Email. hello@talkclub.org | therapy@talkclub.org

Facebook page: [Link to the Talk Club Facebook Page](#)

Our Minor Injury Units (MIU) and Urgent Treatment Centres (UTC)

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, Physiotherapist practitioners and paramedic practitioners.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

North Somerset Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

North Somerset Community Hospital Old Street, Clevedon BS21 6BS

T: 01275 546 852

South Bristol Urgent Treatment Centre

Minor injuries and illnesses

Open 8am-8pm, 7 days a week

South Bristol NHS Community Hospital, Hengrove Promenade, Hengrove, Bristol BS14 0DE

T: 0300 124 6260

Yate Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

Yate West Gate Centre 21 West Walk, Yate BS37 4AX

T: 0300 125 6800

Other formats

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



You can phone us on 0300 124 5300 email us at sirona.accessiblecomms@nhs.net

Please scan the QR code to listen to an audio version of this statement.

Date of creation: 06/2026 Date for review: 06/2028 URN: 0780

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