

Avon and Wiltshire
Mental Health Partnership NHS Trust

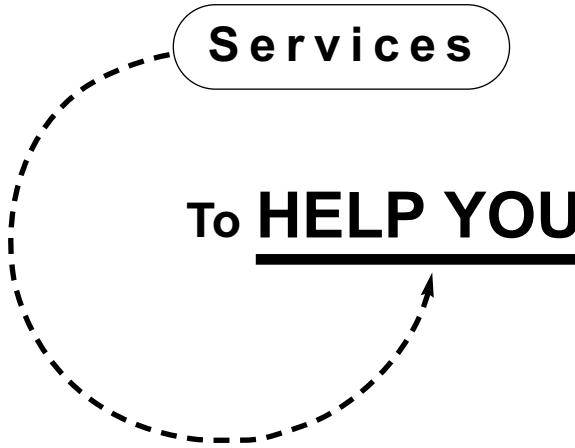


Royal United Hospital Bath
NHS Trust



Services

To **HELP YOU**



✦ **Your GP/family doctor**

He or she can refer you on to a range of specialist services

✦ **Community Psychiatric Nurse (CPN)**

For psychiatric nursing, specialist therapy and on-going support. Please contact your GP, who can discuss with you how to get in touch with the CPN service that covers your geographical area.

Counselling Services

✦ **The Samaritans** ☎ **01225 429 222 or 08457 90 90 90**
(local call rate)

A confidential telephone support and counselling service for people feeling depressed or suicidal. Operates 24 hours a day, 365 days a year. If you would like to talk to someone face-to-face the centre is open to callers between 9am and 10pm - no appointment required.
Contact: *10 Newbridge Hill, Bath, BA1 3PU.*

✦ **Bath MIND** ☎ **01225 316 199**

Bath Mind, runs several projects in Bath for people experiencing mental ill health and their carers, these include: a Drop in, an Advocacy Service, a Befriending Service and four housing projects.

✦ **Mind in Western Wiltshire** ☎ **01249 814447**

Confidential counselling and support group. Covers Bradford-on-Avon, Calne, Chippenham, Corsham, Devizes, Malmesbury, Melksham, Trowbridge, Warminster and Westbury.

Ring the above number to arrange an appointment or write to: *MIND in Western Wiltshire, 22 High Street, Calne, SN11 0ES.*

- ✦ **Wessex Counselling Service** ☎ **01373 453 355**
Provides counsellors to help work through personal, marital and family difficulties. Covers Somerset, Wiltshire, Avon and Dorset. Ring the above number for more information, or write to:
Fairfield House, King St., Frome, BA11 1BH
- ✦ **Relate** ☎ **01225 465 593**
Confidential counselling for adult couples and individuals with relationship problems including sexual therapy. Daytime and evening appointments available. Ring the above number to make an appointment or write to:
21 Milsom Street, Bath, Somerset, BA1 1DE
- ✦ **Off The Record** ☎ **01225 335551**
Confidential advice and counselling for young people. To arrange an appointment, call the above number or write to:
Open House Centre, Manvers Street, Bath, BA1 1JW
- ✦ **Mosaic** ☎ **01225 396266**
Provides advice, support, advocacy and counselling for black people and individuals from other ethnic minorities. Ring the above number or write to:
Green Park Offices, 7 North Parade, Bath, BA1 1NY.
- ✦ **Cruse Bereavement Care** ☎ **01225 465 878**
Support, advice and counselling to any bereaved person. Also organises a range of support and social groups. Contact the above number for more information or to arrange an appointment. The office is open for messages and advice between 10am and 1pm every weekday morning, or you can also write to:
11-12 Laura Place, Bath, BA2 4BL.

Alcohol and Drug Problems

✦ **AA - Alcoholics Anonymous** ☎ **0117 926 5520 / 5926**
or **01380 729 064** or the **National Helpline on:**
0845 7697555

✦ **BADAS - Bath Area Drugs Advisory Service**
☎ **01225 469 479**

Advice, support, information and counselling on all drug-related problems. Ring the above number to make an appointment, or write to:
32-33 Broad Street, Bath, BA1 5LP

✦ **Alcohol Advice Centres**
For Trowbridge, Chippenham & Devizes
☎ **01225 776 477**
For Swindon ☎ **01793 695 405**

✦ **Al-Anon** ☎ **0207 403 0888**
A confidential helpline for families and friends of someone with an alcohol problem.

✦ **NA - Narcotics Anonymous** ☎ **0207 7300009**

Services For Those Who Have Experience Sexual Abuse

✦ **Southside Family Project** ☎ **01225 331 243**

Offers separate counselling and support to both men and women who have experienced sexual abuse. Contact the above number to arrange an appointment or write to:
36 St. Michael's Road, Whiteway, Bath, BA2 1PZ

✦ **The Basement Project** ☎ **01873 856 524**

A range of low cost publications aimed at helping and supporting people who self-harm.

Also publications and a newsletter 'The Forum' are available for those dealing with the effects of childhood abuse. Ring for more information or write to:

PO Box 5, Abergavenny, NP7 5XW

✦ **Survivor Support** ☎ **01225 482 368**

Counselling for women who have been sexually abused or raped. Ring for more information or to speak to a counsellor.

✦ **Survivors Swindon - Helpline for male survivors of sexual abuse** ☎ **01793 878316**

Wednesdays 7-9pm.

Homelessness

✦ **Julian House** ☎ **01225 311 991**

Bath's night shelter and day centre for homeless people. If you need to use the night, please arrive before 7.15 pm. Situated in Manvers Street, Bath, BA1 1JW (opposite the bus station)

✦ **B&NES Housing Advice Centre** ☎ **01225 448681**

Free, confidential advice on housing, homelessness and related problems, including rent and mortgage arrears. No appointment necessary.

✦ **SWAN** ☎ **01761 437176**

Leigh House, 1 Wells Hill, Radstock, B&NES BA3 3RN
Provides free, confidential advice regarding all matters connected with finances, debt counselling and DSS claims.

Mental Health Problems and Psychiatric Illness

✦ **Saneline** ☎ **08457 678000 - between 12pm and 2am every day**

Telephone support line providing support, information and help for anyone coping with mental illness.

✦ **Rethink**

☎ **08454 560 455**

Provides information, support and advice to anyone affected by mental illness, including carers. The information line is open 9am to 5pm Mon to Friday or you can write to: *28 Castle street, Kingston-Upon-Thames, Surrey, KT1 1SS*

✦ **MIND National Information Line ☎ 08457 660 163**
Information, support and understanding about any mental health related issues. Information line is open Monday - Friday 9.15am to 5.15pm. Or you can write to: *Info line MIND, PO Box 277, Manchester, M60 3XN*
Email: info@mind.org.uk www.mind.org.uk

✦ **Hearing Voices Network ☎ 0161 8345768**
Support and advice for those who hear voices. Information about local self-help groups aimed at non-medical ways of coping with voices.
Voice Hearers only Helpline 0161 834 3033

Services for Women

✦ **Bristol Crisis Service for Women ☎ 0117 925 1119/9279600**
National helpline for women who self-injure or who are in distress. Helpline is open Friday & Saturday evenings 9pm until 12.30am. Sunday evenings 6pm until 9pm Or write to: *BCSW, PO Box 654, Bristol, BS99 1XH.*

✦ **Women's Aid National Helpline ☎ 08457 023 468**

✦ **Bristol Women's Aid ☎ 0117 9771888**
Information, support and safe temporary accommodation for women and children experiencing domestic violence.

✦ **Survive ☎ 0117 961 2999**
Safe, temporary accommodation, counselling and support to women and children escaping physical, emotional and sexual abuse. Times: Monday to Friday, 9am to 4pm.

✦ **Domestic Violence Line ☎ 0808 2000 247 Freefone from any telephone box or landline**

✦ **Victim Support ☎ 01225 444 212**

We have specialist mental health nurses who link with the Emergency Department of the Royal United Hospital. If you are unsure of which service is best for you, or you would like to discuss being referred to one of the more specialist mental health services, you can contact them by ringing 01225 825320 and arranging an assessment appointment. Alternatively, you can ask the nurse caring for you whilst in hospital to refer you.

If you are unsure of anything, please feel free to ask the nurse looking after you, who will be happy to explain things to you. However, if you would rather have some quiet time on your own, that's fine too.

If you have any comments or suggestions about the care you have received whilst attending the hospital, please discuss these with the nurse looking after you. If you prefer, you can write to either of the following:

- ✦ The Chief Executive, Royal United Hospital, Combe Park, Bath, BA1 3NG.
- ✦ The Chief Executive, Avon & Wiltshire Mental Health Care NHS Trust, Bath
NHS House, Newbridge Hill, Bath, BA1 3QE

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Compiled by the Mental Health Liaison Team