

## **Adult mental health**

- **South Gloucestershire Talking Therapies - Vitamins:** Therapeutic interventions including counselling and group courses, in line with people's differing needs, age 16+. Self-referral via the website: [wellaware.org.uk](http://wellaware.org.uk) Tel - [0333 200 1893](tel:03332001893) [NHS Talking Therapies - North Somerset & South Gloucestershire \(vitahealthgroup.co.uk\)](http://NHS Talking Therapies - North Somerset & South Gloucestershire (vitahealthgroup.co.uk))
- **Samaritans:** Free, confidential emotional support for those experiencing despair, distress, self-harm or suicidal feelings.

Tel: 116 123 (free, from any phone, 24/7). Website: [www.samaritans.org](http://www.samaritans.org) [Samaritans | Every life lost to suicide is a tragedy | Here to listen](http://Samaritans | Every life lost to suicide is a tragedy | Here to listen) Email: [jo@samaritans.org](mailto:jo@samaritans.org)