

FEELING LOW, ANXIOUS, WORRIED OR STRESSED?

FIND OUT HOW TO GET HELP

TALK TO YOUR GP

You don't have to be physically ill to go and see a GP. If you are feeling low, upset, unable to cope or stressed, it is a good idea to go and have a chat

VitaMinds - short-term therapies for stress, anxiety and depression

Womankind - counselling for women

Changes - City-wide peer support groups

Bristol Mind's 'Meeting Minds' - 1:1 therapy

TALKING THERAPIES AND COUNSELLING

ADVICE AND SUPPORT DROP INS

NORTH BRISTOL

ACE drop in at Langley Centre in
Lockleaze

For anyone who may be finding it
difficult to make contact with mental
health services