

Mental Health Support

AWP Patient and Liason Service

Guiding you through NHS mental health services in Bristol

T: 0122 536 2900/ 0800 073 1778

E: awp.pals@nhs.net

Nilaari

Counselling, advocacy and support primarily to Black, Asian & Minority Ethnic people in Bristol

T: 0117 952 5742

W: www.nilaari.co.uk

Rethink

Community support to help those living with mental ill-health, and advice on mental health issues, including a dedicated Black, Asian and Minority Ethnic community worker

T: 0117 903 1805/1

E: bristol@rethink.org



Community Access Support Service (CASS) works with community, faith and equality groups in Bristol to improve access to mental health and emotional wellbeing support.

www.cassbristol.org

0117 304 1400

info@cassbristol.org



CASS is managed by the Healthy Living Consortium



Please contact organisations to check times of meetings and groups.

All information correct as of June 2022

Emotional Wellbeing for Faith Communities



Support, advice and information in Bristol



Being part of a faith community can be a great source of support and improve your wellbeing.

However, sometimes we all need a little extra support for our mental health, or with issues that are causing us stress and anxiety.

Crisis Services

People to contact if you feel you are not coping or are in danger. These services are free, confidential and you can remain anonymous if you choose. In an emergency always dial 999.

Samaritans 24/7

116 123

AWP Mental Health Crisis Line

0800 953 1919

Faith Support

Bristol Multi-Faith Forum

An equality organisation promoting the health and wellbeing of communities

E: info@bristolmultifaithforum.org.uk

W: bristolmultifaithforum.org.uk

SARI

SARI provides free and confidential support victims of hate crime and works to build greater understanding for diversity and difference within our community

T: 0117 942 0060

E: hello@saricharity.org.uk

W: saricharity.org.uk

Bristol Muslim Cultural Society

Support and events for Muslims in Bristol including Cycling Sisters, helping women get involved in cycling

T: 07903 700331

E: bmcs@bmcs.org.uk

W: bmcs.org.uk

Sister's Circle

A weekly group for young Muslim girls of colour aged 12-25 with activities and workshops which aim to help build emotional health, resilience and confidence

T: 0808 808 9120

E: hello@otrbristol.org.uk

W: www.otrbristol.org.uk/what-we-do/sisters-circle/

Christians at Bristol Pride

LGBTQ+ inclusive Christian Church services

W: christiansatbristolpride.org.uk

Christian Action Bristol

Support and community projects for Christians in Bristol

T: 07903 700331

E: bmcs@bmcs.org.uk

W: bmcs.org.uk

Sikh Helpline (national)

Confidential wellbeing support

T: 03000 3000 63 or 07999 004 363

W: www.sikhhelpline.com