

Domestic abuse and sexual violence support

SARSAS

Support for anyone effected by sexual assault or rape

T: 0808 801 0456 or 0808 801 0464

E: support@sarsas.org.uk

W: www.sarsas.org.uk

NextLink and SafeLink

A range of domestic and sexual abuse support services

Next Link (domestic abuse)

T: 0800 4700 280

E: enquiries@nextlinkhousing.co.uk

W: nextlinkhousing.co.uk

SafeLink (sexual assault and rape)

T: 0333 323 1543

E: Safe.Link@safelinksupport.co.uk

W: safelinksupport.co.uk

Crisis Support

Samaritans 24/7

116 123

AWP Mental Health Crisis Line

0800 953 1919



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 Women



Support, advice and information in Bristol



Local Services

Bristol Drugs Project

Drop in sessions for women needing help with addiction

T: 0117 987 6000

W: www.bdp.org.uk

Changes Bristol

Weekly mental health support groups including for Women of Colour

T: 0117 941 1123

E: info@changesbristol.org.uk

W: www.changesbristol.org.uk

Chinese Wellbeing Community Society

Support for Chinese women and their families

T: 0117 9415867

E: admin@chinesecws.org.uk

W: chinesecws.org.uk

Nilaari

Support group for Black, Asian and Minority Ethnic women

T: 0117 952 5742

E: nilaari@nilaari.co.uk

W: www.nilaari.co.uk

Missing Link

Supporting women who are homeless, sleeping rough or whose housing is at risk because of mental health issues.

Non-binary and trans inclusive

T: 0117 925 1811 or 07714 290 011

E: enquiries@missinglinkhousing.co.uk

W: missinglinkhousing.co.uk

Self-Injury Support

Supporting women and girls affected by self-injury or self-harm. Non-binary and trans inclusive

T: 0117 927 9600

W: info@selfinjurysupport.org.uk

One25

A range of services including drop in support and outreach for sex workers and vulnerable women. Non-binary and trans inclusive

T: 0117 909 8832

E: office@one25.org.uk

W: one25.org.uk

Refugee Women of Bristol

Support, including a drop in for refugee and asylum seeking women

T: 0117 9415867

W: www.refugeewomenofbristol.org.uk

Mental Health Crisis Line

A 24/7 helpline for anyone in crisis

T: 0300 555 0334

Sisters' Circle

A weekly group for young Muslim girls of colour aged 12-25

T: 0808 808 9120

E: hello@otrbristol.org.uk

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

Bristol Mind LGBTQ+ Wellbeing

Therapy delivered by counsellors with lived experience of being LGBTQ+, at an affordable rate

T: 0117 980 0370

E: counselling@bristolmind.org.uk

W: bristolmind.org.uk/counselling/lgbtqcounselling

Womankind

Helpline, online chat, counselling and group support for women struggling with their mental health. Non-binary and trans inclusive

T: 0345 458 2914 or 0117 916 6461

E: info@womankindbristol.org.uk

W: www.womankindbristol.org.uk