



Somerset SENDIAS

Special Educational Needs and Disability Information, Advice and Support (0-25)

Somerset SENDIAS (Special Educational Needs and Disability Information, Advice and Support) can give children, young people and their parent carers information, advice and support about SEND. This can include information on Education, Health and Care (EHC) Needs Assessments and Plans. The service is free, confidential and impartial. You can contact them by calling

01823 355578



Somerset Drug & Alcohol Service

If you would like more information or to talk to someone about accessing help for yourself, a friend or a family member, Somerset Drug and Alcohol Service (SDAS) is set up to help.

Whether it's drugs or alcohol, and whatever your age, SDAS is available for you.

Phone: 0300 303 8788

Email: sdas@turning-point.co.uk

Website: <https://www.turning-point.co.uk/services/sdas>

Citizens Advice Bureau (including access to food parcels)

0808 278742

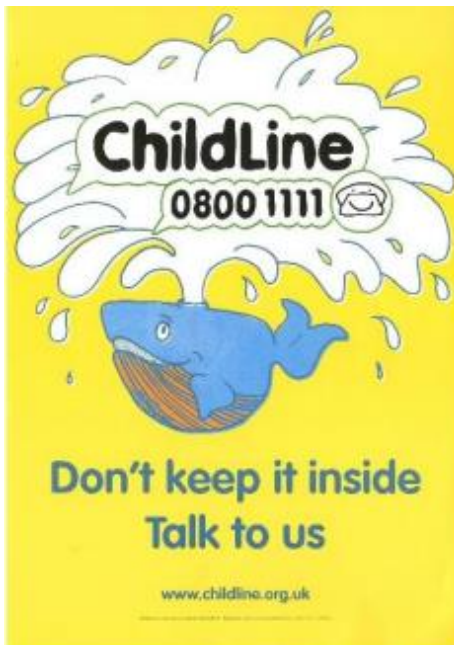
<https://www.citizensadvice.org.uk/mendip>



CALL YOUR LOCAL POLICE

101

IN AN EMERGENCY ALWAYS CALL **999**



Housing

Mendip District Council 0300 303 8588

(option 4 and option 4 for housing)

Shelter 24 hr Emergency only 0808 800 4444

(freephone)



TALK TO US

If things are getting to you

116 123 FREE

This number is FREE to call round the clock

SAMARITANS

a registered charity

Cruse Bereavement Support

Helpline

Our Helpline volunteers are here to help you make sense of how you're feeling.

You're not alone

0808 808 1677

Opening hours

- Monday – Friday: 9.30am–3pm
- Saturday – Sunday: Closed

Mindline **TRANS** 

Open Monday & Friday 8pm-midnight

0300 330 5468

MindLine Trans+ is a UK wide service offering a confidential, non-judgemental listening space for people who identify as Trans+, non-binary and their friends and families to talk.

Our trained listeners identify as Trans, non binary or gender fluid, they are understanding and will listen and offer support. Occasionally Cisgender Allies also take calls

We can also provide signposting and information

www.bristolmind.org.uk 

Mindline Live Chat!

Our Emotional support and mental health helpline is now available as a live webchat!

Available every day from 8-11pm.

So if you want to chat but not talk visit www.mindinsomerset.org.uk/chat



0800 131 1692
01823 276 892



for better mental health

Open
Mental Health

in Somerset

CAMPAIGN AGAINST LIVING MISERABLY

CALL THE CALM HELPLINE, OPEN
5PM – MIDNIGHT
365 DAYS A YEAR.
0800 58 58 58

Our helpline is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Parenthood..

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS

helping to keep you safe

DOMESTIC ABUSE

It can happen to anyone

Call the local domestic abuse helpline:
0800 6949 999
for confidential advice

In an emergency, call 999