



where to find help...




tic+chat
anonymous

Struggling with something? Get free, anonymous 1-2-1 support with tic+chat.



How do I get in touch?
Call 0300 303 8080
to chat with one of our team members over the phone*
Live message chat online
via ticplus.org.uk
*standard provider rates and opening times apply




Gloucestershire Health and Care
NHS Foundation Trust



Text:

07480 635723

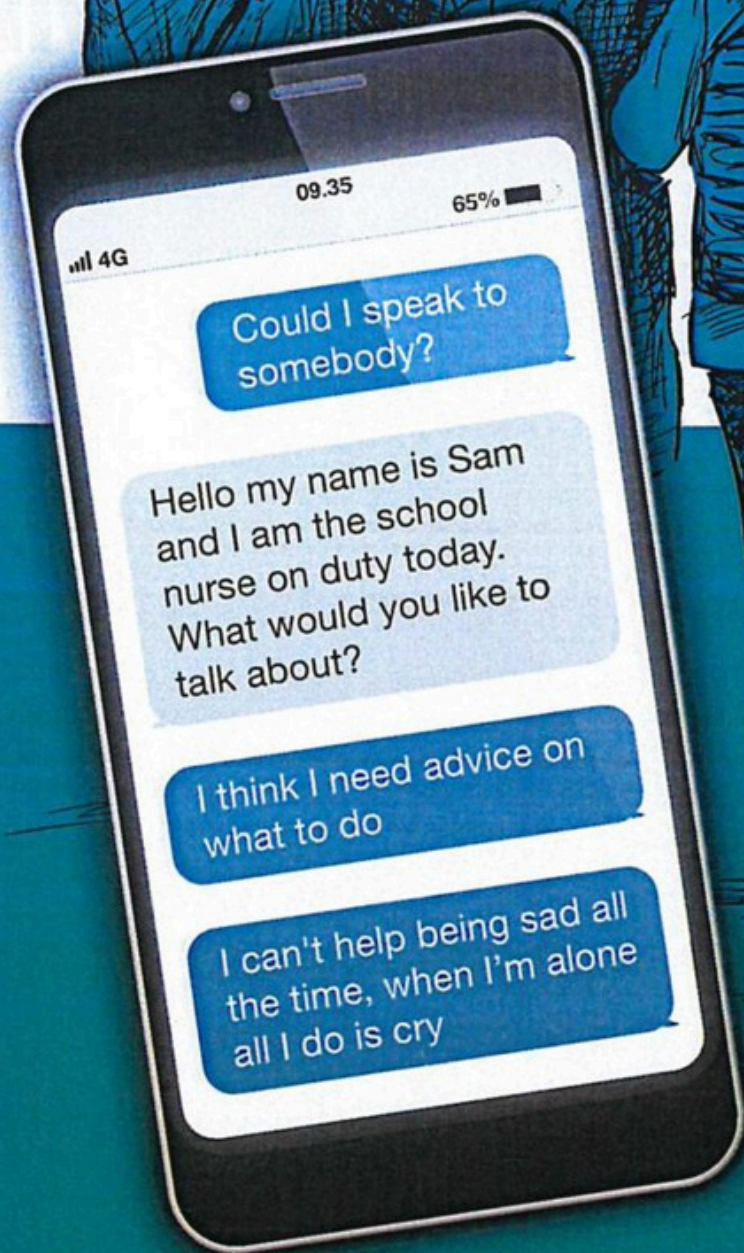


where to find help...



Gloucestershire
Care Services
NHS Trust

bullying smoking relationships body image family issues
self harm mental health bullying smoking drugs
bullying smoking relationships social media
healthy eating sexual health self harm mental health
self harm mental health exam anxiety drugs
exam anxiety drugs sexual health healthy eating
healthy eating social media body image family issues
self harm mental health bullying smoking drugs



If you're aged between
11-19 and
want confidential, friendly,
helpful advice, text
a school nurse on
07507 333 351

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.



where to find help...

FRANK

0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

TALK TO US

If things are getting to you

A registered charity

Talk to us any time you like,
in your own way – about
whatever's getting to you.



116 123

FREE

This number is FREE to call



jo@samaritans.org



samaritans.org

SAMARITANS



**ON YOUR
MIND GLOS**
Mental health support finder

WHAT'S
ON YOUR
MIND?

**Find the help
that's right for you**

NHS

Use our anonymous support finder to
find the right mental health help for you.

Visit onyourmindglos.nhs.uk
or text 07984 404388