Wiltshire Mental Health and Wellbeing Support Services

Alabaré Riverside Sanctuary	Confidential service for anyone struggling to manage their mental wellbeing (16+).	
	Helping people overcome barriers into employment or education. Call: 01380 732821 Email: hello@buildingbridgessw.org.uk buildingbridgessw.org.uk	
Child and Adolescent Mental Health Service (CAMHS)	Supporting children and young people with emotional, behavioural and mental health difficulties. Call: 0300 247 00990 Email: vcl.wiltshirespa@nhs.net oxfordhealth.nhs.uk/camhs/refer (including self-referrals) wiltshirechildrensservices.co.uk/spa/teams/single-point-of-access-team	
Carer Support Wiltshire	Free counselling and support for carers. Call: 0800 181 4118 Email: admin@carersupportwiltshire.co.uk carersupportwiltshire.co.uk	
Citizens Advice Wiltshire	Providing free, independent advice for the people of Wiltshire. Call: 0800 144 8848 Textphone: 18001 0800144 8848 citizensadvicewiltshire.org.uk	£
Combat Stress	Mental health support for veterans. 24-hour helpline: 0800 138 1619 combatstress.org.uk	
CRUSE	Bereavement support. Helpline: 0808 808 1677 Email: helpline@cruse.org.uk cruse.org.uk	
Dorothy House Hospice Care		