

The **'NETWORKER'**



First Aid 4 Mental Health

The **'NETWORKER'** will be produced to Network together the **'Needs'** and **Resources** within our **Gloucestershire Community**

NEEDS – The COVID-19 Emergency has impacted all of us, in some way. Many of us have had thoughts, feelings and behaviour ranging from: **emotionally stressed - anxiety - depression and sadly even suicide!**



FREE & Reduced Rates for- 'First Aid 4 Mental Health' Training

Churchdown, Innsworth, Tewkesbury Borough Council and the surrounding areas.

Resources – This leaflet has contact details of how to Book **'First Aid 4 Mental Health' Training** and some useful Organisations to support you with your **'Wellbeing and Mental Health'** during this time of COVID-19 and beyond.



Gloucester Community Networking: is a 'not for profit' community organisation based in Churchdown, Gloucestershire. One of our Community Projects is the 'First Aid 4 All' project aiming to increase 'more life savers' both for the 'Body' & 'Mind'

Fully qualified Training in both 'First Aid At Work' and First Aid for Mental health (FA4MH).



First Aid 4 All

Our sub project 'FA4MH' will be focusing on the 'Mind' with training via a series of Podcasts, Videos, Zoom Video Groups, Displays at the Churchdown Covid-19 Vaccination Clinic and Tesco's.



However, we hope to set up 'Face-Face' groups (e.g. At Schools, Groups, Business, GL3 Community Hub etc)

The Grant to provide funding to fully qualify our Trainer and initial set up costs for 'FA4MH' project was received from Tewkesbury Borough Council's 'Emergency Covid-19 Fund'.

To book Free / Reduced Priced First Aid 4 mental health: .

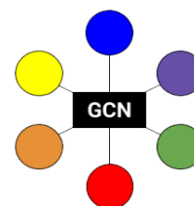
Gloucester Community Networking (GCN):

Tel: 07535335804 (Text only)

Website: www.gloscomnet/FA4A

Facebook Page: @gloscomnet

FA4A – Newsletter & Email: FA4A@gloscomnet.org



General Wellbeing Organisations:

Inclusion Gloucestershire: Inclusion Gloucestershire is an all age, all disability user-led organisation- Tel: 01452 234003

Web: www.inclusiongloucestershire.co.uk Facebook: @inclusionglos



Turning Point: Range of health and wellbeing services (drug or alcohol issues, a mental health concern or a learning disability)- Phone: 0300 123 1512 Web: www.turning-point.co.uk

Facebook: @TurningPointSocial

Hope House: Gloucester NHS Sexual Health, HIV, Pregnancy &

Sexual Assault Services- Triage nurse & booking number Mon-Fri 8am & 11am. Tel: 0300 421 6500 Web: www.hopehouse.nhs.uk/how-to-book/

Gloucestershire Domestic Abuse Support Service (GDASS):

Reduce the level of domestic abuse and improve the safety of victims

and their families- Public Tel: 01452 726 570 Professional: 01452 726 561 Web: www.gdass.org.uk

GAY GLOS & GAY GLOS Youth: Supporting LGBT people, their families and friends-Tel: 07903 472 899 Web: www.gay-glos.org.uk

Veterans' Gateway: 24/7 Made up of a consortium of organisations, charities and Armed Forces-

Tel: 0808 802 1212 Text 81212

Web: www.veteransgateway.org.uk

Facebook: [veteransgatewayarities](https://www.facebook.com/veteransgatewayarities)



General mental health Organisations:

Papyrus: Papyrus is a national confidential helpline for any young people (under 35) at risk of suicide-

Tel: 0800 068 4141 Text: 07786209697 Web: www.papyrus-uk.org

MAN UP: Gloucestershire: Men's Mental Health Group based at the GL3 Community Hub-Dan Cox Tel: 07544848070

Facebook: [@MANUPGlos](https://www.facebook.com/MANUPGlos)

Combat Stress: 24/7 For veterans and their families Serving personnel and their families –

Tel: 0800 323 4444. Text: 07537 404719

Web: www.combatstress.org.uk



Mind: Mind, the mental health charity- Infoline 0300 123 3393 Text: 86463 Web: www.mind.org.uk

Facebook: [@mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

Rethink: Improve lives of people severely affected by mental illness with networks of local groups, services and campaigns-

Tel: 0121 522 7007 Web: www.rethink.org

NHS Information:

NHS websites: Information on Mental Health conditions and how to get help- Visit : www.nhs.uk.

Gloucestershire Health and Care NHS Foundation Trust:

Facebook: [@GlosHealthNHS](https://www.facebook.com/GlosHealthNHS)

GLOS Be Well Project - With a great deal of information on General health and especially Mental Health

Web: www.bewellglos.org.uk



Glos Talks: Fighting stigma of Mental health,
free Suicide prevention Training www.glostalks.co.uk



Let's Talk: Glos NHS Mental Health-
Tel: 0800 073 2200 www.talk2gether.nhs.uk

Every Mind Matters: Expert advice and practical tips to help you look after your mental health and wellbeing-
www.nhs.uk/oneyou/every-mind-matters/

Smart Mob Apps

NHS Apps Library: Find App and Online tools to help you manage your health and wellbeing-

www.nhs.uk/apps-library

The Stay Alive app: Suicide prevention resource for the UK-

www.prevent-suicide.org.uk/find-help-now/stay-alive-app



Churchdown Covid-19 Vaccine Clinic



Location: Churchdown Community Association (CCA)

CCA is a Registered Charity, No 246910 .

Parton Rd, Churchdown, Gloucester GL3 2JH

If you have any questions regarding your Covid19 Vaccination please contact your Local GP Surgery. Each Surgery will have a **'Social Prescriber' member of staff** to help you **with 'general wellbeing support'**.

General and Emergency Contact Details

Police (non-emergency): 101 NHS (non-emergency): 111



Samaritans: 24/7 Whatever you're going through, a Samaritan will face it with you-

Tel: 0330 094 5717 Tel: 116 123

Web: www.samaritans.org

Glos NHS Mental Health Crisis Team: In a mental health crisis, call our crisis teams. The teams work with those aged from 11 upwards.

Call **0800 169 0398**

Emergency Services: 999 or 112