

Counselling



Teens in Crisis - tic+ is a Gloucestershire based charity which is committed to Crisis Prevention, Intervention and Care for teenagers (9yrs-21yrs). They offer a variety of support services including a range of advice, support counselling and care services which can be accessed in a variety of way including online text chat and advice over the phone.

CALL: 01594 372777

TEXT: 07520 634063

www.ticplus.org.uk



Gloucestershire Child & Family Counselling Service - are a well-established charitable organisation providing a range of counselling and training services to secure the delivery and development of high-quality professional counselling in Gloucestershire and the surrounding area. The Child and Family Counselling Service (C&FCS) offers a counselling service for children, young people and families who are experiencing difficulties. These may be difficulties that stem from changes in family life such as separation, divorce, illness and/bereavement but also wider worries connected to friendship issues and bullying.

01453 766310

<https://gloscounselling.org.uk/counselling-services/>



Mind - provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. Mind won't give up until everyone experiencing a mental health problem gets support and respect.

<https://www.mind.org.uk/need-urgent-help/using-this-tool>