



## Wiltshire Mental Health and Wellbeing Support Services

Alabaré Riverside Sanctuary	Conf dential service for anyone struggling to manage their mental wellbeing (16+).	
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	Helicon and a construction late and a construction	
	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 dif culties.  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 WIItshire	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		

