

1-2-3 Family Wellbeing

1. Increase Income



Benefit advice, legal advice
& more

www.bristolcab.org.uk

0808 278 7957

National

www.citizensadvice.org.uk



www.bristolcharities.org.uk

0117 930 0301

Healthcare Travel Costs Scheme (HTCS)

Search: NHS HTCS for help
with costs of hospital
appointments and visits.

Benefit calculator

Bristol council benefit
calculator entitledto.co.uk



Help to access welfare
benefits, charitable grants
and other financial help.
Useful benefits calculator
www.turn2us.org.uk



Advice centre network in
West of England
Links to free advice on
benefits, legal support,
housing, refugee rights &
more: ACFA.org.uk



**Local crisis prevention fund: emergency payments and
household goods (bristol.gov.uk)**

2. Access Essentials:



Refuges & domestic abuse services for
women & children in Bristol & S.West
Nextlinkhousing.co.uk



Advice, support, legal services for
people struggling with bad housing
/ homelessness

www.shelter.org.uk

0808 800 4444



Foodbanks:

www.trusselltrust.org



Family Action works to tackle
financial hardship, mental health
problems

www.family-action.org.uk



Free fruit, veg & milk
check eligibility at:
www.healthystart.nhs.uk
0300 3302090



Support with housing
housingmatters.org.uk

0117 935 1260

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3. Support Wellbeing:



Advice and support from mental health to money, homelessness, work, break-ups & drugs. www.themix.org.uk



Mental health support
bristolmind.org.uk
0117 203 4419
National
www.mind.org.uk
0300 123 3393



Family support
www.homestartbristol.org.uk
www.home-start.org.uk
0117 950 1170



Safe and anonymous online support and counselling for young people.
www.kooth.com



Support on any aspect of parenting / family life
www.familylives.org.uk
0808 800 2222



Support for children and teenagers - mental health
www.happymaps.co.uk



Mental Health & Wellbeing support for young people aged 11-25 living in Bristol and South Glos. www.otrbristol.org.uk



Chat Health

Text: 07312 263093

Confidential text messaging support for young people aged 11-19yrs managed by the school nursing service (Mon-Fri 9am to 5pm).



Health Visiting – 0-5 years - cchp.nhs.uk/cchp/explore-cchp/health-visiting

School Nursing - 5-19 years old- cchp.nhs.uk/cchp/explore-cchp/school-health-nursing

Children's Centres provide a range of services for children and families. Scan the QR code to access registration or visit www.bristol.gov.uk/schools-learning-early-years/childrens-centre

