

24/7 Support & Connect

Immediate emotional and practical support helpline

We all experience times when we would benefit from talking to someone. 24/7 Support & Connect is now the first port of call to gain access to support, for those aged 18 and over who live in Bristol, North Somerset, and South Gloucestershire.

The 24/7 helpline is staffed by experienced counsellors who are there for people to talk to. They will offer immediate emotional support for people experiencing difficulties with their mood or emotions, including feeling unsettled or distressed from recent life changes, or uncertainty about the future. If callers could benefit from ongoing support, the counsellors can connect them to over 300 organisations who can help with a wide range of difficulties.

The helpline operates 24 hours a day, seven days a week.

If English is not your first language, we can quickly get a translator to support your call. The line can also support those with speech and language difficulties via the text relay system.

To speak to an experienced counsellor, **call 0800 0126549 24 hours a day, 7 days a week.**

Textphone users dial 18001 followed by 0800 0126549. www.vitahealthgroup.co.uk/247supportandconnect

You should still call 999 or go to A&E if you have an immediate, life-threatening emergency requiring mental or physical health assistance.