



# YOUR MENTAL HEALTH MATTERS

**Cando**  
Connect and Offload

Our helpline is here to support adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood or depression, including support for self-harm. We can also provide support and information to friends, family, carers and professionals.

**Available 365 days a year, between 2pm and 9pm**

**Telephone: 0808 801 0606**

**Text: 07537 410 022**

**Email: CANDO@RETHINK.ORG**

**NHS**  
**Gloucestershire  
Talking Therapies**

Talking Therapies is a free service that helps adults struggling with feelings of depression, stress and anxiety. An individual can refer themselves to the service without visiting a GP, nor do they need to have a diagnosed mental health problem to access this support. Talking Therapies are effective, confidential and free treatments (using evidence-based cognitive behaviour therapy), which are delivered by our trained therapists, online, on the phone or in person. Evidence shows that CBT can be especially helpful to those going through the menopause.

**Telephone: 0800 073 2200**

**or self refer online at: <https://www.ghc.nhs.uk/our-teams-and-services/letstalk/>**



Cotswold Counselling provides adults and children with the opportunity to talk, in confidence, to someone trained to listen. We will help make sense of difficult circumstances and feelings, to help you find the strength to move forward.

**Telephone: 01285 885 830**

**Email: [admin@cotswold-counselling.org.uk](mailto:admin@cotswold-counselling.org.uk)**

**THE CHURN  
PROJECT**

### **Wellbeing Support**

The Churn Project offers one-to-one support for mental health issues. Including active listening, encouragement and help with motivation and setting goals. We can offer practical help such as completing forms or accompanying you to medical/benefit appointments. You do not need to have a diagnosis to receive support for your mental health.

### **We Welcome Wellness**

An 8-week programme support adults with diagnosed or non-diagnosed mental health issues, low or high level. Attendees will need to commit to all eight weeks of the programme.

**Telephone: 01285 380038**

**or self refer online at: <https://www.churnproject.org.uk/referral-form/>**