To find out more
See your GP or Practice Nurse they can put you in touch with local support

ARA (Alcohol Recovery Agency, Bristol)
Tel: 0117 9300282
addictionrecovery.org.uk

Bristol Mindline
Freephone 0808 8080330
(8pm –12am Wed to Sun)

Citizens Advice Bureau
Tel: 03444 111444
bristolcab.org.uk

FRANK Alcohol and drugs
Tel: 0300 1236600
talktofrank.com

NHS 111 Tel: 111 (24 hour)

NHS choices website
nhs.uk

Rethink
Information line Tel: 0300 5000927
open 9:30am – 4pm
rethink.org

Samaritans
24 hr Tel: 116 123 or 0117 9831000
samaritans.org

Sane
Tel: 0300 3047000 (4:30pm – 10:30pm)
sane.org.uk

Young Minds
(For parents and professionals with concerns about mental health of a young person)
Freephone 0808 8025544
youngminds.org.uk

Bristol Wellbeing Therapies
Tel: 0117 9823209
iapt-bristol.awp.nhs.uk
Open Monday to Friday 8am – 8pm

South Glos Wellbeing Therapies
Tel: 0117 378 4270
iapt-sglos.awp.nhs.uk
Open Monday to Thursday 8am – 3pm
Friday 9am – 5pm Saturday 9am – 4pm

Other information
British Heart Foundation
bhf.org.uk – search stress

Beat – Eating disorders
b-eat.co.uk
Tel: 0808 8010677

Health and Safety Executive
hse.gov.uk

The Silver Line
Helpline for older people
thesilverline.org.uk
Tel: 0800 4708090

10 tips to cope with stress
Everyone has situations in their lives which cause them stress:
Relationships/Poor housing
Unemployment/Boring or demanding work
Health problems/Being a parent
Any kind of change/Financial problems
Loneliness/Isolation, now...

Take a deep breath, find a quiet spot and check out these 10 tips for dealing with stress...

1. **Take time out**
   Escape from your problem, if only for a while. Lose yourself in a change of scene, or an interest. Give yourself a treat, it doesn’t have to cost a lot. A relaxing bath, a quiet walk or a night out with friends.

2. **Getting involved**
   This could be anything from learning new skills, painting, gardening, volunteering or getting more involved in your local community. Find out about these in your local library, shops and newsletters.

3. **Learn to relax**
   The simplest form of relaxation is to take some deep breaths. Wherever you are, you can concentrate on your breathing for a few seconds and allow it to deepen.

4. **Be clear about what you want**
   It might help to stop and think about your life, and work out what things are most important to you. Are you wasting time and worry on things that do not really count?

5. **Talk over your worry**
   Everyone needs to do this sometimes. Choose a friend, relative or professional helper you can trust. If you feel there is no-one to talk to, you could call or email a helpline.

6. **Don’t expect too much of yourself**
   When times are difficult, it is sometimes all we can do to survive. Take one day at a time. Try not to be too hard on yourself or others and take time out if you need it. Avoid using alcohol or drugs to cope with stress. Giving yourself time to cope now will help in the long-term.

7. **Take some physical activity**
   Find something you enjoy doing and do it regularly - walking, cycling, swimming or dancing for example. It can really help to reduce stress and depression.

8. **Keep things in perspective**
   Compare your problem with those of others, or imagine how you will feel about your worry in 6 months or a year. You may realise it’s not so bad after all.

9. **Accepting who you are**
   Our beliefs, background, culture, religion, sexuality and experiences make us who we are. Everyone is entitled to respect, including you.

10. **Think positive**
    Try practising in your head how you will cope with a stressful situation. If you can picture yourself coping well then you are more likely to be able to in reality.

**Remember you have rights too!**
- You have the right to be listened to
- To be taken seriously
- To your own privacy and space
- To ask for what you want
- To say ‘no’ and not feel guilty
- To have feelings and express them
- To be respected
- To change your mind