

# Help & support



Whatever you're facing you don't have to face it alone.  
Help and support is available from Somerset County  
Council and other organisations.

You can find out more in [here](#).

## Mental health

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[Open Mental Health](#) offers support 24 hours a day, 7 days a week.

Through Open Mental Health people can access specialist services including NHS support, housing advice, debt and employment advice, volunteering opportunities, community activities, peer support and local exercise groups.

Anyone in Somerset can access this support by emailing [support@openmentalhealth.org.uk](mailto:support@openmentalhealth.org.uk) or by calling Mindline.



If you need someone to talk to about how you're feeling and get advice about local services that can help to support you call locally on 01823 276892 or freephone 0800 138 1692.

Not everyone is comfortable talking about how they are feeling over the phone, so [Mindline Somerset](#) have launched a [Live web Chat](#) that you access through their website.

This is available every day of the week between 8 pm and 11 pm.



Emotional wellbeing, information and support is available for young people from [Young Somerset](#).

Sometimes it can be hard to know what might help. You can find out more online and see a list of things that our Wellbeing Practitioners are [trained to help with](#).

Need support immediately? [Find out more here](#).

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## Domestic abuse

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Somerset Integrated Domestic Abuse Service is Somerset's main specialist service which provides support to men, women and children who are affected by domestic abuse.

If you would like more information, please phone the Somerset Domestic Abuse Helpline on 0800 6949 999 or email [SIDAS@Somerset.gov.uk](mailto:SIDAS@Somerset.gov.uk).

## Hate crime

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SARI provides free and confidential support for anyone who is a victim of hate crime. Whether that's based on race, faith, disability, sexual orientation, gender identity, age, or sex.

We also work to build greater understanding and respect for diversity and difference within our community.

You can call them on 0117 942 0060 or [contact them](#) online.

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## Substance misuse & smoking

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We provide free, confidential treatment and support across Somerset to anyone who is experiencing difficulties with their substance use or is affected by someone else's.

When you're supporting someone close to you who is struggling with alcohol or other drugs, it can be a very distressing and difficult time. You might be worrying about their health, the debts that they owe, or whether they will ever be able to accept the help you are offering them. You can [refer yourself](#) online or call them on 0300 303 8788.



We are a FREE stop smoking service supporting Somerset residents to become smoke free. Our 12 week treatment programme focuses on supporting behaviour change. Stop Smoking Practitioners will also advise on the use of licensed stop smoking medications to ease nicotine withdrawal and may supply these products if appropriate. Depending on the product used, this may incur a prescription charge if applicable.

They also offer to [inform](#), [enable](#) and [support](#) you.

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## Parents, carers, children & young people

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Health & wellbeing tips, information and self-help support for parents and carers including: [supporting parents](#), [helping children with SEND](#), [self-injury](#) and [technology](#).

You can find out how to [contact them here](#).

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This toolkit is designed to support you on your journey from pre-conception, pregnancy and beyond. It aims to offer trustworthy sources of information and local support.

This is a useful resource for every parents toolbox as you transition into parenthood.

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## Food & nutrition

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If you receive Universal Credit or Child Tax Credit you may be eligible for the Healthy Start Scheme. The scheme helps eligible pregnant women, new mothers, their babies, and children until age four access healthy food and vitamins.

You can visit them [online](#) to find out more or call them on 0300 330 7010.



The purpose of the health check is to assess your risk of developing heart disease, high blood pressure, type-2 diabetes, kidney disease, stroke and certain types of dementia.

The checks take 20-30 minutes.

You can call them on 01823 261794 or [visit them online](#) and check the locations and book.

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If you're not sure where to go you can contact your Housing Officer or call us on 01278 444344.

You can send **WHO** to 07984355553 to get your Housing Officer's details.