

Mental wellbeing & practical support - Glastonbury area

Winter 2024-25

Local projects & services

- **The Snug** - A safe, beautiful, welcoming space to support mental wellbeing and community, hosted by Glastonbury Mental Health Network. Opportunities to be creative, relax, connect with new people, find out about local support and speak to trained volunteer listeners. Held on regular Thursdays at The Red Brick Building and weekly on Tuesdays at the Avalon Centre. More details on social media @glastonburymentalhealth and the GMHN website, glastonburymentalhealth.org
- **NHS Health Connectors** - Free one-to-one sessions, providing information on a wide range of topics, signposting, listening and health coaching. Health Connectors can also make onward referrals to other NHS professionals, council services, VCSE projects, foodbanks and grant funding schemes. Call 01373 468368 option 3 to self refer / email mendip.healthconnections@nhs.net There is also a comprehensive directory of local services and support at healthconnectionsmendip.org
- **Talking Therapies** - People can self-refer for free support via the Somerset Foundation Trust website: somerseftf.nhs.uk/somerset-talking-therapies/ Health Connectors can also refer people for mental health support.
- **Sweet Track Counselling Agency**
Providing low cost counselling services to individuals in Glastonbury and surrounding areas sweet-track-counselling.co.uk / 07519 818383
- **Crisis Safe Space** - If you are 18 years or over, are going through a particularly difficult time and feel you need extra support, the Crisis Safe Space may be able to help you, either face to face, on the telephone or via Zoom. The service can support with emotional distress, anxiety, depression, social isolation and low mood. The nearest face-to-face service is available in Wells on Mon, Tues, Wed and Sun, 6pm - 11pm. To access the service, call 01823 276892, email support@openmentalhealth.org.uk or [book online](#).

Support lines

- **Somerset Mindline** - Free 24/7 telephone service for people aged 18 and over. Support for emotional distress, anxiety, depression, social isolation and low mood. Call Mindline on 01823 276892 or email support@openmentalhealth.org.uk

- **Samaritans** - Whatever you're going through, a Samaritan will face it with you. Call the helpline 24/7 by calling 116 123

People should seek advice from 111 or ask for a GP appointment if they need urgent help for their mental health.

People should call 999 or go to A&E if someone's life or safety is at risk - for example they have seriously injured themselves.

Other support

- **Talking Cafe/Wellbeing Monday** - Mondays 10am - 12pm at St John's Church. Refreshments by donation, signposting and support, meet new people, Digital Cafe, art as therapy, poetry group, free clothing, neurodiverse chat group - and more.
- **Citizen's Advice** - Help Through Winter face-to-face service at Glastonbury Library. Drop in on Thursdays, 11am - 2pm. Free, independent, impartial and confidential advice and support covering a wide range of topics including debt and money, benefits, housing, discrimination and employment.
- **Somerset Household Support Fund** - Vouchers are available every 6 months for people who are struggling to afford shopping and energy bills. Apply online via the Somerset Council website:
somerset.gov.uk/care-and-support-for-adults/somerset-household-support-fund/
- **Love Glastonbury** - Operate the Community Fridge (next to the Town Hall) and Community Pantry in the Abbey Mews (long-life food and toiletries - 10 items for a suggested donation of £2.50). The pantry is open on Wed, 1 - 4pm and Sat, 10am - 1pm.
- **Foodbank parcels** - Health Connectors and a number of other local professionals can place a referral for you. To contact Health Connections, call 01373 468368 option 3