
General

Changing Faces - national charity supporting people with visible difference -
www.changingfaces.org.uk

Outlook - national service offering specialist psychological support to people 16 and over with a different appearance; referral via a healthcare professional -
www.nbt.nhs.uk/our-services/a-z-services/outlook/outlook-service

Skin Support - website by the British Association of Dermatologists; includes support materials and information about specific conditions - <https://skinsupport.org.uk>

British Skin Foundation - information about skin conditions -
www.britishskinfoundation.org.uk

Condition specific organisations who offer information, support and advice

Acne - www.acnesupport.org.uk

Alopecia - www.alopecia.org.uk

Cancer - www.macmillan.org.uk/information-and-support/coping/changes-to-appearance-and-body-image and www.lookgoodfeelbetter.co.uk

Eczema - <https://eczema.org> plus www.eos.org.uk/ for children and young adults

Hidradenitis Suppurativa – HS-Trust via Facebook www.facebook.com/groups/hstrust
or

Hidradenitis Suppurativa UK and Ireland Support Group via Facebook <https://m.facebook.com/groups/1640719816154803/>

Psoriasis - www.psoriasis-association.org.uk

Rosacea - www.rosacea.org

Vitiligo - <https://vitiligosociety.org>

Mental Health Services and Charities (not specific to skin conditions)

Gloucestershire NHS Let's Talk Service - self-refer for support for depression, OCD and various types of anxiety - <https://talk2gether.nhs.uk/>

Mind (charity providing information and support for young people and adults) -
www.mind.org.uk

CRUSE - bereavement support charity - www.cruse.org.uk/

Listening Post (Gloucestershire-based counselling) - <https://listeningpost.org.uk/>

Samaritans (someone to talk with if you're struggling) - www.samaritans.org/ or **116123**

Help in Crisis (support in a mental health crisis) - www.ghc.nhs.uk/crisis/ or
0800 169 0398

Mental Health Services for young people

On Your Mind Glos - anonymous mental health support finder for under 25s - www.onyourmindglos.nhs.uk or text **07984 404388**.

Children and Young People Service (CYPS) - support for under 18s; referral by a health care professional) - <https://cayp.ghc.nhs.uk>

Child and Adolescent Mental Health Service (CAMHS) – part of the CYPS; referral by a health care professional) - www.ghc.nhs.uk/our-teams-and-services/cyp-glos/camhs/

Teens in Crisis - counselling for 9 to 21 year olds; self-referral; includes a help line - www.ticplus.org.uk

Young Gloucestershire (skills-based programmes, practical support and opportunities to work in the community; self-referral) - www.youngglos.org.uk/

General wellbeing and social support

Gloucestershire Healthy Lifestyles - support for healthy eating, smoking/alcohol reduction and getting more active - <https://hlsglos.org/>

Gloucestershire Community Wellbeing - signposting to local groups – **search for Community Wellbeing Service - Gloucestershire County Council**

Artlift - art groups across Gloucestershire - <https://artlift.org/>

Barnwood Trust - support for disabled people and people with mental health challenges, includes funding provision - www.barnwoodtrust.org/

Gloucestershire Adult Social Services Helpdesk – www.gloucestershire.gov.uk/health-and-social-care/adults-and-older-people/adult-social-care-information-advice-and-support/ or **01452 2426868**

Gloucestershire Domestic Abuse Support Services (GDASS) - self-referral - www.gdass.org.uk/

Citizens Advice - advice re benefits, work, finances, housing, legal matters etc - www.citizensadvice.org.uk/

My Live Well with Pain (resources for people living with persistent pain) - <https://my.livewellwithpain.co.uk/>