



Devon & Cornwall Service Directory – July 2023

An extensive directory of services, resources, groups, and workshops offered across the Devon, Cornwall, and wider UK area. East Devon included in 'Devon & Cornwall' due to service scarcity. Can be used for professionals or service users throughout Plymouth + surrounding areas. Categorised by area and by type of service. Some services cross over and so these may have been placed under multiple categories. Psychiatric hospitals and detox facilities have not been included; however these can be provided via a separate list if required. This list is not exhaustive.

CONTENTS

Plymouth Services	2-37
Exeter Services	38-60
Torbay Services	61-74
North Devon Services	75-88
South Devon Services	89-105
West Devon Services	106-120
Devon & Cornwall Services	121-137
UK-Wide Services	138-146
Apps & Worksheets	147
Groups, Courses, & Workshops	148-154
Other Directories	155

APPENDIX (by type of service)

Activities, Clubs, & Hobbies; Advocacy; Alcohol Misuse; Anxiety; Asylum Seekers & Refugees; Autism & ADHD; Benefits; Bereavement; Bipolar Disorder; Carers; Children & Teenagers; Community Support; Counselling Services; Criminal Justice; Crisis Support; Debt & Money Management; Depression; Domestic Abuse; Eating Disorders; Elderly Adult Support; Employment & Education; Families; Food Services (e.g. Foodbanks); Health & Wellness; Housing & Homelessness; Learning Disabilities & Special Education Needs; Legal Aid; LGBTQ+; Marriage & Relationships; Mental Health; Men's Services; Personality Disorders; Physical Disabilities; PTSD; Self-Harm & Suicide; Sexual Abuse & Sexual Health; Substance Misuse; Women's Services; Young Adult Support

***Please use the search function to find a specific service in a specific region.*



PLYMOUTH

Activities, Clubs, & Hobbies

Active For All: (Part of Improving Lives Plymouth) A service which supports and promotes physical activity for adults (aged 18+) with disabilities and long-term health conditions. Activities offered include football, boccia, and walking → Call 01752 201891 (M-F 9-5) or more information <https://www.improvinglivesplymouth.org.uk/our-services/active-for-all>

Age UK Plymouth: Offers a range of different activities and events across Plymouth, including Veterans Brunch Club, Community Cuppa, and Gentle Mobility Movement Class, plus much more. Courses/groups are all at a low cost → Call 01752 201890 or email enquiries@ageukplymouth.org.uk to book your space or more information <https://www.ageuk.org.uk/plymouth/activities-and-events/>

Argyle Community Trust: The official charity for Plymouth Argyle Football Club which uses the prestige of football and the reach of the club to inspire, engage, and help people of all ages achieve their full potential. ACT has a clear vision, along with their national partners, to be an active, inspirational and inclusive community hub for the Southwest → Call 01752 562561 (ext 6) or email community@pafc.co.uk or more information: <https://argylecommunitytrust.co.uk/>

Better Futures: (Part of Improving Lives Plymouth) Provides support for adults aged 18+ with autism and learning disabilities/difficulties. Offers a wide range of groups, activities, and workshops in order to help vulnerable adults develop skills for independence, to meet new people, and to improve their wellbeing → Call 01752 776775 or 07305 065521 (M-F 10-3) or email them at betterfutures@improvinglivesplymouth.org.uk more information available on their website <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

Caring for Carers: (Part of Improving Lives Plymouth) Offers a range of different activities and workshops for carers, including walks and reflexology. Unless otherwise stated, activities must be booked in advance → Call 01752 201890 to book your place or more information <https://www.improvinglivesplymouth.org.uk/our-services/caring-for-carers/cfc-carers-activities>

Clip'N Climb: A rock climbing centre that, every Sunday morning at 9am, holds autism and SEN-friendly session, providing children with additional needs the opportunity to enjoy the facilities in a quieter, calmer environment and meet other families in similar circumstances. Recommended to book in advance to avoid disappointment → Call 01752 717567

Crossroads Fun and Friendship Centre: Offers several activity groups for anyone aged 18+ struggling with their mental health, including a keep fit group, a mosaic group, and an art group → Call 01752 367880 or email info@crossroadsfafc.co.uk (website currently down)

Devonport Park Activity Centre: Run an autism-friendly games night for people aged 10-16, taking place every second Friday of the month, 4-7pm. Costs £5 with snacks and drinks included → Call DP Activity Centre on 01752 300700

Girl Guiding Devon: A leading charity for girls and young women in the UK, which aims to give girls and young women a space where they can be themselves, have fun, build friendships, gain valuable life skills and make a positive difference to their lives and their communities. Offers a wealth of opportunities all over Devon (17 regions), including activity days, social evenings, and much more → More information <https://devonguides.org.uk/>

Hamoaze House: A drug and alcohol day service that, as part of its services, offers a targeted set of positive activities, workshops, and informal social education experiences, that aim to engage young people on all levels, helping them to empower themselves as individuals and make positive



contributions to their communities & their own lives. Also provides groups and clubs for people battling drug/alcohol addiction (& affected others) → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or <https://hamoazehouse.org.uk>

Hidden Lives Counselling and Support Hub: Runs different activities and groups, such as an art group, and different workshops → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or <https://www.hiddenlivesupport.org/what-we-offer>

Keyham Green Places: As part of its services, Keyham Green Places runs lots of different activities, clubs, and groups, most of which are free (some cost £5). Some of the activities/clubs provided include Zumba, Bingo, Pilates, Computing and Gadget Club, and Adult Yoga → All times, prices, and dates can be found here: https://cropskqp.org.uk/#What_is_on or email info@cropskqp.org.uk

Pluss: Provides a range of friendly and supportive activities for people with a learning disability who would like to learn new skills in a positive environment. Activities offered include woodwork, gardening, arts & crafts, and IT → Call 0800 3345525 or email customer.admin@pluss.org.uk or contact via <https://pluss.org.uk/contact/> or more information <https://pluss.org.uk/work/services/learning-disability-services-training/>

Plymouth & Devon Racial Equality Council: As part of their services, PDREC runs several different activities and groups, which vary, but in the past have included the following groups: South Asian Society, Arabic Language School, and Syrian Community → Call 01752 224555 or <https://www.plymouthanddevonrec.org.uk/community-support-plymouth-devon-racial-equality-council-exeter-torbay.html>

Plymouth Community Homes: As part of its Learn for Free programme, PCH runs a number of free drop-in groups and clubs, such as: craft, computer club, photography and history. Courses are popular, so you must book a place to avoid disappointment. Fuel or bus fare will also be refunded on arrival, as long as you have a valid bus ticket, and a taxi can be provided if a bus is not suitable → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or more info <https://www.plymouthcommunityhomes.co.uk/our-community/learn-for-free/>

Plymouth Highbury Trust: As part of its services and programme, PHT runs a number of different groups and activities every week; the Social Club (an evening club for people with varying degrees of learning disabilities) and the Orbit club (a day club for people with varying degrees of learning disabilities) → Call 01752 773333 or email admin@plymouthhighburytrust.org.uk or more information <http://www.plymouthhighburytrust.org.uk/social-clubs/>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, and to reduce health and wellbeing inequalities. Aims to improve sustainability of the health and wellbeing system. Provides signposting to voluntary and community sector activities for local people → Call 01752 434400 (Cumberland Centre) for more information, or head to their website for further info <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Advocacy

Citizen's Advice Plymouth: Provides free, confidential, advice for adults on any issue, including debt and employment, consumer rights, housing, benefits, plus everything in between. Provides advice and advocacy people need for the problems they face and improve the policies and practices that affect their lives. Value diversity, promote equality, and challenge discrimination. Not currently operating face-to-face → Call 0808 278 7910 (all other advice queries), or call 08082 787 910 (AdviceLine, M-T 9-5; F 9-4.30) or more information <https://citizensadviceplymouth.org.uk/>

Not Alone: Provides support, advice, and advocacy for transgender and non-binary people (aged 16+) in Plymouth, as well as for their families, partners, and allies. Aims to provide a safe place for sharing



thoughts and feelings for those who need it → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

One Stop Advocacy: Provides help and advice on a wide range of issues, including but not limited to: benefits and forms, appeals, tribunals, debt advice, making a complaint, and house moving and checking. Operates Mon, Wed, and Fri (9-4). Assists those who are overwhelmed by paperwork and forms, worried about attending assessments, or needing help with correspondence. Reasonable rates offered → Call 07464 106903 or more information <http://www.onestopadvocacy.com/index.php>

Plymouth & Devon Racial Equality Council: Offers and advocates for equality and diversity in the workplace, and works in partnership with individuals & organisations committed to race equality. Their aim is to build a just and fair society where everyone has equal opportunities to live and learn free from prejudice, discrimination, and racism → Call 01752 224 555 or contact via <https://www.plymouthanddevonrec.org.uk/contact.html> or <https://www.plymouthanddevonrec.org.uk/> (based in Plymouth, Exeter, and Torbay)

Plymouth Advocacy and Independent Visitor Service: (Part of Barnardo's) This service provides adult advocates (and Independent Visitors) for children and young people (aged 6-24) who are in care, have a disability, or are in a vulnerable situation. Advocates aim to provide them with 1:1 support, and a voice in a meeting which is about them & their life, in order to ensure their right to be heard and involved in decisions about them → Call 01752 256339 or plymouthadvocacy@barnardos.org.uk or <https://www.barnardos.org.uk/what-we-do/services/plymouth-advocacy-and-independent-visitor-service>

Plymouth Highbury Trust: Provides representational advocacy for individuals with learning disabilities, in order to support them to make decisions and choices, to be involved in assessments and reviews of their care, and to be informed of their rights. Self-referrals accepted → Call 0300 3435719 or more information <http://www.plymouthhighburytrust.org.uk/advocacy/representational-advocacy/>

Plymouth Parent Advocacy Project: (Part of Plymouth Highbury Trust) provides a comprehensive advocacy service for parents with a learning disability, including child protection and care proceedings. Primary aim is to ensure that parents with a LD are supported through challenging processes regarding their children; ensuring that they understand information and feel able to express their own views → Call 01752 773333 or email admin@plymouthhighburytrust.org.uk more information: <http://www.plymouthhighburytrust.org.uk/advocacy/plymouth-parent-advocacy-project/>

Plymouth Trauma Informed Network: PTIN envisions a transformative approach that enables its people, its communities and its services to come together, to innovate and create a truly compassionate city; provides a platform and a voice for anyone who has experienced trauma and adversity → Email info@tipn.org or more information <https://traumainformedplymouth.org/>

The Zebra Collective: A project committed to a sustainable society, through their work in culture change, community development, and reflective practice and training. Their core value is social and environmental justice, which is reflected in all that they do → Email info@zebra.coop or more information: <https://www.zebra.coop>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, as well as to reduce inequalities in health and wellbeing. The wellbeing hubs also aim to improve the sustainability of the health and wellbeing system. Amongst other services, the wellbeing hubs provide support around health advocacy for local people → Call 01752 434400 (Cumberland Centre), or further information <https://www.livewellsouthwest.co.uk/wellbeing-hub>



Alcohol Misuse

Alcoholics Anonymous (Plymouth Intergroup): A directory of AA meetings in and around Plymouth; all set on different days, times, and locations → Email help@aamail.org or the full directory is available here: <https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/south-west-region/plymouth-intergroup>

Hamoaze House: A Day-support centre that offers rehabilitation facilities for people in the community affected by problematic alcohol use, as well as for their families & affected others. Support offered includes advice and information, groups and workshops, and counselling services → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or more information: <https://hamoazehouse.org.uk>

Harbour Centre: A service designed to support individuals (and affected others) struggling with alcohol dependency/misuse, including assessments, 1:1 support, and peer support groups → Call 01752 434343 or email harbourcentre@harbour.org.uk or www.harbour.org.uk

Plymouth Specialist Addiction Service (PSAS): (Part of Livewell Southwest) A service that evolved from the integration of the primary and secondary addiction services in 2010. PSAS work in partnership with Harbour, to help anyone (including family and friends) affected by alcohol misuse, and has close links with the Complex Needs Team and all Harbour teams → Call 01752 435222 or more information <https://www.livewellsouthwest.co.uk/project/plymouth-specialist-addiction-service-2>

Recovery Art Club: A free, weekly support group for people experiencing difficulties with alcohol misuse. Tuesdays at 1.30-3pm at Moments Café, 69A New George Street, PL1 1RJ → Call 07877 290961 or www.mindfulartclub.co.uk/classes

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including addictions. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute sessions (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Also offers training and education opportunities for women accessing their services. Provides different services that offer a range of support, depending on women's needs (Sunflower Women's Centre, Jasmine Mother's Recovery, and Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk/>

Anxiety

Anxiety Support Group: Facilitated by Devon Mind. An opportunity to join others who share their experiences and have found a variety of ways to deal with their anxiety. Runs on the 2nd Wednesday of every month, from 1.30pm → More information <https://www.devonmind.com/find-help/groups>

Livewell Southwest: Provides integrated health and social care services for people across Plymouth (and other areas). Offers a wide range of services, support, and resources, such as information for carers, info and advice around physical and mental health, and adult social care → Call 01752 435502 or email pchcic.plymouthoptions@nhs.net (depression and anxiety) or <https://www.livewellsouthwest.co.uk/>



One You Plymouth: (Part of Livewell Southwest) offers a wide range of services for both physical and mental health, including the 'Every Mind Matters' campaign, which encourages adults to be more aware of their mental health and to take simple steps to look after their mental wellbeing. Includes advice, information, and resources for anxiety (and stress) → Call 01752 437117 (M-F 9-5) or email oneyou.plymouth@nhs.net or more information <https://www.oneyouplymouth.co.uk/contact>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Plymouth Anxiety and Depression Support Group: A support group for anyone aged 18+ with any type of anxiety disorder, that offers support, advice, and a sense of community and togetherness by running different events and meet-ups → More information <https://www.meetup.com/plymouth-anxiety-and-depression-support-group/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including anxiety. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute sessions (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

Asylum Seekers & Refugees

Amber Initiatives: Provides practical assistance to migrant workers from EU countries, helping them to comply with the UK legislation and solve their complex problems → Call 07873 738 828 or email amber.public@gmail.com or more information <https://www.amber-initiatives.co.uk/>

Asylum Seekers and Refugees: (Part of Livewell Southwest) Works with asylum seekers and refugees in order to promote social inclusion and fair access to health services. Based in Mount Gold hospital → Call 01752 268011 or email customerservicespch@nhs.net or more information <https://www.livewellsouthwest.co.uk/project/asylum-seekers-refugees-mental-health-team>

Devon and Cornwall Refugee Support Council: A service that provides advice, support, education, IT facilities and a friendly communal space for asylum seekers in the region → Call 01752 265952 or email hub@dcrs-plymouth.org or more information <https://dcrs-plymouth.org>

Ethnic Minority Achievement Team: Ensures equal opportunities for all children, by supporting new arrivals to the UK who are learning English as an Additional Language (EAL), and those seeking asylum/refuge. The Ethnic Minority Achievement Team (EMAT) offers specialist support in these areas → email Lucinda.ross@plymouth.gov.uk or <https://www.plymouthonlinedirectory.com/covid19/ematseptguidanceforschools>

Open Doors International Language School (ODILS): Helps people of other languages in the community to fulfil their potential in work, study and their communities by opening the doors to learn English in a supportive Christian environment → Call 01752 258770 or email english@odils.com or more information <https://odils.com/>



OHOB (Open Hearts Open Borders): A voluntary humanitarian aid charity that provides practical resettlement support to refugees and asylum seekers, and household support to others who experience disadvantages due to socio-economic status or circumstance → Email info@ohob.org.uk or more information <https://ohob.org.uk>

PATH - Plymouth Access to Housing: Provides assistance to those in housing need, in order to help prevent and reduce homelessness → Call 01752 255889 or email info@pathdevon.org or more information <https://www.pathdevon.org/>

Plymouth District Racial Equality Council: Provides a safe and respectful environment for BAME clients to enable them to feel that they are listened to and believed, so that they can safely voice their experiences → Call 01752 224555 or email enquiries@plymouthrec.org or more information <http://www.plymouthrec.org/>

Refugee Integration Service (RIS): Provides housing-related support to refugees. It aims to help refugees to set up and keep their accommodation → Call 01752 255889 or email info@pathdevon.org or more information <http://www.pathdevon.org/refugee-integration-service.html>

Students and Refugees Together (START): Offers practical, social, and emotional support. Provides information, advocacy and advice. Also helps refugees to settle in Plymouth and the far southwest. Provides innovative placement opportunities for students → Call 07841 985252 or email info@startsw.co.uk or more information <http://www.studentsandrefugeestogether.com>

Autism & ADHD

Autistic Adults in Plymouth: Previously known as the 'Autism Hub'; reopened in 2019 as AAP. Provides a safe space for adults with autism to socialise in a calm and respected setting, offering them different activities, such as board games, or drawing → Email contact@aaplymouth.org.uk or more information <https://aaplymouth.org.uk/>

Better Futures: (Part of Improving Lives Plymouth) Provides support for adults aged 18+ with autism and learning disabilities/difficulties. Offers a wide range of groups, activities, and workshops in order to help vulnerable adults develop skills for independence, to meet new people, and to improve their wellbeing. Also offers a friendly social hub, as well as advice on health & wellness, bills, and much more → Call 01752 776775 or 07305 065521 (M-F 10-3) or betterfutures@improvinglivesplymouth.org.uk more information available on their website <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

Clip'N Climb: A rock climbing centre that, every Sunday morning at 9am, holds autism and SEN-friendly session, providing children with additional needs the opportunity to enjoy the facilities in a quieter, calmer environment and meet other families in similar circumstances. Recommended to book in advance to avoid disappointment → Call 01752 717567

Devonport Park Activity Centre: Run an autism-friendly games night for people aged 10-16, taking place every second Friday of the month, 4-7pm. Costs £5 with snacks and drinks included → Call DP Activity Centre on 01752 300700

eLIVEate: Provides creative and dynamic person-centred support for people with learning disabilities who are living, or wish to live, in Plymouth/Southwest Devon. Assist people to live the life they choose and to become active citizens within their communities → Call 01752 936358 or email info@eliveate.co.uk or visit <https://eliveatesupport.co.uk/>

Oasis Café: A social group dedicated to providing an environment where autistic adults in Plymouth are able to feel accepted, respected, safe, and understood. Held every Tuesday, offering board games and card games → Email contact@aaplymouth.org.uk or <https://aaplymouth.org.uk/what-we-do/>



Quiet at the Aquarium: The National Marine Aquarium on the Barbican holds special events for those with sensory needs at least twice a year, and tend to be 2 hours long. Allows families and individuals to enjoy the exhibits without too much noise or distraction → Call 0844 893 7938

Benefits

Advice Plymouth: Works in partnership with Citizen's Advice Plymouth to provide information and signposting for a variety of issues, such as benefits and debt. Provide specialist benefits information, advice, and support. Drop-in service operates M-F 9-4.15 → Call 0808 278 7910 or email advice@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/our-services/adviceplymouth>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including benefits → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Citizens Advice Plymouth: Offers help/advice with benefit claims/queries (such as UC). May also be able to assist with online application forms/providing evidence for applications (e.g. childcare costs). Help is tailored to individuals, and is available face-to-face/via telephone → Call 0800 144 8444 or more information <https://citizensadviceplymouth.org.uk> or UC applications <https://www.citizensadvice.org.uk/helptoclaim>

Energy Redress: A project run by Citizens Advice Plymouth, in partnership with Plymouth Energy Community, that aims to support anyone referred with debt, money issues, and benefits. Most referrals received through adult social care → email Julie.Jackson@CitizensAdvicePlymouth.org.uk or visit <https://citizensadviceplymouth.org.uk/energy-redress/>

One Stop Advocacy: Provides help and assistance with correspondence/assessments relating to benefits, and benefit forms. Operates Mon, Wed, and Fri (9-4). Reasonable rates offered → Call 07464 106903 or more information available <https://www.onestopadvocacy.com/index.php>

Plymouth Focus Advice Centre: Provides free, independent, and confidential advice and support with benefits, mall grant applications, and welfare benefits → Call 01752 669 785 or email enquiries@plymouthfocus.co.uk or more information <http://www.plymouthfocus.co.uk>

Utility Warehouse Project: (Part of Citizens Advice Bureau) Supports those experiencing, or at risk of, fuel poverty, or financial hardship. Through advisers and caseworkers, provide holistic debt advice, including budgeting, benefit eligibility, and energy efficiency. Can also support people with the £150 finance scheme or debt write-off through their Customer Support Scheme → Call 0333 7770777 or visit <https://citizensadviceplymouth.org.uk/our-services/> (under 'Utilities Support').

Bereavement

Bereavement Counselling Service: A specialist service for those who have suffered a traumatic bereavement or complex grief. Accepts referrals for those whose grief has not been resolved within a reasonable time, resulting in significant problems, or whose bereavement has been particularly distressing/traumatic → Call 01752 349769 or email enquiries@bcsplymouth.com or more information <https://www.bcsplymouth.co.uk>

Horizon Counselling Services: Offers talking therapy & counselling for those struggling with bereavement; £50 per session, 10% discount available for certain groups → Call 01752 221119 or email info@horizonplymouth.co.uk or <https://www.horizonplymouth.co.uk/>

Jeremiah's Journey: A Plymouth-based charity that provides free support to children, young people, parents and carers, who have experienced/about to experience a bereavement. Aims to ensure they are properly supported during this difficult experience → Call 01752 424348 or more information



<https://jeremiahsjourney.org.uk/> **support for children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including bereavement. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute sessions (discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to other support, such as bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information <https://uksobs.org/>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or <https://www.tcf.org.uk>

University of Plymouth: Provides advice, information, and support for students experiencing bereavement and loss, including signposting and professional help (if required) → More information <https://www.plymouth.ac.uk/student-life/services/student-services/shine/loss>

Qwell: As part of its services, Qwell offers support, advice, guidance, resources, and much more, for those experiencing bereavement, grief, or loss. Requires a login to gain full access to services/support → More information <https://www.qwell.io/>

Bipolar Disorder

Bipolar Disorder Counselling in Plymouth: A directory of counsellors in the Plymouth area that offer therapy/counselling for bipolar disorder, including types of therapy offered, addresses, and availability → <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=bipolar-disorder>

Bipolar Support Group: (run by Devon Mind) A twice-monthly Bipolar Support Group that is open to all individuals with experience of bipolar disorder, either through personal experience or as a partner, friend or carer of someone who lives with Bipolar → Call 01752 512 280 or email hello@devonmind.com or <https://www.devonmind.com/find-help/groups/bipolar-support>



Bipolar UK (Plymouth): This group is re-starting in person in May 2023, in Devonport. It is free and open to anyone affected by bipolar. Provides signposting to other services for bipolar disorder → More information <https://www.bipolaruk.org/plymouth-support-group>

eCommunity: A safe and secure space where people can discuss the challenges they face, ask questions and share their experiences about bipolar. To keep the eCommunity safe, everyone who joins agrees to abide by the House Rules, and their team of moderators keep things running smoothly → More information <https://www.bipolaruk.org/ecommunity>

Peer Support Line: Offers practical information, advice and support on how to manage your bipolar, including coping strategies by phone and email, as well as through their website → More information <https://www.bipolaruk.org/support-line>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Age UK Plymouth: Provides support, advice, and information for carers looking after a family member, friend, or loved one. Also signposts to drop-in services for carers in Plymouth → Call 01752 201 890 or <https://www.ageuk.org.uk/plymouth/activities-and-events/carer-support/>

Barnardo's Plymouth: Provides specialist support through multiagency teams for young carers, focusing on those at risk of social exclusion and academic underachievement. Also aims to reduce the caring demands of young carers → Call 01752 256339 or email bycs@barnardos.org.uk or visit <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

Caring for Carers: (part of ILP) A service aimed at helping carers aged 18+ that provides carer's assessments, as well as information, advice, drop-ins, support groups, activities, workshops, and more → Call 01752 201890 (M-F 9-5) or email caringforcarers@improvinglivesplymouth.org.uk or <https://www.improvinglivesplymouth.org.uk/our-services/caring-for-carers>

Plymouth Online Directory: Provides information, resources, and signposting for carers aged 18+, as well as links to carer's assessments → <https://www.plymouthonlinedirectory.com/adultsocialcare/caringforotherpeople/plymouthcarers>

Heads Count: (Part of Colebrook SW) Promotes the involvement of carers in the improvement of mental health services across Plymouth, by offering them a voice and enhancing their understanding of available services & how they work. Also offers the opportunity to further develop their skills and abilities → Call 01752 563492 or email headscout@colebrooksw.org or more information <http://www.colebrooksw.org/headscount/>

Livewell Southwest (Community Learning Disability): Provides advice, support, and information, as well as workshops and training, for carers of adults with learning disabilities (in Plymouth). Intervention provided by a large multidisciplinary team. Self-referrals accepted → Call 01752 434033 (Referral Coordinator) or email livewell.cldreferrals@nhs.net or <https://www.livewellsouthwest.co.uk/community-care/learning-and-disability>

Livewell Southwest: Provides a hub of information and resources for carers in Plymouth (+ surrounding areas), including young carers, as well as 'a practical guide to healthy caring' → More info <https://www.livewellsouthwest.co.uk/contact/service-user-carer-forum>



Plymouth Young Carers Support Hub: Provides useful information and links to help Young Carers (under 18) provide amazing support to their friends, family and relatives → More information <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers>

University Hospitals Plymouth: Provides support, advice, and guidance for carers in Plymouth, including Carers Support Coordinators (Derriford Hospital, Tues & Fri, 10-4) who offer advice & signposting for unpaid carers who look after a family member/friend in hospital, or for carers admitted to hospital (and need support for the person they're caring for) → more information <https://www.plymouthhospitals.nhs.uk/carers>

University Hospitals Plymouth (Learning Disabilities): Provides information, advice, and resources for carers of individuals with learning disabilities in Plymouth → <https://www.plymouthhospitals.nhs.uk/ld-for-carers>

Children/Teenagers

Argyle Community Trust: Offers lots of activities and groups for children and teenagers of all ages, of all abilities, as well as support and programmes in schools → Call 01752 562561 or email community@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/>

Barnardo's Plymouth: Provides specialist support through multiagency teams for young carers, focusing on those at risk of social exclusion and academic underachievement. Also aims to reduce the caring demands of young carers → Call 01752 256339 or email bycs@barnardos.org.uk or visit <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

ChatHealth: (Part of Livewell Southwest) A texting service offering support for families and young people in Plymouth, that can also be used to make an appointment with a health visitor/school nurse, and for signposting → Available M-F, 9-5 on 07480635188 (0-5 years parents' service); 0707480635189 (5-10 years parents service); 07480635198 (11-19 years young peoples' service) or more information <https://www.healthforkids.co.uk/plymouth/chathealth-launched-at-livewell/>

Devonport Park Activity Centre: Runs an autism-friendly games night for people aged 10-16, taking place every second Friday of the month, 4-7pm. Costs £5 with snacks and drinks included → Call DP Activity Centre on 01752 300700

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships → Call 01752 434314 or email livewell.FNP@nhs.net or <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

GamCare (Plymouth): Provides a range of support for people under 18 who are struggling with the impact of gambling on their lives (telephone, online, and face-to-face support offered). Their treatment is free, flexible, and confidential → Call 07931 548622 or email southwest@gamcare.org.uk or more information <https://www.gamcare.org.uk/get-support/find-local-treatment/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Hamoaze House: Runs a youth programme in Seymour House as part of their services, which aims to provide alternative education for young people (across the whole academic year) who have struggled to engage with the mainstream education system. Also offers activities and workshops → Call 01752 566100 or <https://hamoazehouse.org.uk/contact/> or more information: <https://hamoazehouse.org.uk>



Health for Kids: (Part of LWSW) A website providing clear and concise health information for primary-school children, such as about healthy minds & bodies, and signposting to professional help and support from local services. Also provides info & advice for parents → Contact options available here <https://www.healthforkids.co.uk/contact-us/> or more information <https://www.healthforkids.co.uk>

Health for Teens: A website (designed by school nurses & health/wellbeing professionals) for those aged 11-19 that encourages them to learn about their health, by providing info and advice on topics like healthy eating, body image, managing stress, relationship advice, puberty, sexuality, and much more. Also provides movie clips, quizzes, links, and signposting to other services, including specialist services (for more serious illnesses) → More information <https://www.healthforteens.co.uk/?location=Plymouth>

Hidden Lives Counselling and Support Hub: One of their main causes is Feeding Children; a lot of time and resources are spent on trying to tackle this problem → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or <https://www.hiddenlivesupport.org/community>

Jeremiah's Journey: A Plymouth-based charity that provides free support to children, young people, parents and carers, who have experienced/about to experience a bereavement. Aims to ensure they are properly supported during this difficult experience → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **support for children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/>

Junior Ability Counts: (Run by Argle Community Trust). Football sessions in a fun and inclusive environment for children aged 5-16 with any disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub, Plymouth → Call 01752 562561 or email alice.young@pafc.co.uk or <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Livewell Southwest: Provides information, support and signposting to further resources for children and teenagers on their physical and mental wellbeing → <https://www.livewellsouthwest.co.uk/health-for-kids> or <https://www.livewellsouthwest.co.uk/health-for-teens> or www.livewellsouthwest under the 'Children & Young People' tab.

Not Alone: Provides support and advice for transgender and non-binary people aged 16+ in Plymouth. Aims to provide a safe place for sharing thoughts and feelings for those who need it. Any and all transgender and non-binary people welcome to join. Meet on Tuesday evenings 7-9pm in Plymouth → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Out Youth Group: A group (part of PCC) that provides a safe and welcoming environment for LGBTQ+ young people in Plymouth (and surrounding area) aged 11-19. It aims to create opportunities to meet new people, explore their identity, access support, build supportive networks, and have fun → Call 07774 336616 or email outyouth@plymouth.gov.uk or <https://new.plymouth.gov.uk/out-youth-group>

Plymouth Advocacy and Independent Visitor Service: (Part of Barnardo's): Provides advocates and Independent Visitors for children & young people aged 6-24 who are in care, have a disability, or are in vulnerable situations. Provides them with 1:1 support, and a voice in any meetings about them/their life → Call 01752 256339 or plymouthadvocacy@barnardos.org.uk or more information <https://www.barnardos.org.uk/what-we-do/services/plymouth-advocacy-and-independent-visitor-service>

Plymouth Young Carers Support Hub: Provides useful information and links to help Young Carers (under 18) provide amazing support to their friends, family and relatives → More information <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers>

Relate: Offers counselling for children & young people in Plymouth, which aims to support them with a range of problems, in a supportive way → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/children-and-young-people-s-counselling>



The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

Youth Ascends: A service made up of children aged 9-25 with special education needs and disabilities, that acts to ensure young peoples' views are taken into account within strategic planning provision in Plymouth → Call 01752 258933 or email YPFForum@plymouth.gov.uk

Community Support

Active Men: (Part of Elder Tree) A service that supports and engages with men who have limited access to social activities, or who may be living with Dementia and other long-term conditions. Offers sports-based social sessions, and activities (such as walking groups & games) that encourage men to build friendships and socialise with others. Self-referrals accepted → Call 01752 227447 or email admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/pages/active-men/114>

Age UK Plymouth: Offers community support through groups, activities, events, all aimed at people of different ages, backgrounds, and with different interests → Call 01752 201890 or email enquiries@ageukplymouth.org.uk or <https://www.ageuk.org.uk/plymouth/activities-and-events>

Argyle Community Trust: Aims to be an active, inspirational, and inclusive community hub for the Southwest, by positively impacting groups within the local community. Provides people the opportunity to explore their full potential, and improve their aspirations through the power of football and Plymouth Argyle FC → Call 01752 562561 (ext 6) or email community@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/>

Better Futures: (Part of Improving Lives Plymouth) Provides support for people with autism and learning disabilities (aged 18+); primarily a social hub that provides them with a safe space to meet up, make friends, and take part in activities & workshops → Call 01752 776775 or 07305 065521 (M-F 10-3) or email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

Colebrook: Offers support services, community engagement, and other help/advice. Their aim is to inspire and empower people and communities to achieve their independence and aspirations → Call 01752 205210 or email enquiries@colebrooksw.org or www.colebrooksw.org

Citizen's Advice Plymouth: Runs a Community Support Project within hubs across Plymouth, that delivers advice on finances, benefits, employment, housing, and more. Trained volunteers as 'first responders' are able to support anyone referred. Self-referrals accepted → Call 01752 982896 or email CDP@CitizensAdvicePlymouth.org.uk or more info <https://citizensadviceplymouth.org.uk/community-support-project/>

Crafty Pals: A social group for anyone who enjoys crafts of any sort. Meets at the Rees Centre in Plympton every Tuesday evening → Call 07870 897510 or email trudyfuller@yahoo.co.uk or <https://co-operate.coop.co.uk/events/crafty-pals/>

Crossroads Fun and Friendship Centre: Offers a drop-in service for adults aged 18+ seeking mental health support, in addition to several support groups and other activity groups → Call 01752 367880 or email info@crossroadsfafc.co.uk (website is currently down).

Eat That Frog: A Community Interest Company that supports people to contribute to the local community. Works with employers and other organisations to develop sustainable employment



opportunities, and to help people develop new skills and find employment → Call 01803 551551 or email info@eatthatfrog.ac.uk or more information <https://www.eatthatfrog.ac.uk>

Gamblers Anonymous: Provides community support for men and women who have joined together to do something about their gambling problem, and to help other gamblers do the same. Meets every Monday, 7-9pm, in Mutley → Call 0330 0940322 or email plymouthgamblersanon@gmail.com or <https://www.gamblersanonymous.org.uk/find-a-meeting/174>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Hamoaze House: A drug and alcohol day service that provides a range of community support, activities, and groups, for anyone struggling with alcohol and/or substance misuse, affected others, and young people → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or <https://hamoazehouse.org.uk>

Heads Count: (Part of Colebrook SW) Provides community support for people accessing mental health services and those with lived experience. Allows people to enhance their understanding of available services, and provides opportunities for skill and knowledge development → Call 01752 563492 or email headscout@colebrooksw.org or <http://www.colebrooksw.org/heads-count/>

Hidden Lives Counselling and Support Hub: Offer clients community support by way of groups, workshops, coffee mornings, and other advice and info → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or <https://www.hiddenlivessupport.org/community>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/ethos/>

Keyham Green Places Community Centre: Situated at the heart of the Keyham community, KGPC offers a wide range of events and activities for anyone interested in gardening/horticulture. KGPC is managed by members of the local community → More information <https://cropskgp.org.uk/#Home>

Livewell Southwest: A hub of information, guidance, and resources for different types of community support – community hospitals, community learning disabilities, community nursing, and community therapies → More information can be found at www.livewellsouthwest.co.uk under the 'Community Care' tab.

Mindful Art Club: An online hub of support, courses, drop-ins, and groups around Plympton and Plymouth, aimed at supporting mental health through creativity and social connection. Works in partnership with other organisations → More information on <https://mindfulartclub.co.uk/>

Not Alone: Runs peer and support groups for transgender and non-binary people (aged 16+), as well as for their families, partners, and allies, in Plymouth. Any and all transgender and non-binary people are welcome to join. Meet Tuesdays 7-9pm in Plymouth → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Operation Emotion: A Plymouth-based charity that offers community support, such as programmes and peer-led groups (e.g. Education Recovery), for men who have experienced sexual abuse. Covers other regions of Devon for those willing to travel → Call 07539 810096 or 07837 321514 or email opem@pm.me or <https://operationemotion.co.uk/weekly-support> or <https://operationemotion.co.uk/education-recovery>



Out Youth Group: A group (part of PCC) that provides a safe and welcoming environment for LGBTQ+ young people in Plymouth (and surrounding area) aged 11-19 (Ages 19-24 for those with additional needs). It aims to create opportunities to meet new people, explore their identity, access support, build supportive networks, and have fun → Call 07774 336616 or email outyouth@plymouth.gov.uk or <https://new.plymouth.gov.uk/out-youth-group>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Pluss: Provides community support for people with learning disabilities who want to learn new skills in a positive environment, such as activities, workshops, and training → Call 0800 3345525 or email customer.admin@pluss.org.uk or contact via <https://pluss.org.uk/contact/> or more information <https://pluss.org.uk/work/services/learning-disability-services-training/>

Plymouth & Devon Racial Equality Council: Provides a wide range of activities to help support local diverse communities, including support to form a group, assisting with the planning of community events and activities, and attending community events and activities → Call 01752 224555 or <https://www.plymouthanddevonrec.org.uk/community-support-plymouth-devon-racial-equality-council-exeter-torbay.html>

Plymouth Anxiety and Depression Support Group: A support group for anyone aged 18+ with any type of anxiety or depression disorder, that offers support, advice, and a sense of community and togetherness by running different events and meet-up → <https://www.meetup.com/plymouth-anxiety-and-depression-support-group/>

Plymouth Community Homes: Offers community support and resources, including free training, group support, tenant meetings, and opportunities for people to get involved → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or more info <https://www.plymouthcommunityhomes.co.uk/our-community/>

Plymouth Highbury Trust: Provides a range of community support & services to vulnerable people (aged 18+), aimed at helping them develop communication skills, meaningful relationships, and other skills. Also supports them to access local community facilities. Run by qualified Resource support workers. Operates weekdays, 9.30-3.30 → Call Mandy on 01752 753711 or more information <http://www.plymouthhighburytrust.org.uk/community-support/>

Plymouth Mental Health Network: An unincorporated community association, helping people suffering from mental illness in and around Plymouth. Aims to fill gaps in service provision. Open to all → Call 01752 205210 (open M + Th 9-4; W 9-4.30pm) or email info@plymouthmhn.org or www.plymouthmhn.org

Rethink Mental Illness (Plymouth): Plymouth's community mental health service, aimed at helping those affected by mental illness to achieve their full potential & recover a better quality of life, through support groups and local services → Call 01752 251072 (M-F 9-5) or www.rethink.org/help-in-your-area/services/community-support/plymouth-community-mental-health-service

Skills Launchpad Plymouth: Although primarily a service that helps vulnerable people to find employment, SLP also runs and promotes various community events and workshops → More information <https://www.skillslaunchpadplym.co.uk/news-and-events>

Tamar View Community Centre: A community hub that provides a range of services, the founding trustees' main vision is to provide a quality family service for the local community → Call 01752 365904 or email pat@tamarview.co.uk (website is currently being updated).

The logo for D&C DIRECTORY features a stylized green geometric shape above the text 'D&C DIRECTORY' in a bold, green, sans-serif font, all set against a light pink rectangular background.

D&C DIRECTORY

The Hub Plympton: A service that collaborates with the community & other agencies to support families in Plympton through different challenges, providing free support in areas where there is currently nothing available → Call 01752 340550 or email enquiries@plymptonhub.org or more information www.plymptonhub.org

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Timebank SouthWest: An organisation that promotes community development, skills and relationship building by promoting the principles and benefits of Timebanking. Also co-designs and pilots new projects that support the principles of Timebanking, increasing health and wellbeing, and strengthens community cohesion. Available in Plymouth, and the wider D&C area → Call 01752 875930 or email info@timebanksw.org or more information <https://www.timebanksw.org/contact/>

Counselling Services

Bereavement Counselling Service: A specialist service for those people who have suffered a traumatic bereavement or who are suffering with complex grief. Accepts referrals for those whose grief has not been resolved in a reasonable period of time, and those whose bereavement is particularly distressing/traumatic → Call 01752 349769 or enquiries@bcsplymouth.com or more information <https://www.bcsplymouth.co.uk>

Hamoaze House: Offers counselling as part of its services, for anyone struggling with alcohol and/or substance misuse → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or <https://hamoazehouse.org.uk>

Hidden Lives Counselling and Support Hub: A counselling service for those with hidden disabilities, chronic illnesses, and chronic pain conditions. Sessions priced between £15 and £25. Offers a non-judgemental, safe space for clients, and allows them to express their feelings and fears → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or www.hiddenlivessupport.org

Horizon Counselling Services: Offers talking therapy & counselling for under 18s, bereavement, anxiety, and depression, amongst other issues. £50 per session; 10% discount for armed forces, emergency services personnel, NHS staff, and uni staff & students → Call 01752 221119 or email info@horizonplymouth.co.uk or <https://www.horizonplymouth.co.uk/>

Livewell Southwest: Livewell's integrated community therapy teams provide therapy for adults in the community; offers to see people at their home (or care setting). Types of professionals within this service include occupational therapists, speech and language therapists, physios, and therapy support workers → <https://www.livewellsouthwest.co.uk/community-care/community-therapies>

Marriage Care: Offers relationship counselling and more, Marriage Care specialises in helping couples build and sustain strong, fulfilling, healthy relationships, and providing support for relationship difficulties. 50 minute sessions, either online or via telephone. £15 registration fee. Counselling sessions are paid for by donations → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or more information <https://www.marriagecare.org.uk/how-we-help/relationship-counselling/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, for both individuals and couples. Can also provide support via Zoom if required. Sessions cost £50 per 60-



minute session (individuals), or £65 per 60-minute session (couples) (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or <https://plymouthcounselling.com>

Plymouth Options: (Part of Livewell Southwest) A free, confidential, NHS talking therapy service for people aged 16+ in Plymouth, as part of the IAPT programme. Aims to give people the tools and techniques to improve their mental and physical wellbeing. Accepts self-referrals → Call 01752 435419 or <https://www.livewellsouthwest.co.uk/plymouth-options>

Pregnancy Crisis Care: Plymouth-based charity that supports women & their partners with any pregnancy-related crisis by providing free, confidential, impartial support and counselling → Call 01752 246788 or email contact@pregnancycrisiscare.org.uk or www.pregnancycrisiscare.org.uk

Pride Counseling: Counselling and therapy for people in the LGBTQ+ community. Requires you to fill out a general questionnaire first before proceeding → More information available at <https://www.pridecounseling.com/get-started/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

Relate: Provides an affordable range of counselling services across Plymouth (including relationship/family difficulties). Relies on client contributions to fund services. Average length of sessions is 6-8 weeks. No tie-in period or minimum number of sessions required. Booking initial consultation recommended → Call 01752 213131 or email relateplymouth@googlemail.com or more information <https://www.relateplymouth.co.uk>

SALT (Sexual Abuse Listening Therapy): A service based in Plymouth that provides therapy for individuals, couples, carers, and families for childhood & sexual abuse. Any adult who has experienced childhood sexual abuse can self-refer (don't accept referrals from third parties) → Call 01752 600599 or email email@saltsouthwest.co.uk or www.saltsouthwest.co.uk

The Loss Counsellor Plymouth: An online counselling service for teenagers and adults across Plymouth (and surrounding areas), that specialises in bereavement and loss (amongst other issues such as anxiety and trauma). Sessions run on Mondays + Tuesdays, costs £35 per session → Call 07510 367296 or email thelosscounsellor@gmail.com or www.thelosscounsellorplymouth.com

Criminal Justice

CASS+: Offers free advice and support to anyone going through the courts in Devon & Cornwall (including Plymouth), including to vulnerable people at risk of, or have been processed through, the Criminal Justice System (CJS) (especially those not eligible for Legal Aid). Open to both victims and offenders, and to individuals or their loved ones seeking advice → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/> or contact via <https://www.cassplus.org/contact-us/>

Prisoners' Families Helpline: Provides advice and information to those across England and Wales who have a family member in contact with the CJS; operated by Prison Advice and Care Trust. All calls are free, from landlines and mobiles, and are confidential → Call 0800 8082003 or email info@prisonersfamilies.org or <https://www.prisonersfamilies.org>

University of Plymouth: The Community and Primary Care Research Group at Plymouth Uni are substantially invested in research related to the offender population. They aim to help people in prison about to be/following release(d), in order to design and trial new interventions, and conduct service



evaluations, in order to reduce their access to reduce access to the CJS, and improving outcomes → <https://www.plymouth.ac.uk/research/primarycare/criminal-justice>

Crisis Support

First Response: A 24/7 crisis line providing advice, support and signposting for people experiencing mental health difficulties (available to anyone in Plymouth) → Call 0800 9239323 or visit <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/first-response-24-7-helpline>

Headspace: An out-of-hours service for those in/approaching a mental health crisis (provides non-clinical settings), across different hubs in Plymouth. Not open to those experiencing acute mental ill health/psychotic episode, or anyone exhibiting aggressive/violent behaviour → Call 07890 257614 or email headspace@colebrooksw.org or <https://www.colebrooksw.org/head-space/>

Livewell Southwest: Provides different crisis mental health services, such as First Response (24/7 crisis phone line), and A2ED (Alternative to Emergency Department), a new project which aims to ease demand and get people supported sooner → <https://www.livewellsouthwest.co.uk/?s=crisis>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

Pregnancy Crisis Care: A Plymouth-based charity that aims to help women and their partners with any pregnancy-related crisis, by providing free, confidential, impartial support, and counselling. Services are free and provided in line with BACP code of ethics and practice → Call 01752 246788 or email contact@pregnancycrisiscare.org.uk or <https://www.pregnancycrisiscare.org.uk/>

Debt & Money Management

Better Futures: (Part of Improving Lives Plymouth) Amongst other services, Better Futures offers support with bills (including help with letters and form filling) for adults aged 18+ with autism or learning disabilities → Call 01752 776775 or 07305 065521 (M-F 10-3) or betterfutures@improvinglivesplymouth.org.uk or <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

Citizens Advice Plymouth: As part of its services, CAP offers a range of free, impartial information, advice, and resources relating to debt and money management, including campaigns such as Pension Wise and the Utility Warehouse project → Call 0808 278 7910 (advice queries) or 0800 138 2944 (Pension Wise enquiries) or more information <https://citizensadviceplymouth.org.uk/our-services/>

One Stop Advocacy: Provides advice and assistance with relating to debt, including correspondence and assessments. Operates Mon, Wed, and Fri (9-4). Reasonable rates offered → Call 07464 106903 or more information available <https://www.onestopadvocacy.com/index.php>

Pension Wise: A service from Citizens Advice Plymouth (one of 50 PW delivery centres), that offers face-to-face guidance, choice, and freedom for people wanting to make sense of their pension choices → Call 0800 138 2944 or more information <https://citizensadviceplymouth.org.uk/pension-wise/>

Plymouth Focus Advice Centre: Provides free, independent, and confidential advice and support with debt and budgeting → Call 01752 669 785 or email enquiries@plymouthfocus.co.uk or more information <http://www.plymouthfocus.co.uk>

Utility Warehouse Project: (Part of Citizens Advice Bureau) Supports those experiencing, or at risk of, fuel poverty, or financial hardship. Through advisers and caseworkers, provide holistic debt advice, including budgeting, benefit eligibility, and energy efficiency. Can also support people with the £150



finance scheme or debt write-off through their Customer Support Scheme → Call 0333 7770777 or visit <https://citizensadviceplymouth.org.uk/our-services/> (under 'Utilities Support').

Wellbeing Hubs: (Part of Livewell Southwest) Aim to improve the health and wellbeing outcomes for local people, and to reduce inequalities in health and wellbeing, inclusive of debt and money advice → Call 01752 434400 (Cumberland Centre), or <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Depression

Devon Mind: Runs a depression support group, that helps people to develop ways of coping with their depression through shared experiences. Currently operating two separate groups, one on the 1st Wednesday of each month from 1.30pm, the other on the 3rd Wednesday of every month from 1.30pm (TBC) → Call 01752 512280 or email hello@devonmind.com or <https://www.devonmind.com/find-help/groups>

Livewell Southwest: Offers different support and resources for people experiencing depression, including crisis helplines (First Response), counselling (Plymouth Options), and other services → Call 01752 435502 or visit <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) for a wide range of issues, including depression. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute session (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com>

Plymouth Anxiety and Depression Support Group: A support group for anyone over the age of 18 with any type of depression disorder, that offers support, advice, and a sense of community and togetherness by running different events and meet-ups → <https://www.meetup.com/plymouth-anxiety-and-depression-support-group/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. Includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including domestic abuse → Call 01752 601153 or 01752 206187 (M-F 9-4.30) or visit <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have



suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/current-services/>

PDAS (Plymouth Domestic Abuse Services): Provides practical, non-judgemental support, advice, and protection for all victims of domestic abuse (individuals and families) in the Plymouth area, including confidential advice, 1-1 and group support sessions → Call 01752 562289 (M-F 9-5) or more information <https://www.sanctuary-supported-living.co.uk/find-services/domestic-abuse/devon/plymouth-domestic-abuse-services-pdas>

PLYMOUTH.GOV: Provides information, support, and advice, and signposting to other services, for victims of domestic abuse → More information available <https://new.plymouth.gov.uk/domestic-abuse>

Eating Disorders

Eating Disorder Service Plymouth: Offers advice and or support to professionals via phone or email, who wish to make a referral to their service on a client's behalf (covers Plymouth and West Devon) - Call 01752 228027 or email general.admin@eatingdisorderserviceplymouth.co.uk or more information <https://www.eatingdisorderserviceplymouth.co.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

SEDCAS: (Part of Livewell Southwest) The severe eating disorder consultation and assessment service is committed to helping people to recover from eating disorders. They work closely with colleagues at the Plymouth Hospital NHS Trust and in local primary care settings to enhance the delivery of safe and effective treatments to help support people at all stages of their recovery journey → Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk/project/severe-eating-disorder-consultation-assessment-service-sedcas>

Qwell: Provides information, resources, and signposting for eating disorder sufferers. Requires a log in to access this support → More information <https://www.qwell.io/>

Elderly Adult Support

Cothele Unit: (Part of Livewell Southwest) an inpatient care service for people, mainly over the age of 65, who have functional mental health issues (e.g. depression, schizophrenia, anxiety) and are experiencing the worst phase of their illness. Their multidisciplinary team offer daily support and therapeutic activities aimed at boosting peoples' independence and self-esteem □ Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/cotehele>

Edgcumbe Unit: (Mount Gold Hospital) Offers a safe and secure environment for those at the most vulnerable stages of dementia/cognitive impairment, providing personalised care based on thorough and continuous assessment of individual needs as part of the Dementia Pathway → Call 01752 4355502 or <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/edgcumbe>

Elder Tree Befriending: A service that supports those aged 50+ living in Plymouth to live full and independent lives in their homes. Provide over 90 innovative health and social engagement activities, and volunteers for those who are especially vulnerable/isolated. Also provides support for dementia-related illnesses. Self-referral, family referral, and organisational referral all accepted → Call 01752 227447 or email admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/>



Helping Hands Plymouth: One of the UK's top providers for elderly care at home, HHP aims to work with people and their family to provide person-centred care to individuals living with dementia, Alzheimer's, or those who have suffered a spinal injury or stroke. Also offer home visits → Call 01752 424406 or <https://www.helpinghandshomecare.co.uk/our-locations/plymouth/>

Jolly Elders Club: (Part of Age UK Plymouth) A group for people aged 50+, who want to meet new people. Offer different themes and activities each week. Meet every Monday and Friday; booking in advance recommended. 1-to-1 sessions also offered for those who can't attend group sessions → Call 01752 256020 or activeliving@ageukplymouth.org.uk or <https://www.ageuk.org.uk/plymouth/activities-and-events/jolly-elders/>

Livewell Southwest: Offers resources, services, advice, and support for elderly adults across Plymouth (& surrounding areas), such as the Cothele inpatient service, and support groups □ Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Employment & Education

BCHA: Provides continuous support and opportunities for people through a wide variety of programmes. Enables people to attain qualifications, build skills, and provides employment and volunteering opportunities. Based in South UK; main office in Plymouth → Call 01202 410500 or email enquiries@bcha.org.uk or <https://www.bcha.org.uk/our-services/employability-skills/>

Better Futures: (Part of Improving Lives Plymouth) Amongst other services & support, Better Futures offers volunteering and employment opportunities for adults aged 18+ with autism and/or learning disabilities → Call 01752 776775/07305 065521 (M-F 10-3), or email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

CASS+: Provides information, advice, and support for a wide range of issues, including employment and education → Call 01752 601153 or 01752 206187 (M-F 9-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Crossroads Fun and Friendship Centre: Provides educational opportunities for adults aged 18+ with mental health support needs → Call 01752 367880 or email info@crossroadsfafc.co.uk

Eat That Frog: A Community Interest Company that helps people unlock their potential to contribute to the local community. Works with employers and other partner organisations to develop sustainable employment opportunities, and help people to develop new skills and gain paid employment → Call 01803 551551 or email info@eatthatfrog.ac.uk or more information <https://www.eatthatfrog.ac.uk>

Gifted Women: Offers an employability programme that links up with local employers to women based in Tavistock, which aims to provide them with meaningful work experience placements tailored to women's strengths and ambitions → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

Hamoaze House: Runs a youth programme in Seymour House as part of their services, which aims to provide alternative education for young people (across the whole academic year) who have struggled to engage with the mainstream education system → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or more information: <https://hamoazehouse.org.uk>

Hidden Lives Counselling and Support Hub: Provides help and advice for finding employment for their clients, working hard with them to find flexible employment that suits clients' needs → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or <https://www.hiddenlivesupport.org/community>



Pluss: Provides friendly and supportive training for those with learning disabilities who want to learn practical work skills, with the aim of finding paid employment. Works with people at their own pace → Call 0800 3345525 or customer.admin@pluss.org.uk or contact via <https://pluss.org.uk/contact/> or more information <https://pluss.org.uk/work/services/learning-disability-services-training/>

Plymouth Community Homes: Runs a free training programme for PCH residents called 'Learn for Free'; open to tenants, household members and leaseholders living in PCH properties. This training programme may be shared with other Housing Associations, and comprises different skills, qualifications, and hobbies → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or more info <https://www.plymouthcommunityhomes.co.uk/our-community/learn-for-free/>

Plymouth Learning Partnership: A cooperative, community interest organisation that provides school services across Plymouth (and surrounding districts), including supply teachers and HR advice → Call 01752 788076 or email admin@plpcic.co.uk or <https://plpcic.co.uk/>

Skills Launchpad Plymouth: Supports those seeking work, facing redundancy, or changing careers, through the Adult Hub (for those aged 25+). Also offers targeted support for people aged 16-24 seeking employment, including those with additional needs. Aims to put the individual at the heart and to enable everyone to access this free help. Drop-ins and booked appointments welcome → More information <https://www.skilllaunchpadplym.co.uk/>

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Offers training and education opportunities for women accessing their services (Sunflower Women's Centre, Jasmine Mother's Recovery, and Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, as well as to reduce inequalities in health and wellbeing. The wellbeing hubs also aim to improve the sustainability of the health and wellbeing system. Amongst other services, the wellbeing hubs provide support around health advocacy for local people → Call 01752 434400 (Cumberland Centre), or further information <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Young Carers Education Support Team: A service from the Plymouth Young Carers Support Hub; YCEST is a joint collaboration between 3 schools and PCC. Aims to support professionals in a Plymouth school working with young carers. Recognises the impact of being a young carer on education. offers support and advice, training around how to support young carers, and opportunities for young carers to participate in events and projects → <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers/educationemployment>

Families

CASS+: A charity that provides information, advice, and support for a wide range of issues, including family matters → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or more information available <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Daffodil Family Centre: (Part of Trevi House) A national parenting assessment centre which provides focused, purposeful, time-limited residential assessments, thereby enabling parenting capacity to be assessed whilst children remain in their parent's care. Ensures the best outcomes for children, using a trauma-informed approach, with a view to facilitate care planning for the child's longer-term future → Call 01752 255 758 or email office@trevi.org.uk or <https://trevi.org.uk/services/daffodil-family-centre/>



Family Matters: Provides a dedicated service for individuals and families seeking safe and professional support for their relationship difficulties (must be registered with a Plymouth GP) → Call 01752 606826 or email familymatters@nhs.net or www.familymatters-plymouth.co.uk

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Livewell Southwest (Community Learning Disability): Provides advice, support, and information, workshops and training, for families of adults with learning disabilities (in Plymouth). Intervention provided by a large multidisciplinary team. Self-referrals accepted → Call 01752 434033 (Referral Coordinator) or email livewell.cldreferrals@nhs.net or <https://www.livewellsouthwest.co.uk/community-care/learning-and-disability>

Not Alone: Provides support and advice for the families of transgender and non-binary people (aged 16+) in Plymouth. Aims to provide a safe place for sharing thoughts and feelings for those who need it → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Plymouth Highbury Trust: Aims to provide support, guidance, and resources to parents with a learning disability, enabling them to have a choice, a voice, to understand, and to feel empowered during difficult times → Call 01752 773333, or email admin@plymouthhighburytrust.org.uk more information <http://www.plymouthhighburytrust.org.uk/advocacy/plymouth-parent-advocacy-project/>

Relate: Provides affordable counselling (donations-based), in a safe + calm environment, across 6-8 sessions for families in Plymouth who are experiencing difficulties, and strains in their relationships with each other. Available to parents & children, families, siblings, extended families, as well as support around divorce. Typically fortnightly sessions → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relateplymouth.co.uk/counselling-services/family-counselling>

Tamar View Community Centre: A community hub that provides a range of services, the founding trustees' main vision is to provide a quality family service for the local community → Call 01752 365904 or email pat@tamarview.co.uk (website is currently being updated).

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or <https://www.tcf.org.uk>

The Pioneers Project: Aspires to reach whole families across Plymouth and surrounding areas, as a positive way of shaping a more hopeful future for children and young people. Aim to create lasting and meaningful change as service users grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/what-we-do/>



Food Services (e.g. Food Banks)

Café Connect @ The Barn: (Part of The Pioneers Project) A community café delivered in partnership with Barnardo's (supported by Starbucks, M&S, Tesco, and Lidl). Open every Wednesday, 10-11.30am at The Barn Children's Centre in Barne Barton, to everyone in the community. A donations-based, pay what you feel café, which offers hot drinks and food. Works in partnership with the free waste schemes with M&S, Tesco, and Lidl, who provide a table of surplus food available for anyone attending to take home → Call 01752 916 016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Devon & Cornwall Food Action: A registered charity, run almost entirely by a brilliant volunteer workforce, that strives to eradicate food poverty in Plymouth, Devon and Cornwall. DCFA is not a foodbank; they work with food producers and supermarkets to redistribute surplus food to those in need. They supply a number of services, community organisations and groups → Call 07510 779235 or email info@devonandcornwallfoodaction.org or more information <https://devonandcornwallfoodaction.org/>

Four Greens Community Trust: Provide food parcel supplies to those in need, and signposting → Call 01752 875916 or visit <https://www.plymouthonlinedirectory.com/wellbeinghubs/fourgreens/referral>

Keyham Green Places: Provides food parcels to those in need, which are available directly, or via a referral, on Mondays and Thursdays 9am-2pm; 163 Renown Street, Plymouth, PL2 2DT. Also runs a service where people can come in for some food and a chat, 12pm Mondays at Keyham Green Places marquee → Call 01752 569340 or text 0759 448 4428 (M-F 11-4) or more information <https://cropskgp.org.uk/> or email info@cropskgp.org.uk

North Plymouth Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. Based in Estover → Call 07759 258889 or email info@northplymouth.foodbank.org.uk or more information <https://northplymouth.foodbank.org.uk/>

Plymouth City Council: Provides a food voucher for people who aren't able to afford food → Call 01752 668000 (option 6) to discuss.

Plymouth Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK → Call 01752 254981 or email info@plymouth.foodbank.org.uk or <https://plymouth.foodbank.org.uk/>

Plymouth Soup Run: Delivers food and hot drinks to the homeless and vulnerable 7 days a week. 4 different location stops in Plymouth – please check the website for more information → Email info@plymouthsoup.run.org.uk or more information available <http://www.plymouthsoup.run.org.uk/>

Plympton Foodbank: (Part of Trussell Trust) Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK → Call 07922 808086 or email info@plympton.foodbank.org.uk or <https://plympton.foodbank.org.uk/>

Shekinah Mission: As part of their service, Shekinah facilitates hot and cold meal signposting for drug and alcohol recovery, one of the food deliveries they run is the Sunday Evening Soup Kitchen at Shekinah Mission (8:15-9:45pm) Stonehouse, Bath Street → Call 01752 203480 or more information <https://shekinah.co.uk/>

St Matts Plymouth: Provides food parcels, as well as some capacity for food deliveries. Available hours are Tuesday 6-8pm, and Friday 12-2pm → Call 01752 569340 or <https://stplymouth.org.uk/>



Tamar View Community Centre: A community service that provides food parcels to those in need (available directly), available Mon-Fri, 10am-12pm (except bank holidays). Located at Tamar View Community Centre, Plymouth, PL5 1DJ → Call 01752 365904 or email pat@tamarview.co.uk (website is currently being updated).

The Food Poverty Project: (Part of Citizens Advice Plymouth) A service that allows food network agencies can directly refer clients in need of advice or in need of a food parcel. Looking to set up advice surgeries in the future, to help people in their own communities. Self-referrals accepted → Email FoodSupportAdviceService@citizensadviceplymouth.org.uk or visit <https://citizensadviceplymouth.org.uk/food-poverty-project/>

Gambling

Gamblers Anonymous: A fellowship of men and women who have joined together to do something about their own gambling problem, and to help other gamblers do the same. Meets every Monday, 7-9pm, in Mutley → Call 0330 0940322 or email plymouthgamblersanon@gmail.com or visit <https://www.gamblersanonymous.org.uk/find-a-meeting/174>

GamCare (Plymouth): Provides a range of support for people struggling with the impact of gambling on their lives (telephone, online, and face-to-face support offered). Also supports people under 18 with gambling issues. Their treatment is free, flexible, and confidential → Call 07931 548622 or email southwest@gamcare.org.uk or more information <https://www.gamcare.org.uk/get-support/find-local-treatment/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

Health & Wellness

Active For All: (Part of Improving Lives Plymouth) Supports and promotes physical activity for those aged 18+ with disabilities and long-term health conditions, and mental health support needs. The aim of AFA is to improve health and wellbeing by helping people to stay regularly active → Call 01752 201891 or visit <https://www.improvinglivesplymouth.org.uk/our-services/active-for-all>

Argyle Community Trust: Runs several different health & wellness programmes and campaigns across different areas of Plymouth, such as Active Through Football, Argyle FIT (fans in training), as well as other city-wide campaigns. Run different activities and clubs for people of all ages and genders → more information available <https://argylecommunitytrust.co.uk/> (under 'What we do' → Health). Active through football: <https://argylecommunitytrust.co.uk/what-we-do/health/active-through-football/> Argyle FIT: <https://argylecommunitytrust.co.uk/what-we-do/health/man-v-weight/>

Better Futures: (Part of Improving Lives Plymouth) Actively supports its members to consider a healthier lifestyle, and provides guidance on healthy eating, weight, exercise, and awareness sessions on health & staying safe → Call 01752 776775 or 07305 065521 (available M-F 10-3), or email betterfutures@improvinglivesplymouth.org.uk or visit <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including health and wellness → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>



One You Plymouth: (Part of Livewell Southwest) Offers loads of advice, tips, resources, and support around healthy eating, physical fitness, physical wellness, smoking cessation, and sleep hygiene → <https://www.oneyouplymouth.co.uk/healthy-weight> or visit <https://www.oneyouplymouth.co.uk/stop-smoking> or <https://www.oneyouplymouth.co.uk/about/meet-the-team> Specific contact details on each page.

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Plymouth Young Carers Support Hub: As part of its services, PYCSH provides a range of information, support, and resources for carers' health and wellbeing, including mental wellness, and how to care for someone safely at home → More information is available on their website: <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers/health>

Wellbeing Hubs: (Part of Livewell Southwest) Amongst other services, Wellbeing Hubs provide health advocacy, debt advice, volunteering opportunities, and signposting of local/citywide providers of health services and voluntary/community sector activities. Self-referrals accepted → Call 01752 434400 (Cumberland Centre) for more information, or <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Housing & Homelessness

BCHA: Charitable housing organisation based in the Southwest; their mission is to meet housing needs and end homelessness, through the building and provision of affordable + secure homes, and by supporting individuals to take control and lead independent, fulfilled lives. Also run different programmes. Open to everyone; offices across UK but Plymouth is one of main branches → call 01202 410500 (M-F 9-5) or email enquiries@bcha.org.uk or www.bcha.org.uk

CASS+: A charity that provides information, advice, and support for a wide range of issues, including housing and homelessness → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or visit <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Devon Home Choice (Plymouth): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01752 305496 or email them on CommunityConnections@plymouth.gov.uk or more info <https://www.devonhomechoice.com/how-it-works>

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness → Call 01752 434314 or email livewell.FNP@nhs.net or visit <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Hidden Lives Counselling and Support Hub: Runs a project called Housing the Homeless; a lot of time and resources have been dedicated to this cause → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or <https://www.hiddenlivesupport.org/community>

One Stop Advocacy: Provides advice and assistance with relating to housing (e.g. moving, checking, and clearance), including correspondence and assessments. Operates Mon, Wed, and Fri (9-4). Reasonable rates offered → Call 07464 106903 or <https://www.onestopadvocacy.com/index.php>

PATH - Plymouth Access to Housing: Provides assistance to those in housing need, so to help prevent and reduce homelessness → Call 01752 255889 or email info@pathdevon.org or more information <https://www.pathdevon.org/>



Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Plymouth Community Homes: Aims to improve lives by providing affordable homes, great services and supporting communities across Plymouth. An effective housing business focused on providing good quality homes and services. They also offer shared ownership homes → Call 0808 230 6500 (general enquiries, 8.30-5 M-T, 8.30-4.30 F) or <https://www.plymouthcommunityhomes.co.uk/>

Plymouth Focus Advice Centre: Provides free, independent, and confidential advice and support with housing, and accommodation → Call 01752 669 785 or email enquiries@plymouthfocus.co.uk or more information <http://www.plymouthfocus.co.uk>

Refugee Integration Service (RIS): Provides housing-related support to refugees. It aims to help refugees to set up and keep their accommodation → Call 01752 255889 or email info@pathdevon.org or more information <http://www.pathdevon.org/refugee-integration-service.html>

Shelter Plymouth: A charity that exists to defend the right to a safe home. They provide housing advice, legal aid, support with housing issues and homelessness. They also run campaigns and research around different areas → Contact options here https://england.shelter.org.uk/get_help or call 03301 755 121 (emergency helpline M-S 9-5 for those who are homeless or have nowhere to stay that night), or more info https://england.shelter.org.uk/get_help/local_services/devon

Learning Disabilities & Special Education Needs

Active For All: (Part of Improving Lives Plymouth) Supports and promotes physical activity for those aged 18+ with disabilities and long-term health conditions, and mental health support needs. The aim of AFA is to improve health and wellbeing by helping people to stay regularly active → Call 01752 201891 or visit <https://www.improvinglivesplymouth.org.uk/our-services/active-for-all>

Adult Ability Counts: (Run by Argyle Community Trust) Football sessions for those aged 16+ with a disability (physical, learning, or mental). Provides a fun and friendly environment for all needs and abilities. No need to book, just turn up and play. Costs £3 per session. Every Wednesday 7.30-9pm at Manadon Sports Hub → Call 01752 562561 or email alice.young@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Better Futures: (Part of Improving Lives Plymouth) Supports adults aged 18+ with autism and learning disabilities/difficulties. Offer information and advice on day-to-day issues, help with developing skills for independence (e.g. groups/workshops/activities), a friendly community hub, as well as advice on healthy eating, exercise, and how to stay safe; plus much more → Call 01752 776775/07305 065521 (M-F 10-3) or email betterfutures@improvinglivesplymouth.org.uk <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

Clip'N Climb: A rock climbing centre that, every Sunday morning at 9am, holds autism and SEN-friendly session, providing children with additional needs the opportunity to enjoy the facilities in a quieter, calmer environment and meet other families in similar circumstances. Recommended to book in advance to avoid disappointment → Call 01752 717567 or email info@clipnclimbsplymouth.co.uk or more information <https://plymouth.clipnclimb.co.uk/>

eLIVEate: Provides creative and dynamic person-centred support for people with learning disabilities who are living, or wish to live, in Plymouth/Southwest Devon. Assist people to live the life they choose and to become active citizens within their communities → Call 01752 936358 or email info@eliveate.co.uk or visit <https://eliveatesupport.co.uk/>



Junior Ability Counts: (Run by Argle Community Trust). Football sessions in a fun and inclusive environment for children aged 5-16 with any disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub, Plymouth → Call 01752 562561 or email alice.young@pafc.co.uk or <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Livewell Southwest: Provides a specialist community learning disability (LD) service for adults in Plymouth with LDs, which includes specialist assessment and intervention to support peoples' health-related needs. Consists of a vast multidisciplinary team including nurses and OTs. Also provides support to families and carers of people with LDs, in addition to workshops and training. Self-referrals accepted → Call 01752 434033 (Referral Coordinator) or email livewell.cldreferrals@nhs.net or more information <https://www.livewellsouthwest.co.uk/community-care/learning-and-disability>

Pluss: Provides a friendly and supportive training service for people with a learning disability who would like to learn practical work skills with a view to finding paid employment. Also offers a range of activities in a spacious, positive working environment, and supports individuals to develop their skills for work at their own pace → Call 0800 3345525 or email customer.admin@pluss.org.uk or contact via <https://pluss.org.uk/contact/> or more information <https://pluss.org.uk/work/services/learning-disability-services-training/>

Plymouth Highbury Trust: Aims to provide support, resources, tool kits, and advice to people with learning disabilities, as well as activities and social clubs. Enables people with LDs to have a choice, a voice, and to feel empowered during difficult times → Call 01752 773333 or email admin@plymouthhighburytrust.org.uk or <http://www.plymouthhighburytrust.org.uk/>

University Hospitals Plymouth: A website that provides information for individuals for learning disabilities, carers, and professionals, as well as information about the LD Team at Derriford, and signposting to other services and resources → **patients:** <https://www.plymouthhospitals.nhs.uk/ld-for-patients> **information for carers:** <https://www.plymouthhospitals.nhs.uk/ld-for-carers>

Youth Ascends: A service made up of children aged 9-25 with special education needs and disabilities, that acts to ensure young peoples' views are taken into account within strategic planning provision in Plymouth → Call 01752 258933 or email YPFForum@plymouth.gov.uk

Legal Aid

CASS+: A charity that provides legal aid and free advice to both victims and offenders in the Plymouth area, with the aim of offering respect and fairness to vulnerable people who are at risk of, or have been processed through, the Criminal Justice System → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/> or contact via <https://www.cassplus.org/contact-us/>

Legal Advice Centre: (Part of Citizens Advice Plymouth): Offers free legal advice for litigants in person, on topics such as family law, employment, or housing. Unable to advise clients who are already instructing a solicitor or represent clients in court. In partnership with University House Law Centre, LAC offers a one-off 45-minute consultation with a solicitor (conducted remotely – family and employment law only). Also have in-house legal advisers who can provide advice & case support for clients. Self-referrals accepted → More information <https://citizensadviceplymouth.org.uk/legal-advice-centre/>

Shelter Plymouth: As part of its service, Shelter provides legal aid, for those who may need to go to court about a housing problem or to challenge a council's homelessness decision. To speak to their legal team, an appointment is needed → Call 0344 5151880 (M-F 9.30-6) or more info https://england.shelter.org.uk/get_help/local_services/devon

University of Plymouth Law Clinic: Offers real advice and assistance to clients in the Plymouth community, across a range of legal areas, including family, refugee, employment, and tenancy law. The Law Clinic is coordinated by law students and supervised by staff, and aims to provide a vital service



to the local community → Call 01752 600600 or <https://www.plymouth.ac.uk/courses/undergraduate/llb-law/plymouth-law-clinic>

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Not Alone: Provides support, advice, and a safe space for transgender and non-binary people in Plymouth, a space for sharing thoughts and feelings for those who need it. Any and all transgender and non-binary people welcome to join, as well as their family, partners and allies (age limit 16+). Meet on Tuesday evenings 7-9pm in Plymouth → Email contact@notaloneplymouth.co.uk or more information <http://www.notaloneplymouth.co.uk>

Out Youth Group: (Part of PCC's Community Connections Youth Service), OYG provides a safe, welcoming environment for LGBTQ+ individuals in Plymouth and the surrounding area. Aims to create opportunities for making friends, exploring identity, accessing support, and building supportive networks → Call 07774 336 616 or email outyouth@plymouth.gov.uk or <https://new.plymouth.gov.uk/out-youth-group>

Pride Counseling: Counselling and therapy for people in the LGBTQ+ community. Requires you to fill out a general questionnaire first before proceeding → <https://www.pridecounseling.com/get-started/>

Pride in Plymouth: A non-profit community organisation that brings people and groups together to celebrate and promote the diversity that exists within the LGBTQ+ communities in Plymouth. Aim to help advance community education and eliminate discrimination in relation to the LGBTQ+ community → Call 07935 306029 or info@prideinplymouth.org.uk or <https://prideinplymouth.org.uk/> (currently being updated)

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ (lesbian, gay, bisexual, trans, questioning, queer, intersex, asexual, pansexual, non-binary + more) people in Plymouth, to lead empowered, fulfilled and authentic lives → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk/>

Marriage & Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Relate: Provides (donations-based) relationship counselling in Plymouth for anyone over 16, regardless of relationship status (married, cohabiting, single, or looking to divorce/separate), and aims to help people work through the problems with their partner, in a caring and supportive environment → Call



01752 213131 or email relateplymouth@googlemail.com or more information available on their website <https://www.relateplymouth.co.uk/counselling-services/relationship-counselling>

Mental Health

A2ED (Alternative to Emergency Department): A joint project between Livewell Southwest and Colebrook SW Ltd (Headspace), comprising a small team of specialist mental health practitioners. A2ED offers expert assessment to those who urgently need to see a mental health professional, aiming to reduce waiting times for patients, their families, and urgent/emergency services. Uses a therapeutic approach, guidance, and onward referral to services as required. Open Tue, Weds, Sat, and Sun evenings, 5pm-1am. Anyone who has accessed First Response, Liaison Psychiatry, or telephone referrals from the Emergency Department, Ambulance/Police response unit, 111, GPs, or Headspace crisis café are accepted for A2ED → More information <https://www.livewellsouthwest.co.uk/alternative-to-emergency-department-a2ed>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including mental health → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or more information <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Crossroads Fun and Friendship Centre: Provides support to adults aged 18+ with mental health support needs, offering a wide variety of recreational, leisure, and educational opportunities. The aim of fun and friendship is at their core → Call 01752 367880 or email info@crossroadsfafc.co.uk

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as mental health issues → Call 01752 434314 or email livewell.FNP@nhs.net or visit <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Hidden Lives Counselling and Support Hub: Provides mental health support and advice for individuals, families, and communities that are struggling with their mental wellbeing → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or www.hiddenlivessupport.org

Heads Count: (Part of Colebrook SW) A service aimed at eliminating negative attitudes around, and raising awareness of the importance of, mental health and wellness, including community mental health support. Provides a user-led network for mental health service users (in and around Plymouth) & aims to improve mental health services → Call 01752 563492 or email headscout@colebrooksw.org or <http://www.colebrooksw.org/headscout/>

Liaison Psychiatry Team: (Part of LSW) An urgent and emergency (specialist) mental health service for people aged 18+ based at Derriford Hospital, which aims to support DH clinicians 24/7. Enables the Emergency Department & wards to assess and manage mental health problems as they present/arise in hospital patient. Comprises a team of senior & junior doctors, experienced mental health practitioners, nurses, social workers, and physiotherapists. Referrals through Derriford staff, and through people self-presenting to the Emergency Department. Most service-users are discharged home following a professional discussion about their needs/safety → <https://www.livewellsouthwest.co.uk/liaison-psychiatry>

Livewell Southwest: Provides services, resources, and support for different mental illnesses, including anxiety, depression, bipolar, eating disorders, and community mental health services → Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>



One You Plymouth: (Part of Livewell Southwest) Offers free support, advice, and tools on different mental health issues (such as anxiety and stress), as well as mental wellness in general. Also runs the 'Every Mind Matters' campaign, that encourages adults to be more aware of their mental health and to take simple steps to look after their mental wellbeing → Call 01752 437117 or email oneyou.plymouth@nhs.net or visit <https://www.oneyouplymouth.co.uk/stress-less>

PADS (Plymouth, Anxiety, Depression Support): An informal mental health support group run by adults with mental health issues, including depression and anxiety, for adults with mental health issues. Provides a safe space for them to meet and talk about their issues → Call 07902 528562 or email kerrymcmanus78@yahoo.co.uk

Plymouth Anxiety and Depression Support Group: A support group for anyone over the age of 18 with any type of anxiety or depression disorder, that offers support, advice, and a sense of community and togetherness by running different events and meet-ups → <https://www.meetup.com/plymouth-anxiety-and-depression-support-group/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

Wellbeing Hubs: (Part of Livewell Southwest) These hubs aim to improve the health and wellbeing outcomes for local people, and to reduce health and wellbeing inequalities. Aims to improve sustainability of the health and wellbeing system. Provides signposting to voluntary and community sector activities for local people → Call 01752 434400 (Cumberland Centre) for more information, or head to their website for further info <https://www.livewellsouthwest.co.uk/wellbeing-hub>

Men's Services

Active Men: (Part of Elder Tree) Focuses on supporting and engaging with men who have limited access to social activities, as well as those living with Dementia, Mild Cognitive Impairment, and long-term conditions. Support offered includes sports-based social sessions and activities (especially for older men, e.g. walking groups, games, and brunch clubs). Encourages men to build friendships and socialise with others. Self-referrals accepted → Call 01752 227447 or email them on admin@eldertreebefriending.co.uk or <https://eldertreeplymouth.co.uk/pages/active-men/114>

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

Men's Support Group: (Part of Devon Mind) Aims to give anyone who identifies as male a safe space to share, support, and explore personal challenges (including mental health problems) with other men, in a non-judgemental way → Call 01752 512280 or email hello@devonmind.com or visit <https://www.devonmind.com/find-help/groups/mens-support>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-



led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Personality Disorders

Hidden Lives Counselling and Support Hub: Provides a support group for people struggling with borderline personality disorder → Call 07305 945643 or email hiddenlivesplymouth@gmail.com or www.hiddenlivesupport.org

Livewell Southwest: A service that aims to help people with a personality disorder to manage their condition. Offers specialist psychological assessment and treatment for personality disorders, using NICE-recommended treatment such as DBT (for personality disorders). Referrals require the individual to have a care coordinator or a lead professional attached to a community mental health team → Call 01752 435502 or more information <https://www.livewellsouthwest.co.uk/project/personality-disorders-service-pds>

Personality Disorders Plymouth: A website created by someone with lived experience of Personality Disorder (members of the BPD Focus Support Group contribute to the site, as do PD professionals). Offers information and advice for people with PDs, (including a blog, advice, and signposting) as well as their carers and friends → Email meercats19@hotmail.com or more information <https://personality-disorder.wixsite.com/> (parts of the website are inactive, group doesn't seem to be currently running, but can still be used).

Psychology Today: Provides a directory of counsellors in Plymouth who offer support for individuals with personality disorder(s), many of which offer online therapy. People can tailor their preferences of location, price, and type of therapy → <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=borderline-personality>

Physical Disabilities

Active For All: (Part of Improving Lives Plymouth) Supports and promotes physical activity for those aged 18+ with disabilities and long-term health conditions, and mental health support needs. The aim of AFA is to improve health and wellbeing by helping people to stay regularly active → Call 01752 201891 or visit <https://www.improvinglivesplymouth.org.uk/our-services/active-for-all>

Adult Ability Counts: (Run by Argyle Community Trust) Football sessions for those aged 16+ with a disability (physical, learning, or mental). Provides a fun and friendly environment for all needs and abilities. No need to book, just turn up and play. Costs £3 per session. Every Wednesday 7.30-9pm at Manadon Sports Hub → Call 01752 562561 or email alice.young@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Argyle Community Trust: Under their Every Player Counts programme (funded by Wembley National Stadium Trust), ACT provides courses and programmes for a wide range of disabilities, which aims to improve accessibility, barriers to participation, and provide fun and progressive programmes for people with disabilities → Call 01752 562561 (ext 6) or email community@pafc.co.uk or visit <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Junior Ability Counts: (Run by Argle Community Trust). Football sessions in a fun and inclusive environment for children aged 5-16 with any disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub, Plymouth → Call 01752 562561 or email alice.young@pafc.co.uk or <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

PTSD



Psychology Today: A directory of counsellors and therapists in the Plymouth area that provide support for PTSD, either face-to-face, via telephone, or online →

<https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=trauma-and-ptsd>

StressCare: Also known as the Post Traumatic Stress Disorder Association. Launched in 1994 to educate the public and provide access to the application of therapeutic treatment for PTSD, and related conditions. Aims to provide counselling and support to promote further research into identifying the cause and treatments of PTSD → Call 07837 678165 or email info@stresscareuk.com or <http://www.stresscareuk.com>

Self-Harm & Suicide

Devon Partnership Trust: Provides urgent helpline numbers, as well as signposting to other services, and resources (such as safety plans) → More information <https://www.dpt.nhs.uk/i-need-help-now>

First Response: A 24/7 crisis line providing advice, support and signposting for people experiencing mental health difficulties (available to anyone in Plymouth) → Call 0800 9239323 or visit <https://www.livewellsouthwest.co.uk/inpatient-mental-health-neurology/first-response-24-7-helpline>

Livewell Southwest: Provides information, advice on self-harm and suicide, as well as signposting to other services → More information available <https://www.mayflowermedicalgroup.co.uk/help-and-support-service-types/suicide-and-self-harm/>

PLYMOUTH.GOV: Provides information, advice on suicide and self-harm (also for children and young people), as well as signposting to other services → <https://new.plymouth.gov.uk/suicide-awareness>

University of Plymouth: Provides information, advice, and signposting for those experiencing issues around self-harm → <https://www.plymouth.ac.uk/student-life/services/student-services/shine/self-harm>

Qwell: As part of its services, Qwell offers support, advice, guidance, resources, and much more, for those experiencing issues around self-harm and/or suicide. Requires a login to gain full access to services/support → More information <https://www.qwell.io/>

Sexual Abuse & Sexual Health

Eddystone Trust: A Plymouth-based HIV and sexual health charity that aims to provide support around numerous sexual health & wellness issues, including HIV, rapid care blood testing, support and advice on all sexual health matters (in a confidential, non-judgemental way), online support on a range of dating apps, as well as many different programmes, training, and pop-up services → Call 01752 254406 (M-F) or email info@eddystone.org.uk or more information <https://yourship.uk/our-clinics/eddystone-trust/>

First Light: A collective hub of services aimed at supporting victims of sexual abuse/harm across Devon and Cornwall (and other Southwest areas). Self-referral only. All services offered can be found here <https://www.firstlight.org.uk/make-a-referral/>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate and using a trauma-informed approach. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or <https://operationemotion.co.uk/contact>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues, including sexual abuse. Can provide Zoom/face-to-face support. Individual sessions



cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Relate: Provides (donations-based) counselling for people in Plymouth experiencing issues with their sexual wellness & health (including dysfunctions and loss of interest). Uses a 3-stage process to establish whether someone will benefit from this type of counselling (includes an initial consultation). All sessions are fully confidential → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/sex-therapy>

SALT (Sexual Abuse Listening Therapy) Southwest: A Plymouth-based charity that supports adult survivors of childhood sexual abuse, and offers a small number of sessions to 'significant others' (partners/close friends/supporters). Committed to supporting the lived experience of healing from trauma. Self-referrals accepted (any adult who has experienced childhood sexual abuse before age 16) → Call 01752 600599 or text 07469 200256 (referrals) or email@saltsouthwest.co.uk or <https://www.saltsouthwest.co.uk/>

SHiP (Sexual Health in Plymouth): A hub of sexual health and wellness that provides many different services, including STI testing and treatment, routine/emergency contraception, HIV testing, treatment and care, advice on sexual health and wellbeing, amongst others. Open to people of any age, including those who are below the legal age of consent. Anything told to the clinic is kept confidential → Call 01752 431124 or more information <https://yourship.uk/>

Substance Misuse

CASS+: A charity that provides information, advice, and support for a wide range of issues, including substance misuse → Call 01752 601153 (M-F 9.30-4.30) or <https://www.cassplus.org/about-us/> or contact via <https://www.cassplus.org/contact-us/>

Hamoaze House: A day service that provides advice, information, and support for those struggling with substance misuse. Also offers counselling, groups, and workshops for individuals & affected others → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or more information: <https://hamoazehouse.org.uk>

Harbour Centre: A service designed to support individuals (and affected others) struggling with substance dependency/misuse, including assessments, 1:1 support, and peer support groups → Call 01752 434343 or email harbourcentre@harbour.org.uk or www.harbour.org.uk

Narcotics Anonymous (Plymouth): A UK-based service that provides information, advice, and signposting for people who are experiencing, or have experienced, substance misuse/abuse issues. Currently run several meetings in the Plymouth area → Call 0300 9991212 (general enquiries, 7 days a week 10am-midnight) or email pi@ukna.org or more information <https://ukna.org/> (Plymouth meetings → 'Find a meeting' and search for Plymouth)

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues, including substance misuse. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Rehab 4 Addiction: Offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England, including a confidential helpline. R4A specialise in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk>



Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Also offers training and education opportunities for women accessing their services. Provides different services that offer a range of support, depending on women's needs (Sunflower Women's Centre, Jasmine Mother's Recovery, and Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk/>

Women's Services

A Vision of Hope Women's Meeting: A weekly meeting held by Narcotics Anonymous in Plymouth, for women experiencing difficulties around substance misuse. Held every Saturday 10.45-11.55am at Armada Way → Call 0300 9991212 (10am-midnight) or email meetings@ukna.org or more information <https://meetings.ukna.org/>

Daffodil Family Centre: (Part of Trevi House) A national parenting assessment centre which provides focused, purposeful, time-limited residential assessments, thereby enabling parenting capacity to be assessed whilst children remain in their parent's care. Ensures the best outcomes for children, using a trauma-informed approach, with a view to facilitate care planning for the child's longer-term future → Call 01752 255 758 or email office@trevi.org.uk or <https://trevi.org.uk/services/daffodil-family-centre/>

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships → Call 01752 434314 or email livewell.FNP@nhs.net or <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Gifted Women: Supports Plymouth-based women, who are referred to GW by other organisations to take part in this trauma-informed programme of employability training and confidence building. Aims to provide discovery and personal growth for women, in a supportive environment → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Great Expectations: A free, 4-week antenatal education programme for expectant mothers, facilitated by LSW (sessions are 2 hours). Aims to provide useful information and practical skills to mothers/parents-to-be, and to support them to feel comfortable with their parenting choices. Runs in partnership with local children's centres, and is delivered by parenting experts, midwives, and other health professionals. Can attend alone, with a partner, with a friend/relative → Call 01752 268011 or email customerservicepch@nhs.net or <https://www.livewellsouthwest.co.uk/project/great-expectations-antenatal-programme>

Mum2Mum Market: A baby and children's nearly new sale in Plympton where parents sell their baby's outgrown items to other families, for very reasonable prices. The events only sell Pregnancy, Maternity, Baby and Children (0-6 yrs) items, offering items including prams, cots, highchairs, clothes, toys, and more. Buyers pay £2 on the door (free entry in the last half hour of sale) → email michele@mum2mummarket.co.uk or more information <http://www.mum2mummarket.co.uk>

Pregnancy Crisis Care: A service passionately committed to helping women and couples through pregnancy crises (including unplanned pregnancies). Offers free, confidential, impartial support, counselling, and signposting (including to medical services) → Call 01752 246788 or email contact@pregnancycrisiscare.co.uk or more information <https://www.pregnancycrisiscare.org.uk/>



Plymouth Highbury Trust: Aims to provide support, guidance, and resources to women with a learning disability, enabling them to have a choice, a voice, to understand, and to feel empowered during difficult times → Call 01752 773333, or email admin@plymouthhighburytrust.org.uk or more information <http://www.plymouthhighburytrust.org.uk/advocacy/plymouth-parent-advocacy-project/>

Sunflower Women's Centre: A trauma-informed women's wellbeing hub in Plymouth that provides opportunities for any woman who has support needs, such as substance misuse, childhood trauma, DV, and poor mental health. Offers therapeutic activities, programmes, and practical support (part of Trevi House) → Call 01752 255758 or email office@trevi.org.uk or www.trevi.org.uk/services/sunflower-womens-centre

Trevi House: A nationally award-winning women's and children's charity that provides safe and nurturing spaces for women in recovery (from substance and alcohol misuse) to heal, grow, and thrive. Services include training and education opportunities, and person-centred support across its houses (Sunflower Women's Centre; Jasmine Mother's Recovery; Daffodil Family Centre) → Call 01752 255758 or email office@trevi.org.uk or more information <https://trevi.org.uk/>

Young Adult Support

Adult Ability Counts: (Run by Argyle Community Trust) Football sessions for those aged 16+ with a disability (physical, learning, or mental). Provides a fun and friendly environment for all needs and abilities. No need to book, just turn up and play. Costs £3 per session. Every Wednesday 7.30-9pm at Manadon Sports Hub → Call 01752 562561 or email alice.young@pafc.co.uk or more information <https://argylecommunitytrust.co.uk/what-we-do/football/disability-football/>

Barnardo's Plymouth: Provides specialist support through multiagency teams for young carers, focusing on those at risk of social exclusion and academic underachievement. Also aims to reduce the caring demands of young carers → Call 01752 256339 or email bycs@barnardos.org.uk or visit <https://www.barnardos.org.uk/what-we-do/services/young-carers-plymouth>

Better Futures: (Part of Improving Lives Plymouth) Provides support for adults aged 18+ with autism and learning disabilities/difficulties. Offers a wide range of groups, activities, and workshops in order to help vulnerable adults develop skills for independence, to meet new people, and to improve their wellbeing → Call 01752 776775 or 07305 065521 (M-F 10-3) or email them at betterfutures@improvinglivesplymouth.org.uk more information available on their website <https://www.improvinglivesplymouth.org.uk/our-services/better-futures-learning-disability-support-advice>

Crossroads Fun and Friendship Centre: Provides support to adults aged 18+ with mental health support needs, offering a wide variety of recreational, leisure, and educational opportunities → Call 01752 367880 or email info@crossroadsfafc.co.uk (website is currently down).

Family Nurse Partnership: (Part of Livewell Southwest) An intensive support programme for girls and women (up to age 19) who are pregnant, and who may be facing a range of difficult circumstances, such as homelessness, social isolation, mental health issues, or unhealthy relationships → Call 01752 434314 or email livewell.FNP@nhs.net or <https://www.livewellsouthwest.co.uk/project/family-nurse-partnership>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Hamoaze House: Runs a youth programme in Seymour House as part of their services, which aims to provide alternative education for young people (across the whole academic year) who have



struggled to engage with the mainstream education system. Also offers activities and workshops for young people → Call 01752 566100 or contact via <https://hamoazehouse.org.uk/contact/> or visit <https://hamoazehouse.org.uk>

Icebreak: (Part of The Zone) Committed to person-centred support and working with 16–22-year-olds who have been experiencing severe emotional distress for a long time and are eligible for a GP in Plymouth. Self-referrals accepted → Call 07727 869318 or <https://www.thezoneplymouth.co.uk/mental-health-and-wellbeing/icebreak>

Not Alone: Provides a safe place support and advice for transgender and non-binary people, aged 16+, in Plymouth → Email contact@notaloneplymouth.co.uk or <http://www.notaloneplymouth.co.uk>

Out Youth Group: (Part of PCC's Community Connections Youth Service), OYG provides a safe, welcoming environment for LGBTQ+ individuals in Plymouth and the surrounding area. Aims to create opportunities for making friends, exploring identity, accessing support, and building supportive networks → Call 07774 336 616 or email outyouth@plymouth.gov.uk or <https://new.plymouth.gov.uk/out-youth-group>

Plymouth Advocacy and Independent Visitor Service: (Part of Barnardo's): Provides advocates and Independent Visitors for children & young people aged 6-24 who are in care, have a disability, or are in vulnerable situations. Provides them with 1:1 support, and a voice in any meetings about them/their life → Call 01752 256339 or plymouthadvocacy@barnardos.org.uk or more information <https://www.barnardos.org.uk/what-we-do/services/plymouth-advocacy-and-independent-visitor-service>

Plymouth Young Carers Support Hub: Provides useful information and links to help Young Carers (under 18) provide amazing support to their friends, family and relatives → More information <https://www.plymouthonlinedirectory.com/childrenandfamilies/plymouthyoungcarers>

Skills Launchpad Plymouth: Offers targeted support for young people aged 16-24, including those with additional needs, through the Youth Hub. Aims to put the individual at the heart and to enable everyone to have access to this free help. Drop-ins and booked appointments welcome → <https://www.skillslaunchpadplym.co.uk>

The Zone: Provides free and confidential information and support to people aged 13-25, including a drop-in service 6 days a week. Also provides info around housing, sexual health, and mental health, as well as referrals to specialist services → Call 01752 206626 or email info@thezoneplymouth.co.uk or www.thezoneplymouth.co.uk

Young Devon: A young people's charity that aims to help young people across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing → Call 08082 810155 or email info@youngdevon.org or visit www.youngdevon.org

Youth Ascends: A service made up of young people aged 9-25 with special education needs and disabilities, that acts to ensure young peoples' views are taken into account within strategic planning provision in Plymouth → Call 01752 258933 or email YPFForum@plymouth.gov.uk



EXETER

Activities, Clubs, & Hobbies

Exeter Community Initiatives: A local charity that initially started up to help local people facing poverty and homelessness. Offers lots of services, including group activities for any families in Exeter with children under 5 → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Magic Carpet Arts for Health: Based in Exeter (and surrounding towns), offers a range of creative arts activities to those who can't usually access the arts due to health difficulties, learning disabilities, or difficult social circumstances → Call 01392 422938 or email info@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/>

Men in Sheds: (Run by Age UK) A workshop in Wardrew Road that offers men aged 50+ opportunities to take part in different activities, events, and to meet new people. The workshop is open from 10-4 Monday to Thursday, volunteers can give as much or as little time within those hours as they like → Call 01392 257505 or <https://www.ageuk.org.uk/exeter/our-services/men-in-sheds/men-in-sheds/>

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

The Bridge Collective: A community-based safe space where people who have experiences, beliefs, or feelings around mental health can talk about these experiences safely & without judgement. Allows people to make friends, access support, learning, be active, and contribute to important discussions. Runs lots of different groups, activities, and workshops, including the Greenwood Project, Open Minds, and Art at the Bridge → Full list: <https://www.bridgecollective.org.uk/activities-and-groups/> (last updated January 2022) or call 01392 433358 or email info@bridgecollective.org.uk

Youth Arts Trust: A registered charity based in Exeter, who provide art therapies for children and young people aged 5+ (via local authorities, organisations, schools, and families directly). Offer face-to-face and online activities across the South West, and aim to work alongside young people and their families to develop confidence and resilience through safe, inclusive, and creative arts therapies → Email info@youthartsandhealth.org or <https://www.youthartsandhealth.org/>

Advocacy

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>



Exeter Community Initiatives: Amongst other services, provides advice and advocacy for people with criminal histories, and other vulnerable people (such as those experiencing homelessness) → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Information Advice & Advocacy Service: (Part of Citizen's Advice Exeter) Aims to ensure free, confidential, and impartial advice, information, and advocacy for adults in Exeter communities, and to work alongside the Council's Housing Needs Team to support customers who are homeless/at risk of homelessness, and are experiencing financial/budgeting difficulties → Call 0808 278 7845 (M-F 10-4; free helpline) or visit <https://www.citizensadviceexeter.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide advocacy, and support and advice to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Plymouth & Devon Racial Equality Council: Offers and advocates for equality and diversity in the workplace, and works in partnership with individuals & organisations committed to race equality. Their aim is to build a just and fair society where everyone has equal opportunities to live and learn free from prejudice, discrimination, and racism → Call 01752 224 555 or contact via <https://www.plymouthanddevonrec.org.uk/contact.html> or <https://www.plymouthanddevonrec.org.uk/> (based in Plymouth, Exeter, and Torbay)

Alcohol Misuse

EDP Drug & Alcohol Services: Offer a wide range of services across the Southwest and are passionate about supporting individuals who face complex issues, including alcohol misuse. Offer services in communities and prisons. Focus on addressing both local and national health and social inequalities → 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/>

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

University of Exeter: Offers information, advice, and signposting for those experiencing problematic alcohol use. Aimed at colleagues of the University, but their information is accessible to everyone → More information <https://www.exeter.ac.uk/staff/wellbeing/self-care/alcoholanddrugs/>

Anxiety

Devon Partnership Trust: As part of their services, DPT provide community mental health teams for elderly people. These teams provide assessment and treatment for elderly adults who are experiencing mental health problems such as anxiety. GP referrals accepted → Call 01392 208390 or more information <https://www.dpt.nhs.uk/locations/older-people-s-community-mental-health-service-exeter>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon



→ Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Willow Anxiety Support Group (Exeter): A peer support group for people who struggle with anxiety. Aims to run a centre-based support meeting every fortnight on a Wednesday evening. Sometimes arranges events such as walks → More information <https://www.meetup.com/willowexeter/>

Asylum Seekers & Refugees

Exeter City of Sanctuary: Aim to provide a culture of safety and inclusion for refugees & asylum seekers fleeing war and persecution. Their vision is for Exeter to become a genuine City of Sanctuary where all areas of the community help to create this culture, by bringing people and organisations together, running community events, and school workshops, raising awareness, and campaigning for change. Also provides accommodation & employment advice → Email info@exeter.cityofsanctuary.org or visit <https://exeter.cityofsanctuary.org/>

Refugee Support Devon: An independent charity based in Exeter (operating across all of Devon), with a vision to help find protection for those who have fled from their homes in the other parts in the world, and to help them rebuild their lives, and achieve their full potential → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only). Contact form: <https://refugeesupportdevon.org.uk/contact-us/> or website: <https://refugeesupportdevon.org.uk>

University of Exeter: Provides information, advice, and community, financial, and academic support for asylum seekers & refugees studying at Exeter University → <https://www.exeter.ac.uk/students/wp-support/supportfor/asylumseekersandrefugees/>

Autism & ADHD

Dimensions for Autism: A group for adults on the spectrum (without a learning disability) in Devon that aims to provide support and information for these individuals, including their families and carers. Also aim to schedule group outings → More information <https://www.dimensionsforautism.life/>

Meet Up Exeter ADD/ADHD Support Group: A group for anyone who has, suspects they may have, or is impacted by ADD/ADHD. Encourages people to share experiences, support each other and exchange information on what works for everyone. Each month is loosely based around a theme as a starting point for conversations that month → More information https://www.meetup.com/Exeter-Adult-ADD-ADHD-Support-Meetup/?cookie-check=c8a4NvT3n_2P3IUZ

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Benefits

Age UK Exeter: Their Information and Advice Centre offers support and signposting around income and welfare benefits for elderly people (amongst others). Not currently offering drop-in advice sessions → Call 01392 455614 (advice line M-Th 10.30am-3pm) or email iandaExeter@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter/>



Citizen's Advice (Exeter): A service that offers free, confidential, impartial, and independent information and advice on a wide range of subjects, including benefits → Call 0808 278 7845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk/>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Exeter City Council: Provides information on how to make a benefit claim, what benefits you may be entitled to, and also how to report benefit fraud. Also provides advice and information for landlords, as well as cost of living support □ More information <https://exeter.gov.uk/benefits-and-welfare/>

Exeter Works: An online directory that provides information, advice, and signposting on a wide range of issues, including benefits and financial support → More information <https://exeterworks.org/support-for-individuals/support>

Bereavement

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or <https://www.hospiscare.co.uk/healthcare-professionals/covid-19/bereavement-care/>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Psychology Today: An online directory of Bereavement Counsellors in the Exeter (face-to-face and online sessions offered). Contact details, location, and types of therapy also included → More information <https://www.psychologytoday.com/gb/counselling/eng/exeter?category=bereavement>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Royal Devon and Exeter NHS Trust: A service that provides sympathetic support and assistance to bereaved relatives and carers to help them through the procedures following the passing of a patient at the hospital → Call 01392 402349 or <https://www.rdehospital.nhs.uk/patients-visitors/bereavement-services/>



The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Bipolar Disorder

Devon Partnership Trust: As part of their services, DPT provide community mental health teams for elderly people. These teams provide assessment and treatment for elderly adults who are experiencing mental health problems such as bipolar disorder. GP referrals accepted → Call 01392 208390 or more information <https://www.dpt.nhs.uk/locations/older-people-s-community-mental-health-service-exeter>

Lived Experience Group: (Part of Exeter University) This group aims to actively encourage a co-operative working relationship between faculty members of the Mood Disorders Centre (MDC) and people with lived experience of bipolar disorder & supporters of people with this condition. Also increasingly involved in external activities such as community workshops, in order to increase mental health understanding & reduce stigma → Email mdcadmin@exeter.ac.uk or more information <https://www.exeter.ac.uk/departments/mooddisorders/groups/leg/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Age UK Exeter: Their Information & Advice service provides free and confidential information and advice services for elderly adults' carers, on topics such as benefits, social care, local services, and community groups & activities → Call 01392 455 614 (advice line M-Th 10.30am-3pm or email iandaExeter@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or <https://www.hospiscare.co.uk/healthcare-professionals/covid-19/bereavement-care/>

Royal Devon and Exeter NHS Trust: A service that provides sympathetic support and assistance to bereaved carers, to help them through the procedures following the passing of a patient at the hospital → Call 01392 402349 or <https://www.rdehospital.nhs.uk/patients-visitors/bereavement-services/>



TALKWORKS: As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

University of Exeter: Provides a service committed to supporting student carers, and provides a range of information and advice available to help student carers → Email student-carers@exeter.ac.uk or visit <http://www.exeter.ac.uk/students/wp-support/supportfor/studentcarers/>

Children/Teenagers

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support □ Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to professionals and families of children and young people with severe or profound learning disabilities → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Exeter Community Initiatives: Offers a wide range of different services, including support, advice, and services for children across Exeter. Also signposts towards group activities for children aged 5+ and Children's Centres → Call 01392 205800 or email info@eci.org.uk or more information visit <https://www.clinks.org/partnership-finder/30128>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Exeter), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication, skills, and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>



YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including supported accommodation, youth and schools work, and work with offenders, and mental health activities that improve day to day wellbeing, and work to bring individuals out of crisis ☐ Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or more information <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts Trust: A registered charity based in Exeter, who provide art therapies for children and young people aged 5+ (via local authorities, organisations, schools, and families directly). Offer face-to-face and online activities across the South West, and aim to work alongside young people and their families to develop confidence and resilience through safe, inclusive, and creative arts therapies. Also aim to 'plug the gap' for young people struggling to find mental health support → Email info@youthartsandhealth.org or <https://www.youthartsandhealth.org/>

Community Support

Age UK Exeter: Runs community activities, events, and support groups for elderly adults (and their carers & families) in Exeter → Call 01392 209092 (M-F 8.30-3) or email info@ageukexeter.org.uk or more information <https://www.ageuk.org.uk/exeter/activities-and-events/activities-with-age-uk-exeter/>

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

EDP Drug & Alcohol Services: Amongst their services, EDP offers community support for those struggling with complex issues (such as alcohol/substance misuse and mental illness). Community services offered include Flourish Cafes and Flourish in Nature, amongst other events → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/flourish>

Exeter City of Sanctuary: Holds community events and school workshops for refugees and asylum seekers fleeing war and persecution, which aim to create a culture of welcome and safety, by bringing people and organisations together → Email info@exeter.cityofsanctuary.org or more information visit <https://exeter.cityofsanctuary.org/>

Food Cycle Exeter: A service that provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing people together. Every Tuesday 6.30pm at The Mint Methodist Church → Email exeter@foodcycle.org.uk or visit <https://foodcycle.org.uk/location/foodcycle-exeter/>

Gamblers Anonymous (Exeter): Runs a peer support group for people experiencing issues/addictions with gambling, to allow them to share their experience, strength, and hope with each other. Meets at Palace Gate every 2nd Tuesday of each month → Call 07864 896522 (to join the group), or 0330 0940322 (more information), or <https://www.gamblersanonymous.org.uk/find-a-meeting/85>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Exeter), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk



Magic Carpet Arts for Health: Based in Exeter, offers a range of creative arts activities to those who can't usually access the arts due to health difficulties, learning disabilities, or difficult social circumstances → Call 01392 422938 or email info@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/>

Men in Sheds: (Run by Age UK) A workshop in Wardrew Road that offers men aged 50+ opportunities to take part in different activities, events, and to meet new people. The workshop is open from 10-4 Monday to Thursday, volunteers can give as much or as little time within those hours as they like. Offers volunteers the opportunity to chat to, and support, each other → Call 01392 257505 or visit <https://www.ageuk.org.uk/exeter/our-services/men-in-sheds/men-in-sheds/>

Mental Health Assessment Team - Exeter and East Devon: Provides access to adult community mental health services across Exeter and East Devon, through their process of managing referrals → Call 01392 207799 or email dpn-tr.Exeter-MWAReferrals@nhs.net or more information <https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=YhO4QF4d2xQ>

Plymouth & Devon Racial Equality Council: Provides a wide range of activities to help support local diverse communities, including support to form a group, assisting with the planning of community events and activities, and attending community events and activities → Call 01752 224555 or more information <https://www.plymouthanddevonrec.org.uk/community-support-plymouth-devon-racial-equality-council-exeter-torbay.html>

Rethink Mental Illness (Exeter): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

The Bridge Collective: A community-based safe space where people who have experiences, beliefs, or feelings around mental health can talk about these experiences safely & without judgement. Allows people to make friends, access support, learning, be active, and contribute to important discussions. Runs lots of different groups, activities, and workshops, including the Greenwood Project, Open Minds, and Art at the Bridge → Full list: <https://www.bridgecollective.org.uk/activities-and-groups/> (last updated January 2022) or call 01392 433358 or email info@bridgecollective.org.uk

The Haldon: The Haldon's Community Service works with individuals with a moderate to severe eating disorder. Also provide advice, consultation, and training for professionals. The service does not provide crisis response and operates on a 9am to 5pm basis. Typically GP referrals → Call 01392 208866 or <https://www.dpt.nhs.uk/our-services/eating-disorders/our-services/community-eating-disorder-service>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>



Willow Anxiety Support Group (Exeter): A peer support group for people who struggle with anxiety in the local community. Aims to run a centre-based support meeting every fortnight on a Wednesday evening. Sometimes arranges events such as walks and other activities → More information <https://www.meetup.com/willowexeter/>

Youth Arts Trust: A registered charity based in Exeter, who provide art therapies for children and young people aged 5-25 (via local authorities, organisations, schools, and families directly). Offer face-to-face and online activities across the South West, and aim to work alongside young people and their families to develop confidence and resilience through safe, inclusive, and creative arts therapies → Email info@youthartsandhealth.org or <https://www.youthartsandhealth.org/>

Counselling Services

Counselling Directory: An online directory of all available counsellors in the Exeter and surrounding areas. In-person, online, and telephone counselling offered, inclusive of lots of different types of therapy → More information <https://www.counselling-directory.org.uk/city/exeter>

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, and counselling to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Psychology Today: An online directory of Bereavement Counsellors in the Plymouth (face-to-face and online sessions offered). Contact details, location, and types of therapy also included → More information <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=bereavement>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

TALKWORKS: Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Criminal Justice

Exeter Community Initiatives: A local charity that provides a mentoring project for people with criminal histories, and a family support service for criminal offenders, so they can be seen in the context of their family life as well as their criminal history. Also helps local people facing poverty and homelessness → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Prisoners' Families Helpline: Supports those who have a family member in contact with the CJS. Provides advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release. Operated by Prison Advice and Care Trust under contract to Her Majesty's Prison & Probation Service and provides information and support for families across England and Wales. All



calls are free, from landlines and mobiles, and confidential → Call 0800 8082003 or email info@prisonersfamilies.org or <https://www.prisonersfamilies.org>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including working with offenders → Call 01392 410530 or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Exeter Foodbank: (Run by Trussell Trust) A service that provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Located at The Mint Methodist Church, Fore St → Call 07818 226 524 or email info@exeterfoodbank.org.uk or <https://exeter.foodbank.org.uk/>

First Response (Exeter): A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 0808 196 8708

Home Treatment Team: (Part of Devon Partnership Trust) A community-based service that supports people experiencing severe mental health issues and requiring 'crisis' support. Main aim is to help people manage and resolve their crisis through assessment and treatment in their home environment. Operates across Exeter, Mid-Devon, and East Devon → Call 0300 555 5000 or more information <https://www.dpt.nhs.uk/locations/home-treatment-team-exeter-east-and-mid-devon>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay, including information and support for anyone who feels they are in a crisis, or heading towards a crisis situation. Exeter hub is based in St Leonards → Exeter office: Call 07990 790920 (M-F 10am-midnight, S+S 12pm-midnight) or email devonexeter.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Debt & Money Management

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent information advice on a wide range of issues, including debt and money management → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

Exeter City Council: Provides information on the cost of living, advice for budgeting and managing money, and information on how to claim benefits. Also provides advice and information for landlords → More information <https://exeter.gov.uk/benefits-and-welfare/>



University of Exeter: Offers financial help to (full-time) student carers (with children/adult dependants), who may have additional costs related to being a carer, in the form of a Carers Bursary. It is not fixed, and will be dependent on your situation → For further information, or to find out about any additional funding, email advice@exeterguild.com or visit <http://www.exeter.ac.uk/students/wp-support/supportfor/studentcarers/>

Depression

Devon Partnership Trust: As part of their services, DPT provide community mental health teams for elderly people. These teams provide assessment and treatment for elderly adults who are experiencing mental health problems such as depression. GP referrals accepted → Call 01392 208390 or more information <https://www.dpt.nhs.uk/locations/older-people-s-community-mental-health-service-exeter>

Lived Experience Group: (Part of Exeter University) This group aims to actively encourage a co-operative working relationship between faculty members of the Mood Disorders Centre (MDC) and people with lived experience of bipolar disorder & supporters of people with this condition. Also increasingly involved in external activities such as community workshops, in order to increase mental health understanding & reduce stigma → Email mdcadmin@exeter.ac.uk or more information <https://www.exeter.ac.uk/departments/mooddisorders/groups/leg/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. Includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing low mood and depression (amongst other conditions). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

EDP Drug & Alcohol Services: Offers advice and information on issues around domestic abuse, for individuals and their family members. EDP works in partnership with Domestic Abuse services to



provide this package of care and support (in Barnstaple) → Call 0800 233 5444 or email them info@edp.org.uk or visit <https://www.edp.org.uk/family-support/>

Eating Disorders

The Haldon: Provides advice, support and treatment for those living with eating disorders. Also provide a community eating disorder service for those who need support to manage their eating disorder, and a specialist service with accommodation that helps treat people who are living with more severe eating disorders → Call 01392 208866 or more information <https://www.dpt.nhs.uk/our-services/eating-disorders>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

Elderly Adult Support

Age UK Exeter: A local charity working in the community to support older people, their families, and carers. They want everyone to be able to love later life. Offers a range of groups, activities, and signposting to local services, as well as advice and information. Not currently able to offer drop-in advice sessions → Call 01392 209092 (main number M-F 8.30-3), or 01392 455614 (advice line M-Th 10.30am-3pm) or email info@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter/>

Devon Partnership Trust: As part of their services, DPT provide community mental health teams for elderly people. These teams provide assessment and treatment for elderly adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders, or schizophrenia. GP referrals accepted → Call 01392 208390 or more information <https://www.dpt.nhs.uk/locations/older-people-s-community-mental-health-service-exeter>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Men in Sheds: (Run by Age UK) Runs a workshop (open 10-4 Monday to Thursday), activities, events, and opportunities for men aged 50+ for anyone in Exeter → Call 01392 257505 or visit <https://www.ageuk.org.uk/exeter/our-services/men-in-sheds/men-in-sheds/>

Employment & Education

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent advice on a wide range of issues, including employment → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

EDP Drug & Alcohol Services: As part of its services, EDP supports individuals who face complex issues, including substance misuse, mental ill health, and offending behaviours, in order to improve their employability outcomes → Call 0800 233 5444 or email info@edp.org.uk or more information available <https://www.edp.org.uk/>

Exeter Community Initiatives: Amongst other services, provides opportunities for excluded young people (including those with criminal histories) to develop employability and life skills → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>



Hidden Gems: (Part of EDP Drug & Alcohol Services) A programme which supports people to gain employment through learning how to design, make and sell jewellery and other handcrafted items from recycled metals → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/about-us/>

Refugee Support Devon: Allows refugees within Exeter the opportunity to develop their English proficiency, as well as employment opportunities and integration into the local community. Also provides ESOL (English to Speakers of Other Languages) tuition, opportunities to develop literacy skills with tutors, access to Higher Education, work placements, and employment placements → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Together Drug & Alcohol Service: As part of its services, TDAS runs the Hidden Gems programme, which supports people towards and into employment through learning how to design, make, and sell jewellery and other handcrafted items → Call 0800 233 5444 or email info@edp.org.uk or more information <https://www.edp.org.uk/about-us/>

University of Exeter: Offers career and employability support and guidance throughout the duration of student carers' time at university, with continued support after they graduate. Their Career Zone offers a wide variety of programmes, including fully funded internships and mentoring schemes to support students' entry into the workplace → Call 01392 724493 (Exeter Career Zone) or email careers@exeter.ac.uk or <http://www.exeter.ac.uk/students/wp-support/supportfor/studentcarers/>

Families

Age UK Exeter: Their Information & Advice service provides free and confidential information and advice services for elderly adults' families, on topics such as benefits, social care, local services, and community groups & activities → Call 01392 455 614 (advice line M-Th 10.30am-3pm) or email iandaExeter@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter>

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to families of children and young people with severe or profound learning disabilities → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to the families, friends, and partners of anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

EDP Drug & Alcohol Services: Amongst its services, EDP provides a rounded package of support for families of those in drug and alcohol treatment. Aims to support and signpost the individual, their children, spouse, and other family members, alongside their recovery worker, throughout their journey and to make their home as safe as possible. Offers various interventions and services → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Exeter Community Initiatives: Offers family support and group activities for families in central Exeter with children under the age of 5, as well as 1:1 support to families with children of any age who are



struggling to cope with parenting, or emotional/practical issues → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or <https://www.hospiscare.co.uk/healthcare-professionals/covid-19/bereavement-care/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Royal Devon and Exeter NHS Trust: A service that provides sympathetic support and assistance to bereaved relatives, to help them through the procedures following the passing of a patient at the hospital → Call 01392 402349 or <https://www.rdehospital.nhs.uk/patients-visitors/bereavement-services/>

Southwest Autism Devon: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or <https://www.southwestautismsupport.com/services.html/>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information available <https://www.talkworks.dpt.nhs.uk/>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone affected (families, friends, partners) by an individual's alcohol or substance misuse, including group work programmes, and family support and interventions → Call 0800 233 5444 or <https://www.edp.org.uk/together-drug-alcohol-service/>

Youth Arts Trust: A registered charity based in Exeter, who provide art therapies for children and young people aged 5+ (via local authorities, organisations, schools, and families directly). Offer face-to-face and online activities across the South West, and aim to work alongside young people and their families to develop confidence and resilience through safe, inclusive, and creative arts therapies → Email info@youthartsandhealth.org or <https://www.youthartsandhealth.org/>

Food Services (e.g. Food Banks)

Exeter Food Action: A service that rescues excess food from shops and suppliers, and redistributes it to charity organisations that feed people in Exeter → Call 078808 14064 or email them info@exeterfoodaction.org.uk or <https://exeterfoodaction.org.uk/>



Exeter Foodbank: (Run by Trussell Trust) A service that provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Located at The Mint Methodist Church, Fore St → Call 07818 226 524 or email info@exeterfoodbank.org.uk or <https://exeter.foodbank.org.uk/>

Food Cycle Exeter: Provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing the community together. Runs every Tuesday 6.30pm at The Mint Methodist Church, Fore St → Email exeter@foodcycle.org.uk or <https://foodcycle.org.uk/location/foodcycle-exeter/>

Gambling

Gamblers Anonymous (Exeter): A fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem, and help others do the same. Meets at Palace Gate every 2nd Tuesday of each month → Call 07864 896522 (to join the group), or 0330 0940322 (more information), or <https://www.gamblersanonymous.org.uk/find-a-meeting/85>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

University of Exeter Students' Guild: Provides information, advice, tools, and signposting to other services, for people who are addicted, or may feel addicted, to gambling → More information <https://www.exeterguild.com/page/advice-gambling>

Health & Wellness

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

TALKWORKS: As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Housing & Homelessness

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent information advice on a wide range of issues, including housing → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

Devon ECRS - Capper Close: Provides housing-related support for people with high support needs. Aim to enable people placed out of the area to return to Devon by supporting them to gain the skills they need to live independently → Call 01395568599 (open daily) or email ECRS@rethink.org or visit <https://www.rethink.org/help-in-your-area/services/housing/devon-ecrs-capper-close/>

Devon Home Choice (Exeter): Allows Devon residents to search and apply for council and housing association homes across Devon → Call 01392 265889 or email devonhomechoice@exeter.gov.uk or more info <https://www.devonhomechoice.com/contact-us-2>

Devon Supported Housing - Cowick Street: An individualised support service funded by Devon Partnership Trust, that offers housing-related support to people with low-to-medium support needs, leaving a hospital or residential setting. Where possible, DSH tries to provide support at a time which



best suits individuals' needs, using a Recovery model of support. Cowick Street is a 5-bedroom property situated on the outskirts of Exeter → Call 01392 438 852 (M-F 9-8; S+S 9-6.30) or more information <https://www.rethink.org/help-in-your-area/services/housing/devon-supported-housing-cowick-street/>

Devon Supported Housing - Pinhoe Road: An individualised support service funded by Devon Partnership Trust, that offers housing-related support to people with low-to-medium support needs, leaving a hospital or residential setting. Pinhoe Road house consists of five small flats and is situated on the outskirts of Exeter → Call 01392 438 852 (M/W/F 9-8; T/T 8-8; Sa 8-6.30; Su 9-6.30) or visit <https://www.rethink.org/help-in-your-area/services/housing/devon-supported-housing-pinhoe-road/>

EDP Drug & Alcohol Services: Offers advice and information on issues around housing, either for the individual, or their family member(s). Works in partnership with housing/accommodation services to provide this package of care and support → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Exeter Community Initiatives: Amongst other services, provides advice, information and support for people experiencing housing issues and homelessness → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Learning Disabilities & Special Education Needs

Access Wallet: (Part of DCC) An initiative that aims to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first language is not English → Call 01392 383509 or email accesswallet@devon.gov.uk or <https://www.traveldevon.info/accessibility/devon-access-wallet/>

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (aged 0-25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to professionals and families of children and young people with severe or profound learning disabilities → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Learning Disability Health Commissioning Team: (Part of DPT) A service that supports adults with a learning disability to access all the help they need → Call 01392 208373 or more information <https://www.dpt.nhs.uk/locations/learning-disability-health-commissioning-team-exeter>

Legal Aid

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent information advice on a wide range of issues, including legal aid → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>



LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, advocacy, counselling, and support groups to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtgyouthdevon.org.uk/young-people>

Marriage & Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Mental Health

Community Mental Health Team: Provides specialist assessment and treatment to people aged 18+ who are experiencing difficulties with their mental health and wellbeing. Aim to work with people to support their recovery & to enable them to return to manageable levels of activity and independence. Provides support from MDT team of doctors, nurses, social workers, OTs, and psychologists → Call 01392 208900 or more information <https://www.dpt.nhs.uk/locations/community-mental-health-team-exeter>

Devon Partnership Trust: As part of their services, DPT provide community mental health teams for elderly people. These teams provide assessment and treatment for elderly adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders, or schizophrenia. Also provide support to those with dementia. GP referrals accepted → Call 01392 208390 or more information <https://www.dpt.nhs.uk/locations/older-people-s-community-mental-health-service-exeter>

Exeter Community Initiatives: Amongst other services, ECI provides advice, information, and support around mental health, for those with criminal histories (and other vulnerable people) → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Exeter Mental Health and Wellbeing Clinic: Provides access to highly-trained practitioners who offer a wide variety of services, who are qualified to diagnose, treat, and prevent a wide range of mental health related problems; clients' welfare is their highest priority → More information <https://www.exetermentalhealthclinic.co.uk>

Experts by Experience: (Run by The Bridge Collective) Mental health awareness workshop team, that aims to share peoples' lived experiences, which have sometimes been labelled as mental illness, in a supportive environment. Aims to promote public awareness, increase confidence in discussing mental health, improve mental health services, and increase access to understanding mental health. Monthly meeting is held 11am-1pm on the 1st Tuesday of each month. Development Meeting is held 11am-



12.30pm on the 3rd Tuesday of each month → Email ebye@bridgecollective.org.uk or more information <https://www.bridgecollective.org.uk/activities-and-groups/>

First Response (Exeter): A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 0808 196 8708

Home Treatment Team: (Part of Devon Partnership Trust) A community-based service that supports people experiencing severe mental health issues and requiring 'crisis' support. Main aim is to help people manage and resolve their crisis through assessment and treatment in their home environment. Operates across Exeter, Mid-Devon, and East Devon → Call 0300 555 5000 or more information <https://www.dpt.nhs.uk/locations/home-treatment-team-exeter-east-and-mid-devon>

Lived Experience Group: (Part of Exeter University) As part of its services, LEG runs community workshops, in addition to advice and information, which aim to increase peoples' understanding of mental health, and to reduce stigma → Email mdcadmin@exeter.ac.uk or more information <https://www.exeter.ac.uk/departments/mooddisorders/groups/leg>

Mental Health Assessment Team - Exeter and East Devon: Manage new referrals and provide a single point of assessment and access to adult community mental health services across Exeter → Call 01392 207799 or email dpn-tr.Exeter-MWAReferrals@nhs.net or more information available here <https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=YhO4QF4d2xQ>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

OCD Peer Support Group: A peer support group dedicated to providing support and information for students with obsessive compulsive disorder, offering weekly peer support sessions run by student facilitators. Allows students affected by OCD to exchange advice and guidance, raise awareness, and support each other in a non-judgemental environment. Aims to provide a safe platform to discuss the many difficulties of OCD → Visit <https://my.exeterguild.com/groups/GQPHW/ocd-peer-support-group>

Open Minds: (Run by The Bridge Collective) A peer support group for people who see, hear, or sense things other people don't (sometimes labelled 'psychosis'). Currently meeting online via Zoom every 2nd Wednesday of the month (1-2pm). Allows people to get together for a chat, support, sharing ideas, and general discussion → Email openminds@bridgecollective.org.uk or visit <https://www.bridgecollective.org.uk/activities-and-groups/>

Open Studios: This group offers a friendly, supportive space where people can paint, draw, or create without pressure. Aimed at people who are experiencing social isolation or mental health difficulties. Suitable for all abilities. Held every Thursday 2-4pm in Exeter → Email allie@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/open-studio>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>



The Bridge Collective: A community-based safe space where people who have experiences, beliefs, or feelings around mental health can talk about these experiences safely & without judgement. Allows people to make friends, access support, learning, be active, and contribute to important discussions. Runs lots of different groups, activities, and workshops, including the Greenwood Project, Open Minds, and Art at the Bridge → Full list: <https://www.bridgecollective.org.uk/activities-and-groups/> (last updated January 2022) or call 01392 433358 or email info@bridgecollective.org.uk

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay, including information and support for anyone who feels they are in a crisis, or heading towards a crisis situation. Exeter hub is based in St Leonards → Exeter office: Call 07990 790920 (M-F 10am-midnight, Sat and Sun 12pm-midnight) or email devonexeter.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including supported accommodation, youth and schools work, work with offenders, mental health activities that improve daily wellbeing, and work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts Trust: A registered charity based in Exeter, who specialise in providing arts therapies for children and young people aged 5 and above (via local authorities, organisations, schools, and families directly). They also aim to 'plug the gap' for young people struggling to find mental health support → Email info@youthartsandhealth.org or <https://www.youthartsandhealth.org/>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

Men in Sheds: (Run by Age UK) A workshop in Wardrew Road that offers men aged 50+ opportunities to take part in different activities, events, and to meet new people. The workshop is open from 10-4 Monday to Thursday, volunteers can give as much or as little time within those hours as they like. Offers volunteers the opportunity to chat to, and support, each other → Call 01392 257505 or visit <https://www.ageuk.org.uk/exeter/our-services/men-in-sheds/men-in-sheds/>

MoMENTum: Provides a support group for male survivors of childhood sexual abuse, encouraging survivors to seek support, gain an understanding of themselves and to share information and resources. Based in Exeter and North Devon → Call 07773 151080 (M-F 9-12) or fill out an enquiry form <https://www.momentumdevon.org.uk/contact-us> or <https://www.momentumdevon.org.uk>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>



Personality Disorders

Personality Disorder Service: (Part of Devon Partnership Trust) Comprises a team of professional practitioners with specific skills & interest in working with people who find themselves described as high risk, often with more than one diagnosis and often diagnosed with a personality disorder, in particular borderline personality disorder → Call 01392 674333 or email dpt.personalitydisorderservice@nhs.net or visit <https://www.dpt.nhs.uk/locations/personality-disorder-service>

Psychology Today: A directory of counsellors in Exeter who can help with personality disorders → <https://www.psychologytoday.com/gb/counselling/eng/exeter?category=borderline-personality>

Physical Disabilities

Magic Carpet Arts for Health: Based in Exeter, offers a range of creative arts activities to those who can't usually access the arts due to health difficulties (such as physical disabilities), or difficult social circumstances → Call 01392 422938 or email info@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/>

PTSD

Psychology Today: A directory of Exeter-based counsellors and therapists that offer support for PTSD sufferers → <https://www.psychologytoday.com/gb/counselling/eng/exeter?category=trauma-and-ptsd>

Self-Harm & Suicide

YMCA Exeter: An organisation committed to helping children and young people struggling with self-harm and suicidal thoughts build resilience so that they can cope during these challenges and experience the fullness of life in the future → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Sexual Abuse & Sexual Health

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

First Light: A collective hub of services aimed at supporting victims of sexual abuse/harm across Devon and Cornwall (and other Southwest areas). Self-referral only → All services offered can be found here <https://www.firstlight.org.uk/make-a-referral/>

Substance Misuse

EDP Drug & Alcohol Services: Offer a wide range of services across the Southwest and are passionate about supporting individuals who face complex issues, including alcohol misuse. Offer services in communities and prisons. Focus on addressing both local and national health and social inequalities → 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/>



Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

University of Exeter: Offers information, advice, and signposting for those experiencing problematic substance use. Aimed at colleagues of the University, but their information is accessible to everyone → More information <https://www.exeter.ac.uk/staff/wellbeing/self-care/alcoholanddrugs/>

Women's Services

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers (face-to-face, telephone, and online) advice, guidance, and support to women affected by domestic abuse. Aims to increase safety and improve wellbeing → Call 0345 155 1074 (Mon-Fri 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Drug & Alcohol Services: Provides information and guidance for women who are pregnant, or are thinking of starting a family. This support has been developed in partnership with the specialist midwife service. Also provides advice on the effects of substances on a pregnancy, and also ensure women and their babies are happy and healthy → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Refugee Support Devon: Runs a Women's Network Group for refugees throughout Devon (within DCC Boundary), that allows women to get together in a fun, educational, and relaxing environment. Runs different activities each month, such as cooking, arts, exercise, and excursions. Also provides a creche with fully qualified child-minders (provided when funds permit). Encourages women to build support networks, make friends, combat loneliness, and learn new skills. Meets one Saturday a month → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Young Adult Support

Community Mental Health Team: Provides specialist assessment and treatment to people aged 18+ who are experiencing difficulties with their mental health and wellbeing. Aim to work with people to support their recovery & to enable them to return to manageable levels of activity and independence. Provides support from MDT team of doctors, nurses, social workers, OTs, and psychologists → Call 01392 208900 or more information <https://www.dpt.nhs.uk/locations/community-mental-health-team-exeter>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to young adults affected by domestic abuse. Their main aims are to increase



safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information available <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and their friends/family/partner) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call them on 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Exeter Community Initiatives: Provides a range of information, advice and support for vulnerable young adults, including adult mentoring through their Transitions project (to help them transition into independent living), and opportunities to develop employability and life skills → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Exeter), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, advocacy, counselling, and support groups to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

Quids For Kids: (Part of Citizens Advice) A project that provides specialist advice to young people (aged up to 21) with additional needs. Helps to assess whether these individuals can claim benefits, and can challenge benefit decisions □ <https://ruraldevoncab.org.uk/our-services/#projectsquids>

TALKWORKS: Part of the IAPT services offered to people aged 18+ in Devon (excluding Plymouth), that offers free, confidential talking therapy (mainly CBT), as well as other effective treatments. Offers support for a wide range of mental health conditions, as well as workshops and other support. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay, including information and support for anyone who feels they are in a crisis, or heading towards a crisis situation. Exeter hub is based in St Leonards → Exeter office: Call 07990 790920 (M-F 10am-midnight, Sat and Sun 12pm-midnight) or email devonexeter.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>



D&C DIRECTORY

Youth Arts & Trust: A registered charity based in Exeter, who specialise in providing arts therapies for children and young adults (aged up to 25). They offer face-to-face and online sessions and work across the Southwest. They work alongside young people and their families to develop confidence and resilience through safe, inclusive, and creative arts therapies → Email info@youthartsandhealth.org or more information <https://www.youthartsandhealth.org>



TORBAY

Activities, Clubs, & Hobbies

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Heal Torbay: A service that offers different activities for people in local Torbay communities, such as sea swimming and wellbeing walks → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

Southwest Autism Devon: Provides a range of community-based services and support, aimed at providing activities within local communities and settings, for young people on the autistic spectrum (and for their families). Covers all Devon regions → Email southwestautism@gmail.com or more information available on their website <https://www.southwestautismsupport.com/services.html>

Torbay Council: Provides a directory of available family activities in the Torbay area → Visit <http://fis.torbay.gov.uk/kb5/torbay/fsd/family.page?familychannel=1>

Advocacy

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon (including Torbay) that aims to provide support and advice, and advocacy to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Plymouth & Devon Racial Equality Council: Offers and advocates for equality and diversity in the workplace, and works in partnership with individuals & organisations committed to race equality. Their aim is to build a just and fair society where everyone has equal opportunities to live and learn free from prejudice, discrimination, and racism → Call 01752 224 555 or contact via <https://www.plymouthanddevonrec.org.uk/contact.html> or <https://www.plymouthanddevonrec.org.uk/> (based in Plymouth, Exeter, and Torbay)

Alcohol Misuse

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including alcohol misuse → Visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

Anxiety

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon



→ Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Asylum Seekers & Refugees

Citizens Advice Torbay: Provides information, advice, and signposting for asylum seekers and refugees, including visas, the EU Settlement Scheme and applying for British Citizenship → Call 0808 2787859 or <https://www.citizensadvice.org.uk/immigration/>

TORBAY.GOV.UK: Provides information, advice, and support for Ukrainian Refugees in the Torbay area → <https://www.torbay.gov.uk/leisure-sports-and-community/essential-information-for-ukrainian-guests/>

Autism & ADHD

Dimensions for Autism: A group for adults on the spectrum (without a learning disability) in Devon that aims to provide support and information for these individuals, including their families and carers. Also aim to schedule group outings throughout Devon → <https://www.dimensionsforautism.life/>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Benefits

Citizens Advice Torbay: Provides information, advice, and signposting for anyone needing help with benefits and tax credits (for people who are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran). Also provides information about payment of benefits and problems with benefits → Call 0808 2787859 or <https://www.citizensadvice.org.uk/benefits/>

Heal Torbay: Offers information, advice and support around benefits, as well as signposting, for vulnerable people in Torbay → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

Bereavement

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support for those experiencing loss, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email



info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information <https://uksobs.org/>

Bipolar Disorder

Bipolar UK (Torbay Support Group): Free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Bipolar UK (Torbay Support Group): A peer support group that's free to attend and open to anyone affected by bipolar disorder, including carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

CAMHS (Torbay): Provides information and support to carers of young people aged 0-18, who require mental health assessment and treatment. Aims to provide this through a high-quality service, and is part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 03300 245321 or <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

TALKWORKS: As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

Children/Teenagers

CAMHS (Torbay): Provides emotional and mental health assessment + treatment to children and young people aged 0-18 years. CAMHS aims to provide a high-quality service, to ensure that children and young people within Torbay develop positive mental health. Part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 0330 0245321 or visit <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Checkpoint: (Part of The Children's Society) Provides help to young people aged 8-18 across Devon, including Torbay. Offer face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or <https://www.childrenssociety.org.uk/information/young-people/checkpoint>



Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Mental Health Torbay: A directory of mental health services in Torbay, particularly for children and teenagers (aged up to 19 years) and some for services in wider areas → More information available <https://0to19torbay.co.uk/teens/mental-health/>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

South West Family Values: A not-for-profit organisation that provides support for children and young people experiencing behavioural or other difficulties (and to their parents/families). Supports CYP through a wide range of evidence-based interventions and practical strategies, to help them achieve the best outcomes possible → Call 01803 611760 or email info@southwestfamilyvalues.org.uk or <https://southwestfamilyvalues.org.uk/>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

Torbay Youth Justice Service: Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email grptorbay-yjs@torbay.gov.uk or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>

Community Support

Age UK Torbay: A local charity that provides advice, companionship, and support for people over 50 in Torbay. Offers a wide range of different activities and events → Call 01803 555181 (open 10-1 and 3-6pm M-F and 11.30-12.30 Sa) or visit <https://www.ageuk.org.uk/torbay/>



Bipolar UK (Torbay Support Group): A peer support group that's free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

EDP Drug & Alcohol Services: Amongst their services, EDP offers community support for those struggling with complex issues (such as alcohol/substance misuse and mental illness). Community services offered include Flourish Cafes and Flourish in Nature, amongst other events → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/flourish>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Heal Torbay: Offers community support by way of events, activities, and signposting to other services → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/ethos/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Plymouth & Devon Racial Equality Council: Provides a wide range of activities to help support local diverse communities, including support to form a group, assisting with the planning of community events and activities, and attending community events and activities → Call 01752 224555 or more information <https://www.plymouthanddevonrec.org.uk/community-support-plymouth-devon-racial-equality-council-exeter-torbay.html>

Rethink Mental Illness (Torbay): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between



service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Torbay Community Development Trust: Works across the Bay supporting community and voluntary sector activity. It supports people to link up with others in their community through a network of neighbourhood-based Community Builders → Call 01803 212638 or email info@torbaycdt.org.uk

Torbay Eating Disorder Group: This peer support group aims to give local people a place to meet others with similar experiences/difficulties around eating disorders, giving them a chance to share these experiences. Meets every Thursday at 6pm (on Zoom) → Email info@torbayedsupport.com or more information <https://www.torbayedsupport.com>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information on support groups available in the Torbay area → Visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

Counselling Services

Intercom Trust: A LGBTQ+ charity working across Devon (including Torbay) that aims to provide support, advice, and counselling to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/addiction-treatment>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling about relationships. Sessions take place with individuals/couples in a safe space → Visit <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Criminal Justice

Citizens Advice Torbay: Provides advice, information, and signposting for anyone experiencing a criminal justice issue, such as discrimination, civil rights, and claiming compensation → Call 0808 278 7859 or <https://www.citizensadvice.org.uk/law-and-courts/>

Torbay Youth Justice Service: Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email grptorbay-yjs@torbay.gov.uk or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are



available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Heal Torbay: A service that offers, amongst other things, crisis support for vulnerable people in Torbay (e.g. those with mental illness) → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. eXETER hub is based in Torbay Business Centre → Call 07483 991848 or email devontorquay.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Torbay Crisis Response Team: Aims to prevent unnecessary hospital or residential care admission, by supporting clients who need assistance or are in crisis within their own homes. Offer services from practical help to meal preparation, personal care tasks, and night sitting. Provides a 24-hour service and can support the person for up to 72 hours → Call 0300 555 5000 (urgent mental health helpline) or 0300 456 4876 (Torbay Emergency Duty Team out of hours) or <https://healthwatchtorbay.org.uk/services/torbay-crisis-response-team-torquay>

Debt & Money Management

Citizens Advice Torbay: Provides information, advice, and support around dealing with debt and money problems, how to avoid losing your home and how to get your finances back into shape → Call 0808 2787859 or <https://www.citizensadvice.org.uk/debt-and-money/>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including financial difficulties/issues → Visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

Depression

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. Includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing low mood and depression (amongst other conditions). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>



Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/current-services/>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including domestic abuse and violence → Visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

Eating Disorders

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

Torbay Eating Disorder Group: This group aims to give local people a place to meet others with similar experiences/difficulties around eating disorders, giving them a chance to share these experience. Meets every Thursday at 6pm (on Zoom) → Email info@torbayedsupport.com or more information <https://www.torbayedsupport.com>

Elderly Adult Support

Age UK Torbay: A local charity that provides advice, companionship, and support for people over 50 in Torbay. Offers advice on a wide range of topics including benefits, and advocacy, as well as many different activities and events → Call 01803 555181 (open 10-1 and 3-6pm M-F and 11.30-12.30 Sa) or visit <https://www.ageuk.org.uk/torbay/>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Employment & Education

TORBAY.GOV.UK: Provides information, advice and support around skills and tools for employment & education development for people in Torbay, including CVs and local volunteering opportunities → Visit <https://www.torbay.gov.uk/children-and-families/services-and-support/supportingfamilies/employment-support-advice/>

Young Devon: Runs several 1-2-1 Support and Employment Mentoring programmes that give personalised support and advice to young people aged 16-24, to help them take their next steps into education, employment, and training. Based in Plymouth, Torbay, and Devon → Call 01752 691511 or email info@youngdevon.org or visit <https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring>



Families

Bipolar UK (Torbay Support Group): A peer support group that's free to attend and open to anyone affected by bipolar disorder, including families. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

CAMHS (Torbay): Provides information and support to families of young people aged 0-18, who require mental health assessment and treatment → Call 0300 024 or <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

Southwest Autism Devon: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or <https://www.southwestautismsupport.com/services.html>

South West Family Values: A not-for-profit organisation that provides support for children and young people experiencing behavioural or other difficulties (and to their parents/families). Supports CYP through a wide range of evidence-based interventions and practical strategies, to help them achieve the best outcomes possible → Call 01803 611760 or email info@southwestfamilyvalues.org.uk or <https://southwestfamilyvalues.org.uk/>

The Pioneers Project: Their services aspire to reach whole families across Devon, as a positive way of shaping a more hopeful future for children and young people. Aim to empower their service users to create lasting and meaningful change as they grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/what-we-do/>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information <https://www.talkworks.dpt.nhs.uk/>

Food Services (e.g. Food Banks)

Heal Torbay: A service that offers information, advice, and referrals to food banks in the local area → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

Torbay Food Alliance: A partnership of 10 local community and voluntary organisations, working together to support people who are struggling to afford food, who work closely with the Torbay Community Helpline, and various statutory/community partners. TFA aim to support people to address food poverty, so that they can improve their situation → <https://www.torbayfoodalliance.org/contact> or <https://www.torbayfoodalliance.org>

Gambling

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>



Health & Wellness

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

TALKWORKS (Depression and Anxiety Service): As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information <https://www.talkworks.dpt.nhs.uk/>

Housing & Homelessness

Devon Home Choice (Torbay): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01237 428849 or <https://www.devonhomechoice.com/contact-us-2>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Learning Disabilities & Special Education Needs

Devon Partnership Trust: Provides a range of clinical services for those with learning disabilities, such as inpatient units (short-term assessment and treatment, specialist provision for autism), specialist learning disability services, community team involvement, and therapeutic day time services → More information <https://www.torbayandsouthdevon.nhs.uk/services/learning-disabilities/>

Torbay Mencap: A registered charity that provides information, advice, support, activities, and events for people with any type of learning disability. Aims to promote inclusion and independence. Runs different campaigns → Call 07912 481 008 or email secretary@torbaymencap.co.uk or visit <https://www.torbaymencap.co.uk/>

Legal Aid

Citizens Advice Torbay: Provides advice, information, and signposting for anyone seeking legal aid or assistance, such as civil rights, and information on the legal system → Call 0808 278 7859 or <https://www.citizensadvice.org.uk/law-and-courts/>

Torbay Youth Justice Service: Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email grptorbay-yjs@torbay.gov.uk or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Torbay that aims to provide support and advice, advocacy, counselling and support groups to the LGBTQ+ community → Call 0800 6123010 (general helpline) or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>



Torgay.co.uk: An organisation established to promote up and coming social events for the LGBTQ+ community in Torbay → Visit <https://www.torgay.co.uk/>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreyouthdevon@gmail.com or more information <https://www.lgbtyouthdevon.org.uk/young-people>

Marriage & Relationships

Psychology Today: A directory of therapists that provide counselling for couples/those in a relationship in Torbay → Visit <https://www.psychologytoday.com/gb/counselling/eng/torquay?category=couples-counselling>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling about relationships. Sessions take place with individuals/couples in a safe space → <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

Mental Health

CAMHS (Torbay): Provides emotional and mental health assessment & treatment to children and young people aged 0-18 years. Aims to provide a high-quality service, to ensure that children and young people within Torbay develop positive mental health. Part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 0330 0245321 or more information <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Heal Torbay: A service that offers information, advice and support around mental health and wellbeing, such as Wellbeing walks, crisis support, and signposting → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

Mental Health Assessment Team: A service based in Torbay (and South/West Devon) that manages new referrals, and provides a single point of assessment and access to adult community mental health services across Devon → Call 01803 397401/402 or <https://www.dpt.nhs.uk/locations/mental-health-assessment-team-torbay-south-and-west-devon>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

Mental Health Torbay: A directory of mental health services in Torbay, particularly for children and teenagers (aged up to 19 years) and some for services in wider areas → More information <https://0to19torbay.co.uk/teens/mental-health/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>



The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. eXETER hub is based in Torbay Business Centre → Call 07483 991848 or email devontorquay.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including mental health and wellness → Visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Self-Harm & Suicide

Torbay CAMHS: provides emotional and mental health assessment and treatment to children, young people, aged 0-18 years, and their families/carers, including for young people who may be self-harming or experiencing suicidal thoughts → Call 0330 0245 321 or for more information visit <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Sexual Abuse & Sexual Health

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or more information <https://devonrapecrisis.org.uk/>

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

Substance Misuse

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>



Women's Services

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Young Adult Support

Checkpoint: (Part of The Children's Society) A service that provides help to young people aged 8-18 across Devon, including Torbay. Offers face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or visit <https://www.childrensociety.org.uk/information/young-people/checkpoint>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to young adults affected by domestic abuse. Aim to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more info <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

TALKWORKS: Part of the IAPT services offered to people aged 18+ in Devon (excluding Plymouth), that offers free, confidential talking therapy (mainly CBT), as well as other effective treatments. Offers support for a wide range of mental health conditions, as well as workshops and other support. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. eXETER hub is based in



Torbay Business Centre → Call 07483 991848 or email devontorquay.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Torbay Youth Justice Service: Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email grptorbay-yjs@torbay.gov.uk or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

Young Devon: A young people's charity that aims to help young people aged 16-24 across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing → Call 08082 810155 or email info@youngdevon.org or www.youngdevon.org



NORTH DEVON

Activities, Clubs, & Hobbies

Bright Futures: Amongst other services, offers different activities for young adult carers in North Devon (aged 16-24) → Call 01237 420141 or email brightfutures@carewise.org.uk or more information www.brightfuturesdevon.co.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Southwest Autism Devon: Provides a range of community-based services and support, aimed at providing activities within local communities and settings, for young people on the autistic spectrum (and for their families). Covers all Devon regions → Email southwestautism@gmail.com or more information available on their website <https://www.southwestautismsupport.com/services.html>

Advocacy

Bright Futures: Amongst other services, offers advocacy support for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email brightfutures@carewise.org.uk or more information www.brightfuturesdevon.co.uk

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Alcohol Misuse

EDP Drug & Alcohol Services: Offer a wide range of services across the Southwest (including Barnstaple) and are passionate about supporting individuals who face complex issues, including alcohol misuse. Offer services in communities and prisons. Focus on addressing both local and national health and social inequalities → 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/>

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work



programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

Anxiety

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Asylum Seekers & Refugees

Refugee Support Devon: An independent charity based in Exeter (operating across all of Devon), with a vision to help find protection for those who have fled from their homes in the other parts in the world, and to help them rebuild their lives, and achieve their full potential → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only). Contact form: <https://refugeesupportdevon.org.uk/contact-us/> or website: <https://refugeesupportdevon.org.uk>

Autism & ADHD

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Benefits

Citizens Advice Torridge, North, Mid and West Devon: A hub that provides free advice, information, and signposting on many different issues, including benefit support. Their Help to Claim service provides help to people in the early stages of their UC claim, from the application to the first payment → Call 0800 1448 444 (M-F 8-6) or contact via www.citizensadvice.org.uk/helptoclaim or more information <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>



Bereavement

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Bipolar Disorder

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Bright Futures: A new project under Devon Young Carers that supports young adult carers (aged 16-24) across Devon to build their skills and confidence, and to help them manage periods of transition and change. Also offers activities, training, signposting, advocacy, peer support, and much more → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

TALKWORKS: As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

Children/Teenagers

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (age 0-25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support □ Call 0345 155 1074 (M-



F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Provides information, advice, and support for families/professionals of children and young people in Barnstaple with severe or profound learning disabilities → Call 03300 245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtyouthdevon.org.uk/young-people>

Community Support

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

EDP Drug & Alcohol Services: Amongst their services, EDP offers community support for those struggling with complex issues (such as alcohol/substance misuse and mental illness). Community services offered include Flourish Cafes and Flourish in Nature, amongst other events → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/flourish>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Rethink Mental Illness (ND): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal



is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

Counselling Services

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, and counselling to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Criminal Justice

Devon Liaison and Diversion Service: Aims to identify vulnerable people across Devon (of all ages) as they come to the attention of the criminal justice system. Their team of professionals are available in all Police Custody Units and Crown and Magistrate Courts in Devon → Call 01392 208768 or email dpn-tr.DevonLiaisonandDiversion@nhs.net or <https://www.dpt.nhs.uk/our-services/police-prisons-and-criminal-justice/liaison-and-diversion>

Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law. They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01271 388150 (M-Th 9-5; F 9-4) or email devonyjs@devon.gov.uk



Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or more information <https://devonrapecrisis.org.uk/>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Debt & Money Management

Citizens Advice Torridge, North, Mid and West Devon: Dedicated caseworkers as part of the Debt & Money Advice Teams who advise people of their rights and responsibilities, debt solutions, and help with money management and financial capability. Support is free & self-referrals accepted → <https://ruraldevoncab.org.uk/our-services/#projects>

Depression

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. This includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their



main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

EDP Drug & Alcohol Services: Offers advice and information on issues around domestic abuse, for individuals and their family members. EDP works in partnership with Domestic Abuse services to provide this package of care and support (in Barnstaple) → Call 0800 233 5444 or email them info@edp.org.uk or visit <https://www.edp.org.uk/family-support/>

Eating Disorders

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

Elderly Adult Support

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

The Northam Care Trust: A Devon-based charity that provides residential and domiciliary care, and day opportunities to elderly adults, including those with dementia. Focuses on communication and respect → Call 01237 477238 or email info@northamcaretrust.co.uk or more information available <https://www.northamcaretrust.co.uk>

Employment & Education

Bright Futures: Amongst other services, Bright Futures offers different training, and skills building opportunities for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email them at brightfutures@carewise.org.uk or visit www.brightfuturesdevon.co.uk

EDP Drug & Alcohol Services: As part of its services, EDP supports individuals who face complex issues, including substance misuse, mental ill health, and offending behaviours, in order to improve their employability outcomes. They work with people in the community and within prisons (in Barnstaple) → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/>

Hidden Gems: (Part of EDP Drug & Alcohol Services) A programme which supports people towards and into employment through learning how to design, make and sell jewellery and other handcrafted items from recycled metals. Based around multiple locations → Call 0800 233 5444 or email info@edp.org.uk or more information <https://www.edp.org.uk/about-us/>

Refugee Support Devon: Allows refugees within DCC Boundary the opportunity to develop their English proficiency, as well as employment opportunities and integration into the local community. Also provides ESOL (English to Speakers of Other Languages) tuition, opportunities to develop literacy skills with tutors, access to Higher Education, work placements, and employment placements → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Families

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to families of children and young people in Barnstaple with severe or profound learning



disabilities → Call 0330 0245321 (ask for an LDT duty member) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

EDP Drug & Alcohol Services: Amongst its services, EDP provides a rounded package of support for families of those in drug and alcohol treatment (in Barnstaple). Aims to support and signpost the individual, their children, spouse, and other family members, alongside their recovery worker, throughout their journey and to make their home as safe as possible. Offers various interventions and services → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Southwest Autism Devon: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/services.html>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information available <https://www.talkworks.dpt.nhs.uk/>

The Pioneers Project: Aspire to reach whole families across Devon, as a positive way of shaping a more hopeful future for children and young people. Aim to empower their service users to create lasting and meaningful change as they grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or visit <https://thepioneersproject.co.uk/what-we-do/>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone affected (families, friends, partners) by an individual's alcohol or substance misuse, including group work programmes, and family support and interventions (based in Barnstaple) → Call 0800 233 5444 or <https://www.edp.org.uk/together-drug-alcohol-service/>

Food Support

Northern Devon Foodbank: A locally funded charity formed by churches and other organisations working in partnership to end poverty. They cover the districts of North Devon and Torridge with 6 local distribution centres and a rural distribution network → Call 01237 422 243 or email admin@northerndevonfoodbank.org.uk or visit <https://northerndevon.foodbank.org.uk/>

Gambling

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support.



Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

Health & Wellness

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

TALKWORKS: As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Housing & Homelessness

Devon Home Choice (North Devon): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01237 428849 or more info <https://www.devonhomechoice.com/contact-us-2>

EDP Drug & Alcohol Services: Offers advice and information on issues around housing, either for the individual, or their family member(s). Works in partnership with housing/accommodation services to provide this package of care and support (in Barnstaple) → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Learning Disabilities & Special Education Needs

Access Wallet: (Part of DCC) An initiative that aims to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first language is not English → Call 01392 383509 or email accesswallet@devon.gov.uk or <https://www.traveldevon.info/accessibility/devon-access-wallet/>

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs → <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to professionals and families of children and young people with severe or profound learning disabilities. Based in Barnstaple → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

The Northam Care Trust: A Devon-based charity that provides residential and domiciliary care, and day opportunities to elderly adults, including those with learning and physical disabilities. Focuses on communication and respect → Call 01237 477238 or email info@northamcaretrust.co.uk or more information available <https://www.northamcaretrust.co.uk>

LGBTQ+

Come Out: An LGBTQ+ group that runs social events and activities for members of the LGBTQ+ community, such as walks, days out, and workshops. Meets every Thursday at 10.30am at Sunrise Community Centre in North Devon → Call 01271 328915 or email admin@sunrisediversity.org.uk or <https://sunrisediversity.org.uk>



Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>

Marriage & Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Mental Health

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a



month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

MoMENTum: Provides a support group for male survivors of childhood sexual abuse, encouraging survivors to seek support, gain an understanding of themselves and to share information and resources. Based in Exeter and North Devon → Call 07773 151080 (M-F 9-12) or fill out an enquiry form <https://www.momentumdevon.org.uk/contact-us> or <https://www.momentumdevon.org.uk>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Personality Disorders

South & West Devon: Provides information and advice for those with personality disorders in North Devon → <https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/mental-health/personality-disorders>

Physical Disabilities

Barnstaple Live at Home: Offers services and support to help older people (including those with disabilities) lead independent, active and fulfilled lives. Services include lunch clubs, social groups, singing group, telephone support, outings, befriending and chaplaincy → Call 01271 321574 or email liveathome.barnstaple@mha.org.uk

The Northam Care Trust: A Devon-based charity that provides residential and domiciliary care, and day opportunities to elderly adults, including those with physical disabilities. Focuses on communication and respect → Call 01237 477238 or email info@northamcaretrust.co.uk or more information available <https://www.northamcaretrust.co.uk>

PTSD

North Devon Healthcare: Provides a self-help workbook for those suffering from PTSD, or posttraumatic stress → Visit <https://www.northdevonhealth.nhs.uk/wp-content/uploads/2020/04/Post-traumatic-Stress.pdf>

Self-Harm & Suicide

OASIS (Overdose and Self Injury Service): A service based in North Devon for people aged 18+ that provides short-to-medium term therapeutic support to those who have overdosed or self-injured to manage emotional pain/distress. All OASIS staff are qualified mental health professionals, and are experienced in helping vulnerable people. Most referrals are through the mental health team at the hospital → Call 01271 312960 or email dpt.oasis@nhs.net or visit <https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service>

Sexual Abuse & Sexual Health

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>



Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partner) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

Substance Misuse

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

Women's Services

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers (face-to-face, telephone, and online) advice, guidance, and support to women affected by domestic abuse. DDASS aims to increase safety and improve wellbeing → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

EDP Drug & Alcohol Services: Provides information and guidance for women who are pregnant or are thinking of starting a family (in Barnstaple). Support developed in partnership with the specialist midwife service. Also provides advice on the effects of substances on a pregnancy, and ensures women and their babies are happy and healthy → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Refugee Support Devon: Runs a Women's Network Group for refugees throughout Devon (within DCC Boundary), that allows women to get together in a fun, educational, and relaxing environment. Runs different activities each month, such as cooking, arts, exercise, and excursions. Also provides a creche with fully qualified child-minders (provided when funds permit). Encourages women to build support networks, make friends, combat loneliness, and learn new skills. Meets one Saturday a month → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>



Young Adult Support

Bright Futures: A new project under Devon Young Carers that supports young adult carers (aged 16-24) across Devon to build their skills and confidence, and to help them manage periods of transition and change. Also offers activities, training, signposting, advocacy, peer support, and much more → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to young adults affected by domestic abuse. Aim to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more info <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

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Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law. They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01271 388150 (M-Th 9-5; F 9-4) or email devonyjs@devon.gov.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

OASIS (Overdose and Self Injury Service): A service based in North Devon for people aged 18+ that provides short-to-medium term therapeutic support to those who have overdosed or self-injured to manage emotional pain/distress. All OASIS staff are qualified mental health professionals, and are experienced in helping vulnerable people. Most referrals are through the mental health team at the hospital → Call 01271 312960 or email dpt.oasis@nhs.net or visit <https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service>

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

Quids For Kids: (Part of Citizens Advice) A project that provides specialist advice to young people (aged up to 21) with additional needs. Helps to assess whether these individuals can claim benefits, and can challenge benefit decisions → <https://ruraldevoncab.org.uk/our-services/#projects>

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D&C DIRECTORY

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

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SOUTH DEVON

Activities, Clubs, & Hobbies

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Make A Difference: Based in Tavistock, Make a Difference provides community-based mental health support, and friendship opportunities in the local community. Offers a relaxed, café-style hub open Mon/Wed/Fri, which holds activities such as arts & crafts, board games, and music, and workshops & events. Drop-ins welcome → Call 01822 613746 or email them hello@makeadifferencetavistock.online or <https://www.makeadifferencetavistock.org/>

Refugee Support Devon: RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Southwest Autism Devon: Provides a range of community-based services and support, aimed at providing activities within local communities and settings, for young people on the autistic spectrum (and for their families). Covers all Devon regions → Email southwestautism@gmail.com or more information available on their website <https://www.southwestautismsupport.com/services.html>

Advocacy

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>

Devon NHS Complaints Advocacy: An advocacy service for those wishing to make a complaint, by providing information, clarifying options and, where necessary, helping to write the complaint. Also promotes self-advocacy by providing a self-help pack where appropriate → Call 01392 822377 or email devonadvocacy@rethink.org or <https://www.rethink.org/help-in-your-area/services/advocacy/devon-nhs-complaints-advocacy/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice and advocacy to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Langdon Hospital Advocacy: A service for people detained in Langdon Hospital, Dawlish. Anyone admitted to one of the wards within the hospital can access this service, and are able to refer themselves, or hospital staff can also contact a member of the advocacy team. The advocates support people to say what they want, secure their rights, represent their interests, and obtain the services they need → Call 01626 884563 (M-F 9-5) or email them at langdon.hospital@rethink.org or visit <https://www.rethink.org/help-in-your-area/services/advocacy/langdon-hospital-advocacy/>

Alcohol Misuse

EDP Drug & Alcohol Services: Offer a wide range of services across the Southwest (including Barnstaple) and are passionate about supporting individuals who face complex issues, including alcohol misuse. Offer services in communities and prisons. Their focus is to address the health and social



inequalities both across the Southwest and nationally → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/>

Rehab 4 Addiction: A service that offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England. They offer a confidential helpline, and specialise in 'making sense' of the complex nature of seeking out professional help for these issues. Also provides mental health support → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers support to anyone aged 18+ experiencing alcohol misuse, including advice and information for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more (based in Newton Abbot) → Call them on 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

Anxiety

Rehab 4 Addiction: Although primarily a drug and alcohol service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Asylum Seekers & Refugees

Refugee Support Devon: An independent charity based in Exeter (operating across all of Devon), with a vision to help find protection for those who have fled from their homes in the other parts in the world, and to help them rebuild their lives, and achieve their full potential → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only). Contact form: <https://refugeesupportdevon.org.uk/contact-us/> or website: <https://refugeesupportdevon.org.uk>

Autism & ADHD

Southwest Autism Devon: Provides a range of services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Benefits

CASS+: A charity that provides information, advice, and support for a wide range of issues, including benefits, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

Citizens Advice Torridge, North, Mid and West Devon: A hub that provides free advice, information, and signposting on many different issues, including benefit support. Their Help to Claim service



provides help to people in the early stages of their UC claim, from the application to the first payment → Call 0800 1448 444 (M-F 8-6) or contact via www.citizensadvice.org.uk/helpclaim or more information <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Bereavement

Children and Families in Grief: A charitable organisation that provides practical, emotional, and creative support for children and their families in South Devon following bereavement → Call 01803 393917 or email info@childrenandfamiliesingrief.co.uk or <https://www.childrenandfamiliesingrief.co.uk/>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Bipolar Disorder

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call them on 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including preventative advice and information,



training, and community support → Call them on 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

TALKWORKS: As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

Children/Teenagers

Children and Families in Grief: A charitable organisation that provides practical, emotional, and creative support for children and their families in South Devon following bereavement → Call 01803 393917 or email info@childrenandfamiliesingrief.co.uk or <https://www.childrenandfamiliesingrief.co.uk/>

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (age 0-25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to children affected by domestic abuse. Aim to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email them on admin.devon@splitz.org or visit <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Provides information, advice, and support for families/professionals of children and young people in Totnes with severe or profound learning disabilities → Call 03300 245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Relate: Offers counselling for children & young people in South Devon. Helps young people to open up and talk about what's troubling them, covering a range of problems, in a supportive environment independent from school/home life → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/children-and-young-people-s-counselling>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings



such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

South West Family Values: A not-for-profit organisation that provides support for children and young people experiencing behavioural or other difficulties (and to their parents/families). Supports CYP through a wide range of evidence-based interventions and practical strategies, to help them achieve the best outcomes possible → Call 01803 611760 or email info@southwestfamilyvalues.org.uk or <https://southwestfamilyvalues.org.uk/>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>

Community Support

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

EDP Drug & Alcohol Services: Amongst their services, EDP offers community support for those struggling with complex issues (such as alcohol/substance misuse and mental illness). Community services offered include Flourish Cafes and Flourish in Nature, amongst other events → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/flourish>

Hidden Gems: (Part of EDP Drug & Alcohol Services) A programme which supports people towards and into employment through learning how to design, make and sell jewellery and other handcrafted items from recycled metals. Based in Newton Abbot but location of programmes may need confirmation → Call 0800 233 5444 or email info@edp.org.uk or more information <https://www.edp.org.uk/about-us/>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/ethos/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Make A Difference: Based in Tavistock, Make a Difference provides community-based mental health support, and friendship opportunities in the local community. Offers a relaxed, café-style hub open Mon/Wed/Fri, which holds activities such as arts & crafts, board games, and music, and workshops & events. Drop-ins welcome → Call 01822 613746 or email them hello@makeadifferencetavistock.online or <https://www.makeadifferencetavistock.org/>

Rethink Mental Illness (UK): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal



is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

The Emotional Logic Centre: A service hub based in Ivybridge aimed at helping individuals, families, businesses and schools to learn & develop emotional intelligence in difficult situations, to help build emotional resilience and embrace change → Call 01752 892455 or email emotionallogic2022@gmail.com or www.emotionallogivcentre.org.uk

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

Counselling Services

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, and counselling to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

Relate: Provides affordable counselling across South Devon, offering a range of counselling services (including relationship, family, and for children and young people). Relies on client contributions to continue to provide a charitable counselling service. Average length of sessions is 6-8 weeks, although this depends on the individual. No minimum number of sessions needed. Booking initial consultation recommended → Call 01752 213131 or email relateplymouth@googlemail.com or more information <https://www.relateplymouth.co.uk>



TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling. Sessions take place with individuals/couples in a safe space → more info <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

Youth Intervention Centre Ivybridge: A private counselling and therapy service that supports young people through mental health and emotional difficulties, and those aged 25+ with family concerns. Primarily accepts referrals from young people, parents, and carers, although accepts referrals from educational settings, health care services, charities, and other agencies → Call 01752 896260 or email info@youthinterventioncentre.com or www.youthinterventioncentre.com

Criminal Justice

CASS+: A charity that supports anyone in Devon & Cornwall going through the courts, including Newton Abbot. Offers respect and fairness to vulnerable people at risk of, or have been processed through, the Criminal Justice System (CJS), especially those not eligible for Legal Aid. Offers free advice and support from court settings for both victims and offenders, to individuals or their loved ones seeking legal advice → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>

Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Torquay hub is in Torbay Business Centre → Torquay office: Call 07483 991848 (open 10am-6pm [virtual only] and 6pm-midnight M-F) or email devontorquay.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Debt & Money Management

Citizens Advice Torridge, North, Mid and West Devon: Dedicated caseworkers as part of the Debt & Money Advice Teams who advise people of their rights and responsibilities, debt solutions, and help with money management and financial capability. Support is free & self-referrals accepted → <https://ruraldevoncab.org.uk/our-services/#projects>

Depression

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. This includes information on causes, symptoms, types of depression, and signposting to sources of



support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including domestic abuse, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

EDP Drug & Alcohol Services: Offers advice and information on issues around domestic abuse, for individuals and their family members. EDP works in partnership with Domestic Abuse services to provide this package of care and support (in Barnstaple) → Call 0800 233 5444 or email them info@edp.org.uk or visit <https://www.edp.org.uk/family-support/>

Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/current-services/>

Eating Disorders

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>



Elderly Adult Support

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Employment & Education

CASS+: A charity that provides information, advice, and support for a wide range of issues, including employment and education, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

EDP Drug & Alcohol Services: As part of its services, EDP supports individuals who face complex issues, including substance misuse, mental ill health, and offending behaviours, in order to improve their employability outcomes → Call 0800 233 5444 or email info@edp.org.uk or more information available <https://www.edp.org.uk/>

Hannahwood: (Part of Dame Hannahs) Based in Ivybridge that provides learning and educational opportunities, amongst others, tailored to individuals' needs. Open to adults aged 19+ with complex and profound needs, including physical and learning disabilities → Call 01752 892461 or visit <http://www.discoverhannahs.org/our-services/adult-services/residential-short-breaks-and-day-services>

Hidden Gems: (Part of EDP Drug & Alcohol Services) A programme which supports people to gain employment through learning how to design, make and sell jewellery and other handcrafted items from recycled metals. Based in Newton Abbot but location of programmes may need confirmation → Call 0800 233 5444 or email info@edp.org.uk or more information <https://www.edp.org.uk/about-us/>

Refugee Support Devon: Allows refugees within DCC Boundary the opportunity to develop their English proficiency, as well as employment opportunities and integration into the local community. Also provides ESOL (English to Speakers of Other Languages) tuition, opportunities to develop literacy skills with tutors, access to Higher Education, work placements, and employment placements → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Families

CASS+: A charity that provides information, advice, and support for a wide range of issues, including family issues, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Children and Families in Grief: A charitable organisation that provides practical, emotional, and creative support for children and their families in South Devon following bereavement → Call 01803 393917 or email info@childrenandfamiliesingrief.co.uk or <https://www.childrenandfamiliesingrief.co.uk/>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to families of children and young people in Totnes with severe or profound learning disabilities. → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

EDP Drug & Alcohol Services: Amongst its services, EDP provides a rounded package of support for families of those in drug and alcohol treatment (in Newton Abbot). Aims to support and signpost the



individual, their children, spouse, and other family members, alongside their recovery worker, throughout their journey and to make their home as safe as possible. Offers various interventions and services → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Relate: Provides affordable counselling (donations-based), in a safe & calm environment, across 6-8 sessions, for families in South Devon experiencing relationship difficulties, and support around divorce. Sessions typically fortnightly → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/family-counselling>

Southwest Autism Devon: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/services.html>

South West Family Values: A not-for-profit organisation that provides support for children and young people experiencing behavioural or other difficulties (and to their parents/families). Supports CYP through a wide range of evidence-based interventions and practical strategies, to help them achieve the best outcomes possible → Call 01803 611760 or email info@southwestfamilyvalues.org.uk or <https://southwestfamilyvalues.org.uk/>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information available <https://www.talkworks.dpt.nhs.uk/>

The Pioneers Project: Aspire to reach whole families across Devon, as a positive way of shaping a more hopeful future for children and young people. Aim to empower their service users to create lasting and meaningful change as they grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or visit <https://thepioneersproject.co.uk/what-we-do/>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone affected (families, friends, partners) by an individual's alcohol or substance misuse, including group work programmes, and family support and interventions (based in Barnstaple) → Call 0800 233 5444 or <https://www.edp.org.uk/together-drug-alcohol-service/>



Food Support

South Hams Food Banks: A directory of food banks and other food-related support in the South Devon area → Visit <https://www.southhams.gov.uk/article/8531/Foodbanks>

Gambling

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

Health & Wellness

CASS+: A charity that provides information, advice, and support for a wide range of issues, including health and wellness, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

TALKWORKS: As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Housing & Homelessness

CASS+: A charity that provides information, advice, and support for a wide range of issues, including housing and homelessness, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Devon ECRS - Stewart Gardens: Provides housing-related support for people with high support needs, to enable them to return to Devon. Aims to support people in gaining the skills they need to live independently → Call 07436 833243 (open daily) or email ECRS@rethink.org or more information available <https://www.rethink.org/help-in-your-area/services/housing/devon-ecrs-stewart-gardens/>

Devon Home Choice (South Hams): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01803 861234 or email devon.homechoice@swdevon.gov.uk or more info <https://www.devonhomechoice.com/contact-us-2>

EDP Drug & Alcohol Services: Offers advice and information on issues around housing, either for the individual, or their family member(s). Works in partnership with housing/accommodation services to provide this package of care and support → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Learning Disabilities & Special Education Needs

Access Wallet: (Part of DCC) An initiative that aims to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first



language is not English → Call 01392 383509 or email accesswallet@devon.gov.uk or <https://www.traveldevon.info/accessibility/devon-access-wallet/>

Dame Hannahs: A service for people with disabilities and complex needs, who aim to empower, advocate for, and enrich the lives of adults with disabilities. Main site in Ivybridge. Aims to provide learning, care, support, and fun for adults with a range of disabilities → Call 01752 892461 or visit www.discoverhannahs.org

Hannahwood: (Part of Dame Hannahs) An innovative transition project for young adults with complex needs (aged 19+) in Ivybridge that provides residential care, respite, and day services. Focuses on individuals' learning, development, and care and aims to help them live more independently and prepare them for community life. Education provision tailored to individual needs → Call 01752 892461 or more information <http://www.discoverhannahs.org/our-services/adult-services/residential-short-breaks-and-day-services>

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs → <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to professionals and families of children and young people in Totnes with severe or profound learning disabilities → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Legal Aid

CASS+: A charity that provides legal aid and free advice to both victims and offenders in Newton Abbot, with the aim of offering respect and fairness to vulnerable people who are at risk of, or have been processed through, the Criminal Justice System → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/> or contact via <https://www.cassplus.org/contact-us/>

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in South Devon (including Newton Abbot) and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtyouthdevon.org.uk/young-people>

Marriage & Relationships

Relate: Provides (donations-based) relationship counselling in South Devon for anyone aged 16+, regardless of relationship status. Aims to help couples work through their problems, in a caring and supportive environment → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relateplymouth.co.uk/counselling-services/relationship-counselling>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling. Sessions take place with individuals/couples in a safe space → more info <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>



Mental Health

CASS+: A charity that provides information, advice, and support for a wide range of issues, including mental health, for Newton Abbot residents → call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Make A Difference: Based in Tavistock, Make a Difference provides community-based mental health support, and friendship opportunities in the local community. Offers a relaxed, café-style hub open Mon/Wed/Fri, which holds activities such as arts & crafts, board games, and music, and workshops & events. Drop-ins welcome → Call 01822 613746 or email them hello@makeadifferencetavistock.online or <https://www.makeadifferencetavistock.org/>

Mental Health Assessment Team: A service based in South Devon that manages new referrals, and provides a single point of assessment and access to adult community mental health services across Devon → Call 01803 397401/402 or <https://www.dpt.nhs.uk/locations/mental-health-assessment-team-torbay-south-and-west-devon>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers three welcoming, safe, comfortable, non-judgemental and non-clinical environments (aka 'crisis cafes'). Can also provide information and emotional support for those who feel they are in a crisis, or heading towards a crisis situation. Torquay hub is based in Torbay Business Centre □ Torquay office: Call 07483 991848 (open 10am-6pm [virtual only] and 6pm-midnight M-F) or email devontorquay.mhm@nhs.net or more information <https://www.mhm.org.uk/the-moorings-devon>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>



Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Personality Disorders

Psychology Today: A directory of counsellors and therapists that offer support for those with personality disorders in South Devon → <https://www.psychologytoday.com/gb/counselling/eng/devon-county?category=borderline-personality>

Physical Disabilities

Dame Hannahs: A service for people with disabilities and complex needs, whose mission is to empower, advocate, and enrich the lives of adults with disabilities. Main site is in Ivybridge. Aims to provide learning, care, support, and fun for adults with a range of disabilities → Call 01752 892461 or visit www.discoverhannahs.org

Hannahwood: (Part of Dame Hannahs) Based in Ivybridge, Hannahwood provides residential care, respite, and day services, that focus on the transition from adolescence to adulthood (for learning, development, and care) for adults aged 19+ with physical disabilities. Education provision is tailored to individuals' needs → Call 01752 892461 or visit <http://www.discoverhannahs.org/our-services/adult-services/residential-short-breaks-and-day-services>

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

PTSD

Monica Khosla Counselling: A therapist in Totnes who offers general counselling, psychotherapy and somatic trauma therapy support to teenagers and adults for different psychiatric conditions, including PTSD. Rates are £55 per hour → Call 07790 413610 or email monica@monica-khosla.co.uk or more info <http://monica-khosla.co.uk/>

Trauma Therapy Southwest: A service run by 2 specialist Trauma Therapists, that aims to relieve the distress of members of the community, emergency services, NHS & social care staff who suffer from the impact of trauma, and (complex) PTSD symptoms. Provide a psychoeducation & symptom reduction programme, in addition to 1-1 Trauma-Focused Therapy → Contact Harriet on 07958 329732 or email harriet.mellor@icloud.com or Call Annie on 07760 439760 or email anniwiils@talktalk.net or visit www.traumatherapysouthwest.co.uk

Self-Harm & Suicide

Devon CAMHS: Provides information, advice, and support for those in South Devon struggling with self-harm/suicidal thoughts → Visit <https://www.torbayandsouthdevon.nhs.uk/uploads/25539.pdf>

Sexual Abuse & Sexual Health

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>



Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

Relate: Provides (donations-based) counselling for people in South Devon experiencing issues with their sexual wellness & health (including dysfunctions and loss of interest). Uses a 3-stage process to establish whether someone will benefit from this type of counselling (includes an initial consultation). All sessions are fully confidential → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/sex-therapy>

Substance Misuse

CASS+: A charity that provides information, advice, and support for a wide range of issues, including substance misuse, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Rehab 4 Addiction: A service that offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England. They offer a confidential helpline and specialise in 'making sense' of the complex nature of seeking out professional help for these issues. Also provides mental health support → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>

Women's Services

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers (face-to-face, telephone, and online) advice, guidance, and support to women affected by domestic abuse. DDASS aims to increase safety and improve wellbeing → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

EDP Drug & Alcohol Services: Provides information and guidance for women who are pregnant or are thinking of starting a family (in Barnstaple). Support developed in partnership with the specialist midwife service. Also provides advice on the effects of substances on a pregnancy, and ensures women and their babies are happy and healthy → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>



Refugee Support Devon: Runs a Women's Network Group for refugees throughout Devon (within DCC Boundary), that allows women to get together in a fun, educational, and relaxing environment. Runs different activities each month, such as cooking, arts, exercise, and excursions. Also provides a creche with fully qualified child-minders (provided when funds permit). Encourages women to build support networks, make friends, combat loneliness, and learn new skills. Meets one Saturday a month → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Young Adult Support

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to young adults affected by domestic abuse. Aim to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more info <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

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Hannahwood: (Part of Dame Hannahs) An innovative transition project for young adults with complex needs (aged 19+) in Ivybridge that provides residential care, respite, and day services. Focuses on individuals' learning, development, and care and aims to help them live more independently and prepare them for community life. Education provision tailored to individual needs → Call 01752 892461 or more information <http://www.discoverhannahs.org/our-services/adult-services/residential-short-breaks-and-day-services>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

Quids For Kids: (Part of Citizens Advice) A project that provides specialist advice to young people (aged up to 21) with additional needs. Helps to assess whether these individuals can claim benefits, and can challenge benefit decisions □ <https://ruraldevoncab.org.uk/our-services/#projects>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers three welcoming, safe, comfortable, non-judgemental and non-clinical environments (aka 'crisis cafes'). Can also provide information and



emotional support for those who feel they are in a crisis or heading towards a crisis situation. Torquay hub is based in Torbay Business Centre → Torquay office: Call 07483 991848 (open 10am-6pm [virtual only] and 6pm-midnight Mon-Fri) or email devontorquay.mhm@nhs.net or more information <https://www.mhm.org.uk/the-moorings-devon>

Together Drug & Alcohol Service: A DCC commissioned service provided by a partnership of EDP Drug & Alcohol Services, and Devon Partnership Trust, supported by Devon Together Alliance. Offers a wide range of support to anyone aged 18+ experiencing alcohol/substance misuse, including advice and info for individuals (and affected others), prescribing options, harm reduction interventions, group work programmes, 1:1 recovery navigation, family support and interventions, and accredited mentoring courses, plus much more → Call 0800 233 5444 or visit <https://www.edp.org.uk/together-drug-alcohol-service/>



WEST DEVON

Activities, Clubs, & Hobbies

Bright Futures: Amongst other services, offers different activities for young adult carers in West Devon (aged 16-24) → Call 01237 420141 or email brightfutures@carewise.org.uk or more information www.brightfuturesdevon.co.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Rotary Club Okehampton: A service that offers gardening as well as arts and crafts packs, to encourage people to undertake a hobby and try new things → For more information call 07782 222404

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication, skills, and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

Significant Seams: Provides creative activities using textiles and craft for support and wellbeing, for people in the local communities → More information www.significantseams.org.uk

Tavistock Scrapstore: A service that provides crafts, activities, and an opportunity for people in Tavistock to get together and have a chat. Open Tues, Thurs, Fridays and Saturdays 11-2 → Email tavyscrapstore@gmail.com or visit www.tavistockscrapstore.org

Advocacy

Age Concern Okehampton Advocacy: Offers advocacy support for older people who need to be represented when dealing with other people, care homes, agencies, or council authorities. Completely free service → Phone number does not currently work, however more information available <https://housingcare.org/service/ser-info-5265-age-concern-oke>

Bright Futures: Amongst other services, offers advocacy support for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email brightfutures@carewise.org.uk or more information www.brightfuturesdevon.co.uk

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide advocacy, and support and advice to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk



Paladin Advocates: Offers specialist support to clients and their families, through the maze of health and social care provision. Also able to act as professional Attorneys for Health & Welfare and Property & Finance, and personalised care provision. Strive to implement and achieve clients' wishes and needs → Call 01822 610303 or more information www.paladinadvocates.com

Alcohol Misuse

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as alcohol misuse → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.org.uk

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

RISE Recovery Okehampton: Aims to provide drug and alcohol support in Okehampton, and to support people to stop using the substance that is causing people problems. They work with people at a pace they're comfortable with → Call 01837 659476 or email alcoholreferraldevon@addaction.org.uk or www.batodfoundation.org.uk/rise-recovery-okehampton

Anxiety

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Asylum Seekers & Refugees

Refugee Support Devon: An independent charity based in Exeter (operating across all of Devon), with a vision to help find protection for those who have fled from their homes in the other parts in the world, and to help them rebuild their lives, and achieve their full potential → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only). Contact form: <https://refugeesupportdevon.org.uk/contact-us/> or website: <https://refugeesupportdevon.org.uk>

Autism & ADHD

Okehampton Autism/ADHD support group: A monthly support group for parents and carers of school-aged children with autism or ADHD (Thursdays 10-11.30am at Okehampton College Community). Suggested donation of £2 per meeting → Call 07808 523111 or email info@communitylinkssw.co.uk or <https://www.communitylinks-sw.co.uk/events/>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>



Benefits

Citizens Advice Torridge, North, Mid and West Devon: A hub that provides free advice, information, and signposting on many different issues, including benefit support. Their Help to Claim service provides help to people in the early stages of their UC claim, from the application to the first payment → Call 0800 1448 444 (M-F 8-6) or contact via www.citizensadvice.org.uk/helpclaim or more information <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Paladin Advocates: Offers financial help, advice, and assistance for people (and their families) who have fallen ill and are no longer able to take care of themselves. Assists with securing and reviewing Personal Healthcare budgets, benefit support (including PIP), and support with financial assessments → Call 01822 610303 or more information www.paladinadvocates.com/services/financial-funding/

Quids For Kids: Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Bereavement

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information <https://uksobs.org/>



Bipolar Disorder

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Bright Futures: A new project under Devon Young Carers that supports young adult carers (aged 16-24) across Devon to build their skills and confidence, and to help them manage periods of transition and change. Also offers activities, training, signposting, advocacy, peer support, and much more → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Okehampton Autism/ADHD support group: A monthly support group for carers of school-aged children with autism or ADHD (Thursdays 10-11.30am at Okehampton College Community). Suggested donation of £2 per meeting → Call 07808 523111 or email info@communitylinkssw.co.uk or <https://www.communitylinks-sw.co.uk/events/>

Okehampton (Mental Health) Peer Support Group: (Part of Relate Devon) Carers of adults with mental health issues are welcome to join in with this voluntary peer support group. Meets every Wednesday 1-3pm at the Ockment Centre → Call or text 07955 848935 or more information <https://recoverydevon.co.uk/2017/okehampton-mental-health-peer-support-group/>

TALKWORKS: As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

Children/Teenagers

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (age 0-25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support □ Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and



childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>

Community Support

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/ethos/>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/ethos/>



Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Okehampton (Mental Health) Peer Support Group: (Part of Relate Devon) Adults with mental health issues, and their companions/carers are welcome to join in with this voluntary peer support group. Meets every Wednesday 1-3pm at the Ockment Centre → Call or text 07955 848935 or more information <https://recoverydevon.co.uk/2017/okehampton-mental-health-peer-support-group/>

Rethink Mental Illness (UK): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Southwest Autism Devon: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or for more info visit <https://www.southwestautismsupport.com/services.html>

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Counselling Services

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, and counselling to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Relate: Provides affordable counselling across West Devon, offering a range of counselling services (including relationship, family, and for children and young people). Relies on client contributions to continue to provide a charitable counselling service. Average length of sessions is 6-8 weeks, although this depends on the individual. No minimum number of sessions needed. Booking initial consultation recommended → Call 0300 7729681 or email reception.exeter@relate.org.uk or more information <https://www.relateplymouth.co.uk/centre/exeter/venues/okehampton>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>



Criminal Justice

Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law. They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01271 388150 (M-Th 9-5; F 9-4) or email devonyjs@devon.gov.uk

Restorative Justice (Devon & Cornwall Police): Gives victims of crime the chance to meet or communicate with the offender and to explain the impact the offender's actions have had on them. It gives victims a voice, and also holds offenders to account for what they have done, aiming to help an offender to take responsibility and make amends for their actions → <https://www.devon-cornwall.police.uk/support-and-guidance/victims-witnesses/restorative-justice/>

Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

Debt & Money Management

Citizens Advice Torridge, North, Mid and West Devon: Dedicated caseworkers as part of the Debt & Money Advice Teams who advise people of their rights and responsibilities, debt solutions, and help with money management and financial capability. Support is free & self-referrals accepted → <https://ruraldevoncab.org.uk/our-services/#projects>

Paladin Advocates: Offers financial help, advice, and assistance for people (and their families) who have fallen ill and are no longer able to take care of themselves. Assists with securing and reviewing Personal Healthcare budgets, benefit support (including PIP), and support with financial assessments → Call 01822 610303 or more information www.paladinadvocates.com/services/financial-funding/

Depression

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as depression → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.org.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. This includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing low mood and depression (amongst other conditions). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>



Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as domestic abuse → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.org.uk

Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/current-services/>

Eating Disorders

Eating Disorder Service Plymouth: Offers advice and or support to professionals via phone or email, who wish to make a referral to their service on a client's behalf (covers Plymouth and West Devon) → Call 01752 228027 or email general.admin@eatingdisorderserviceplymouth.co.uk or more information <https://www.eatingdisorderserviceplymouth.co.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

Elderly Adult Support

Age Concern Okehampton Advocacy: Offers advocacy support for older people who need to be represented when dealing with other people, care homes, agencies, or council authorities. Completely free service → Phone number does not currently work, however for more information visit <https://housingcare.org/service/ser-info-5265-age-concern-oke>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>



Employment & Education

Bright Futures: Amongst other services, Bright Futures offers different training, and skills building opportunities for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email them at brightfutures@carewise.org.uk or visit www.brightfuturesdevon.co.uk

Gifted Women: Amongst other services, offers an employability programme that links up with local employers to women based in Tavistock, which aims to provide them with meaningful work experience placements tailored to women's strengths and ambitions → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

Refugee Support Devon: Allows refugees within DCC Boundary the opportunity to develop their English proficiency, as well as employment opportunities and integration into the local community. Also provides ESOL (English to Speakers of Other Languages) tuition, opportunities to develop literacy skills with tutors, access to Higher Education, work placements, and employment placements → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Families

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to the families, friends, and partners of anyone aged 13+ who has experienced, or been affected by, sexual violence, sexual assault, or childhood sexual abuse in Devon. Available online, in person, and by phone on Mondays, Wednesdays, and Fridays, 6-9pm. Can leave a message, name, and safe contact number outside of these times ☐ Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk>

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Okehampton Autism/ADHD support group: A monthly support group for parents of school-aged children with autism or ADHD (Thursdays 10-11.30am at Okehampton College Community). Suggested donation of £2 per meeting → Call 07808 523111 or email info@communitylinkssw.co.uk or <https://www.communitylinks-sw.co.uk/events/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Relate: Provides affordable counselling (donations-based), in a safe & calm environment, across 6-8 sessions, for families in West Devon experiencing relationship difficulties, and support around divorce. Sessions typically fortnightly → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/family-counselling>



Southwest Autism Devon: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/services.html>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information available <https://www.talkworks.dpt.nhs.uk/>

The Pioneers Project: Aspire to reach whole families across Devon, as a positive way of shaping a more hopeful future for children and young people. Aim to empower their service users to create lasting and meaningful change as they grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or visit <https://thepioneersproject.co.uk/what-we-do/>

Food Services (e.g. Food Banks)

Okehampton Food Bank: Operates from Okehampton Baptist Church. Their vision is an Okehampton where everyone has enough to eat because, freedom from hunger is critical to the future economic, social, and emotional health of the local community → Call 074838 77378 (W-F) or email contact@okehamptonfoodbank.co.uk or <https://okehamptonfoodbank.co.uk/>

Gambling

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

Health & Wellness

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

TALKWORKS: As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Housing & Homelessness

Devon Home Choice (West Devon): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01822 813600 or email devon.homechoice@swdevon.gov.uk more info <https://www.devonhomechoice.com/contact-us-2>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Learning Disabilities & Special Education Needs

Access Wallet: (Part of DCC) An initiative that aims to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first language is not English → Call 01392 383509 or email accesswallet@devon.gov.uk or <https://www.traveldevon.info/accessibility/devon-access-wallet/>



Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (aged 0-25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Legal Aid

Paladin Advocates: Amongst their services, Paladin Advocates provide information and advice around legal issues, including Community Care Law, Dementia Law, and more → Call 01822 610303 or more information www.paladinadvocates.com/about-us/what-we-do/

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>

Marriage & Relationships

Relate: Provides (donations-based) relationship counselling in West Devon for anyone aged 16+, regardless of relationship status. Aims to help couples work through their problems, in a caring and supportive environment → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relateplymouth.co.uk/counselling-services/relationship-counselling>

Mental Health

Mental Health Assessment Team: Based in South Devon that manages new referrals, and provides a single point of assessment and access to adult community mental health services across Devon → Call 01803 397401/402 or <https://www.dpt.nhs.uk/locations/mental-health-assessment-team-torbay-south-and-west-devon>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

Okehampton (Mental Health) Peer Support Group: (Part of Relate Devon) A voluntary group for adults who have any mental health issue; their companions and carers are also welcome. Meets every Wednesday 1-3pm at the Ockment Centre → Call or text 07955 848935 or more information <https://recoverydevon.co.uk/2017/okehampton-mental-health-peer-support-group/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>



TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Personality Disorders

Psychology Today: A directory of counsellors that offer support for people with personality disorders in West Devon → <https://www.psychologytoday.com/gb/counselling/eng/okehampton?category=borderline-personality>

Physical Disabilities

Okehampton District Community Transport Group: A community led service (Registered Charity: 1024617), supported by DCC and West Devon Borough Council, committed to providing access to transport for the local community, especially for those who find it difficult to use public transport, the elderly, and those who are rurally isolated → Call 01837 55000 (M-F 8.30-4), 07484 525 577 (out of hours) or email office@odctg.oc.uk or visit www.odctg.co.uk

PTSD

Psychology Today: A directory of counsellors and therapists in the Okehampton area that offer support for PTSD sufferers. Other areas can also be searched → Visit <https://www.psychologytoday.com/gb/counselling/eng/okehampton?category=trauma-and-ptsd>

Self-Harm & Suicide

Self-Injury Support: A UK-wide self-harm and self-injury charity offering direct support, reliable information, expert training, and specialist consultancy. Provided for women of any age or background affected by self-injury, whether their own, or that of a friend/family member → Call 0808 800 8088 (Tu + Th, 7-9.30pm) or email tessmail@selfinjurysupport.org.uk or visit <https://www.okehamptonmedicalcentre.co.uk/depression-anxiety-stress.php#gsc.tab=0>



Sexual Abuse & Sexual Health

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

Relate: Provides (donations-based) counselling for people in West Devon experiencing issues with their sexual wellness & health (including dysfunctions and loss of interest). Uses a 3-stage process to establish whether someone will benefit from this type of counselling (includes an initial consultation). All sessions are fully confidential → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/sex-therapy>

Substance Misuse

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as substance misuse/addiction → Call 01937 851240 or email admin@gilead.org.uk or visit www.gilead.org.uk

Rehab 4 Addiction: Offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England, including a confidential helpline. Help to 'make sense' of the complex nature of addiction. Also provides mental health support → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk>

Women's Services

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers (face-to-face, telephone, and online) advice, guidance, and support to women affected by domestic abuse. DDASS aims to increase safety and improve wellbeing → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Gifted Women: Supports Tavistock-based women, who are referred to GW by other organisations to take part in this trauma-informed programme of employability training and confidence building. Aims to provide discovery and personal growth for women, in a supportive environment → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as alcohol misuse/addiction, substance misuse, domestic abuse, and depression → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.org.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive



difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Refugee Support Devon: Runs a Women's Network Group for refugees throughout Devon (within DCC Boundary), that allows women to get together in a fun, educational, and relaxing environment. Runs different activities each month, such as cooking, arts, exercise, and excursions. Also provides a creche with fully qualified child-minders (provided when funds permit). Encourages women to build support networks, make friends, combat loneliness, and learn new skills. Meets one Saturday a month → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Self-Injury Support: A UK-wide self-harm and self-injury charity offering direct support, reliable information, expert training, and specialist consultancy. Provided for women of any age or background affected by self-injury, whether their own, or that of a friend/family member → Call 0808 800 8088 (Tu + Th, 7-9.30pm) or email tessmail@selfinjurysupport.org.uk or visit <https://www.okehamptonmedicalcentre.co.uk/depression-anxiety-stress.php#gsc.tab=0>

Young Adult Support

Bright Futures: A new project under Devon Young Carers that supports young adult carers (aged 16-24) across Devon to build their skills and confidence, and to help them manage periods of transition and change. Also offers activities, training, signposting, advocacy, peer support, and much more → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (up to age 25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to young adults affected by domestic abuse. Aim to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more info <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law. They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01271 388150 (M-Th 9-5; F 9-4) or email devonyjs@devon.gov.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk



Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

Quids For Kids: (Part of Citizens Advice) A project that provides specialist advice to young people (aged up to 21) with additional needs. Helps to assess whether these individuals can claim benefits, and can challenge benefit decisions → <https://ruraldevoncab.org.uk/our-services/#projects>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>



DEVON (all regions, inc. East Devon) & CORNWALL

Activities, Clubs, & Hobbies

Bright Futures: Amongst other services, offers different activities for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Magic Carpet Arts for Health: Based in East Devon, offers a range of creative arts activities to those who can't usually access the arts due to health difficulties, learning disabilities, or difficult social circumstances → Call 01392 422938 or email info@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/>

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Southwest Autism Devon: Provides a range of community-based services and support, aimed at providing activities within local communities and settings, for young people on the autistic spectrum (and for their families). Covers all Devon regions → Email southwestautism@gmail.com or more information available on their website <https://www.southwestautismsupport.com/services.html>

Advocacy

Bright Futures: Amongst other services, offers advocacy support for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>

Devon and Torbay Independent Mental Health Advocacy (IMHA): Based in Exeter, but open to anyone detained under the Mental Health Act (qualifying sections) within Devon and Torbay, including those detained in hospitals or other secure settings within local boundaries, but do not otherwise live in the area. IMHA is also available to anyone under Supervised Community Treatment Orders in Devon & Torbay. Free and independent from all other services → Call 01392 822377 (M-F 9-5) or email devonadvocacy@rethink.org or <https://www.rethink.org/help-in-your-area/services/advocacy/devon-torbay-imha/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide advocacy, and support and advice to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Alcohol Misuse

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their



team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues, including alcohol misuse. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Asylum Seekers & Refugees

Devon and Cornwall Refugee Support Council: A service that provides advice, support, education, IT facilities and a friendly communal space for asylum seekers in the region → Call 01752 265952 or email hub@dcrs-plymouth.org or more information <https://dcrs-plymouth.org>

Refugee Support Devon: An independent charity based in Exeter (operating across all of Devon), with a vision to help find protection for those who have fled from their homes in the other parts in the world, and to help them rebuild their lives, and achieve their full potential → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only). Contact form: <https://refugeesupportdevon.org.uk/contact-us/> or website: <https://refugeesupportdevon.org.uk>

Anxiety

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Autism & ADHD

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Benefits

CASS+: A charity that provides information, advice, and support for a wide range of issues, including benefits, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153



(M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region available here <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Citizens Advice Torridge, North, Mid and West Devon: A hub that provides free advice, information, and signposting on many different issues, including benefit support. Their Help to Claim service provides help to people in the early stages of their UC claim, from the application to the first payment → Call 0800 1448 444 (M-F 8-6) or contact via www.citizensadvice.org.uk/helpclaim or more information <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Bereavement

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or <https://www.hospiscare.co.uk/healthcare-professionals/covid-19/bereavement-care/>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support



→ Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information <https://uksobs.org/>

Bipolar Disorder

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Bright Futures: A new project under Devon Young Carers that supports young adult carers (aged 16-24) across Devon to build their skills and confidence, and to help them manage periods of transition and change. Also offers activities, training, signposting, advocacy, peer support, and much more → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

DIAS (Devon Information Advice and Support): Provides information, advice and resources for carers about the special education needs and learning difficulties of children they work with, as well as how to support their children express their needs → Call 01392 383080 or email devonias@devon.gov.uk or visit <https://devonias.org.uk/information/>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or <https://www.hospiscare.co.uk/healthcare-professionals/covid-19/bereavement-care/>

TALKWORKS (Depression and Anxiety Service): As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety, and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

Children/Teenagers

Checkpoint: (Part of The Children's Society) Provides help to young people aged 8-18 across Devon. Offers face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or <https://www.childrenssociety.org.uk/information/young-people/checkpoint>

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (age 0-25) → more information



<https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support ☐ Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

DIAS (Devon Information Advice and Support): Provides accessible and advice for children and young people with special educational needs and disabilities, and signpost them to other services and organisations → Call 01392 383080 or email devonias@devon.gov.uk or more information <https://devonias.org.uk/children-young-people/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Live Wire: A service (based in Saltash) for young people aged 10-21 who want to learn to make music or learn music technology as part of a youth club. Also offers free musical tuition, and other programmes and activities → Email info@livewireyouth.com or www.livewireyouth.com

Routeways: A charity aimed at supporting children, young people, families, and communities to overcome barriers caused by disadvantage, through regular activities and group support. Covers D&C, as well as Somerset and Dorset. Plymouth offices in Beckly Centre and Devonport Park Activity Centre → Call 01752 300700 or email Enquiries@routeways.org.uk or <http://www.routeways.org.uk/>

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>



X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreyouthdevon@gmail.com or more information <https://www.lgbtqyouthdevon.org.uk/young-people>

Community Support

CAP (Child Assault Prevention) UK: A community project in Devon that brings parents/carers, school staff and children together to understand how to effectively reduce children's' vulnerability to child abuse & build safer communities for children → Call 01803 866559 or email info@safestrongfree.org.uk or <https://safestrongfree.org.uk>

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/ethos/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Magic Carpet Arts for Health: Based in East Devon, offers a range of creative arts activities to those who can't usually access the arts due to health difficulties, learning disabilities, or difficult social circumstances. Allows people to develop skills, meet people, and build self-confidence → Call 01392 422938 or email info@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/>

Mental Health Assessment Team - Exeter and East Devon: Provides access to adult community mental health services across Exeter and East Devon, through their process of managing referrals → Call 01392 207799 or email dpn-tr.Exeter-MWAReferrals@nhs.net or more information <https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=YhO4QF4d2xQ>

Operation Emotion: A Plymouth-based charity that offers community support, such as programmes and peer-led groups (e.g. Education Recovery), for men who have experienced sexual abuse. Covers other regions of Devon for those willing to travel → Call 07539 810096 or 07837 321514 or email opem@pm.me or <https://operationemotion.co.uk/weekly-support> or <https://operationemotion.co.uk/education-recovery>

Pinpoint Devon: A hub of resources and support on a wide range of topics, including elderly adults, young adults, parents & families, community support, carers, employment, education, housing, and money management. Available across all of Devon (can search for local area on the website) → More info <https://www.pinpointdevon.co.uk/>



Rethink Mental Illness (UK): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Southwest Autism Devon: Provides a range of community-based services and support, aimed at providing social communication opportunities for young people who would benefit from accessing the wider community, activities, and engaging with local communities. Covers all Devon regions → Email southwestautism@gmail.com or <https://www.southwestautismsupport.com/services.html>

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Counselling Services

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, and counselling to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Criminal Justice

CASS+: Offers free advice and support to anyone going through the courts in Devon & Cornwall (including Plymouth), including to vulnerable people at risk of, or have been processed through, the Criminal Justice System (CJS) (especially those not eligible for Legal Aid). Open to both victims and offenders, and to individuals or their loved ones seeking advice → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or <https://www.cassplus.org/>

Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law.

The logo for D&C DIRECTORY features a stylized green geometric shape resembling a triangle with internal lines, positioned above the text "D&C DIRECTORY" in a bold, green, sans-serif font. The entire logo is set against a light pink rectangular background.

D&C DIRECTORY

They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01271 388150 (M-Th 9-5; F 9-4) or email devonyjs@devon.gov.uk

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/addiction-treatment>

Restorative Justice (Devon & Cornwall Police): Gives victims of crime the chance to meet or communicate with the offender and to explain the impact the offender's actions have had on them. It gives victims a voice, and also holds offenders to account for what they have done, aiming to help an offender to take responsibility and make amends for their actions → <https://www.devon-cornwall.police.uk/support-and-guidance/victims-witnesses/restorative-justice/>

Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Home Treatment Team: (Part of Devon Partnership Trust) A community-based service that supports people experiencing severe mental health issues and requiring 'crisis' support. Main aim is to help people manage and resolve their crisis through assessment and treatment in their home environment. Operates across Exeter, Mid-Devon, and East Devon → Call 0300 555 5000 or more information <https://www.dpt.nhs.uk/locations/home-treatment-team-exeter-east-and-mid-devon>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

Debt & Money Management

Citizens Advice Torridge, North, Mid and West Devon: Provide dedicated caseworkers, who advise people of their rights and responsibilities, debt solutions, help with money management, and financial capability. Their support is free. Self-referrals accepted → Visit <https://ruraldevoncab.org.uk/our-services/#projects> (full locations list here; covers most of Devon).

Depression

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. This includes information on causes, symptoms, types of depression, and signposting to sources of



support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing low mood and depression (amongst other conditions). Self-referrals and referrals from professionals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Domestic Abuse & Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including domestic abuse, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153; Newton Abbot 01626 337214; Bodmin 01208 78003 or contact details for each region available here <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more information <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/current-services/>

Splitz Support Service: A registered charity that provides support services to adults and young people experiencing the trauma of domestic abuse/sexual violence across Devon □ Call 0345 1551074 or email admin.devon@splitz.org or www.splitz.org

Eating Disorders

Devon & Cornwall Food Action: A registered charity, run almost entirely by a brilliant volunteer workforce, that strives to eradicate food poverty in Plymouth, Devon and Cornwall. DCFA is not a foodbank; they work with food producers and supermarkets to redistribute surplus food to those in need. They supply a number of services, community organisations and groups → Call 07510 779235 or email info@devonandcornwallfoodaction.org or more information <https://devonandcornwallfoodaction.org/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and



bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

Elderly Adult Support

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Employment & Education

Bright Futures: Amongst other services, Bright Futures offers different training, and skills building opportunities for young adult carers in Devon (aged 16-24) → Call 01237 420141 or email them at brightfutures@carewise.org.uk or visit www.brightfuturesdevon.co.uk

CASS+: A charity that provides information, advice, and support for a wide range of issues, including employment and education, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region available here <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

Refugee Support Devon: Allows refugees within DCC Boundary the opportunity to develop their English proficiency, as well as employment opportunities and integration into the local community. Also provides ESOL (English to Speakers of Other Languages) tuition, opportunities to develop literacy skills with tutors, access to Higher Education, work placements, and employment placements → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Young Devon: Runs several 1-2-1 Support and Employment Mentoring programmes across Devon, offering personalised support and advice to those aged 16-24, to help them take their next steps into education, employment, and training. Based in Plymouth, Torbay, and Devon → Call 01752 691511 or email info@youngdevon.org or visit <https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring>

Families

CASS+: A charity that provides information, advice, and support for a wide range of issues, including family issues, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

DIAS (Devon Information Advice and Support): Provides information, advice and resources for parents about their children's special education needs and learning difficulties, as well as how to support their children express their needs → Call 01392 383080 or email devonias@devon.gov.uk or visit <https://devonias.org.uk/information/>

Home Start: A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, and to help them create the best outcomes for their children. Range of parent support services offered, including support



programmes and peer support services → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or <https://www.hospiscare.co.uk/healthcare-professionals/covid-19/bereavement-care/>

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

Southwest Autism Devon: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/services.html>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information available <https://www.talkworks.dpt.nhs.uk/>

The Pioneers Project: Aspire to reach whole families across Devon (and Cornwall), as a positive way of shaping a more hopeful future for children and young people. Aim to empower their service users to create lasting and meaningful change as they grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or visit <https://thepioneersproject.co.uk/what-we-do/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://ruraldevoncab.org.uk/our-services/#projects>

Health & Wellness

CASS+: A charity that provides information, advice, and support for a wide range of issues, including health and wellness, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including health and wellness support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

TALKWORKS: As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>



Housing & Homelessness

CASS+: A charity that provides information, advice, and support for a wide range of issues, including housing and homelessness, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>

Devon Home Choice: Allows Devon residents to search and apply for council and housing association homes across Devon, including East Devon, Exeter, Mid Devon, North Devon, Plymouth, South Hams, Teignbridge, Torbay, Torridge, and West Devon → <https://www.devonhomechoice.com/contact-us-2>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing support/services (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Shekinah: Devon & Cornwall-based charity that provides opportunities for those in recovery/seeking recovery from homelessness (also assist with drug and alcohol issues, offending behaviours, and mental health) → Call 01752 203480 or email reception@shekinah.co.uk or www.shekinah.co.uk

Learning Disabilities & Special Education Needs

Access Wallet: (Part of DCC) An initiative that aims to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first language is not English → Call 01392 383509 or email accesswallet@devon.gov.uk or <https://www.traveldevon.info/accessibility/devon-access-wallet/>

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs (aged 0-25) → more information <https://www.devon.gov.uk/education-and-families/send-local-offer/about-send-and-the-local-offer/areas-of-need/learning-disabilities>

DIAS (Devon Information Advice and Support): Provides accessible and advice for children and young people aged 0-25 with special educational needs and disabilities, and signpost them to other services and organisations → Call 01392 383080 or email devonias@devon.gov.uk or more information <https://devonias.org.uk/children-young-people/>

Legal Aid

CASS+: A charity that provides legal aid to both victims and offenders in the Devon & Cornwall area, including those at risk of being processed, or have been processed through, the Criminal Justice System → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts,



cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or more information <https://www.lgbtyouthdevon.org.uk/young-people>

Marriage and Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Mental Health

CASS+: A charity that provides information, advice, and support for a wide range of issues, including mental health, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

Devon and Torbay Independent Mental Health Advocacy (IMHA): Based in Exeter, but open to anyone detained under the Mental Health Act (qualifying sections) within Devon and Torbay, including those detained in hospitals or other secure settings within local boundaries, but do not otherwise live in the area. IMHA is also available to anyone under Supervised Community Treatment Orders in Devon & Torbay. Free and independent from all other services → Call 01392 822377 (M-F 9-5) or email devonadvocacy@rethink.org or <https://www.rethink.org/help-in-your-area/services/advocacy/devon-torbay-imha/>

Home Treatment Team: (Part of Devon Partnership Trust) A community-based service that supports people experiencing severe mental health issues and requiring 'crisis' support. Main aim is to help people manage and resolve their crisis through assessment and treatment in their home environment. Operates across Exeter, Mid-Devon, and East Devon → Call 0300 555 5000 or more information <https://www.dpt.nhs.uk/locations/home-treatment-team-exeter-east-and-mid-devon>

Mental Health Assessment Team - Exeter and East Devon: Manage new referrals and provide a single point of assessment and access to adult community mental health services across Exeter and East Devon → Call 01392 207799 or email dpn-tr.Exeter-MWAReferrals@nhs.net or more information <https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=YhO4QF4d2xQ>

Mental Health Exeter and Devon Support Group: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>

Recovery Devon: A community that provides support and resources for peoples' recovery of mental health issues; their underpinning value is to promote radical change in mental health attitudes and provision → Call 07840 506010 or email recoverydevon@gmail.com or www.recoverydevon.co.uk



Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

MoMENTum: Provides a support group for male survivors of childhood sexual abuse, encouraging survivors to seek support, gain an understanding of themselves and to share information and resources. Based in Exeter and North Devon → Call 07773 151080 (M-F 9-12) or fill out an enquiry form <https://www.momentumdevon.org.uk/contact-us> or <https://www.momentumdevon.org.uk>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or more information <https://operationemotion.co.uk/contact>

Physical Disabilities

Magic Carpet Arts for Health: Based in East Devon, offers a range of creative arts activities to those who can't usually access the arts due to health difficulties (such as physical disabilities) → Call 01392 422938 or email info@magiccarpet-arts.co.uk or more information <https://www.magiccarpet-arts.co.uk/>

PTSD

TALKWORKS: A mental health service that covers most of Devon, open to anyone aged 18+ that provides support, information, and advice on PTSD → Visit <https://www.talkworks.dpt.nhs.uk/what-is-ptsd> or contact them via <https://www.talkworks.dpt.nhs.uk/get-in-touch>

Trauma Therapy Southwest: A service run by 2 specialist Trauma Therapists, that aims to relieve the distress of members of the community, emergency services, NHS & social care staff who suffer from the impact of trauma, and (complex) PTSD symptoms. Provide a psychoeducation & symptom reduction programme, in addition to 1-1 Trauma-Focused Therapy → Contact Harriet on 07958 329732 or email harriet.mellor@icloud.com or Call Annie on 07760 439760 or email anniwiils@talktalk.net or visit www.traumatherapysouthwest.co.uk



Sexual Abuse & Sexual Health

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

First Light: A collective hub of services aimed at supporting victims of sexual abuse/harm across Devon and Cornwall (and other Southwest areas). Self-referral only → All services offered can be found here <https://www.firstlight.org.uk/make-a-referral/>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate and using a trauma-informed approach. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email opem@pm.me or <https://operationemotion.co.uk/contact>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Substance Misuse

CASS+: A charity that provides information, advice, and support for a wide range of issues, including substance misuse, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) across the wider Devon & Cornwall area. Provides counselling for a wide range of issues, including addictions. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute session (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or <https://plymouthcounselling.com>

Women's Services

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers (face-to-face, telephone, and online) advice, guidance, and support to women affected by domestic abuse. DDASS aims to increase safety and improve wellbeing → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>



Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Refugee Support Devon: Runs a Women's Network Group for refugees throughout Devon (within DCC Boundary), that allows women to get together in a fun, educational, and relaxing environment. Runs different activities each month, such as cooking, arts, exercise, and excursions. Also provides a creche with fully qualified child-minders (provided when funds permit). Encourages women to build support networks, make friends, combat loneliness, and learn new skills. Meets one Saturday a month → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Young Adult Support

Bright Futures: A new project under Devon Young Carers that supports young adult carers (aged 16-24) across Devon to build their skills and confidence, and to help them manage periods of transition and change. Also offers activities, training, signposting, advocacy, peer support, and much more → Call 01237 420141 or email brightfutures@carewise.org.uk or www.brightfuturesdevon.co.uk

Checkpoint: (Part of The Children's Society) Provides help to young people aged 8-18 across Devon. Offers face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or <https://www.childrenssociety.org.uk/information/young-people/checkpoint>

Devon Domestic Abuse Support Service (DDASS): (Part of Splitz) A charity that offers advice, guidance, and support to young adults affected by domestic abuse. Aim to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email admin.devon@splitz.org or more info <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law. They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01271 388150 (M-Th 9-5; F 9-4) or email devonyjs@devon.gov.uk

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk



Live Wire: A service (based in Saltash) for young people aged 10-21 who want to learn to make music or learn music technology as part of a youth club. Also offers free musical tuition, and other programmes and activities → Call 01752 or email info@livewireyouth.com or www.livewireyouth.com

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

Quids For Kids: (Part of Citizens Advice) A project that provides specialist advice to young people (aged up to 21) with additional needs. Helps to assess whether these individuals can claim benefits, and can challenge benefit decisions → <https://ruraldevoncab.org.uk/our-services/#projects>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing a wide range of mental health conditions. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Young Devon: A young people's charity that aims to help young people across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing → Call 08082 810155 or email info@youngdevon.org or visit www.youngdevon.org



UK-WIDE SERVICES

Activities, Clubs, & Hobbies

Great Days Out UK: Signposts people to different activities and days out all across the UK. Can search by local area. Also includes options for free days out → Call 01452 595377 or 07886 924126 or email info@great-days-out.co.uk or more information <https://www.great-days-out.co.uk/outdoor-activities/>

Advocacy

PoHWER: A charity that provides free and confidential advocacy, information, and advice (to England residents) that aims to help people who, because of disability, illness, social exclusion, and other challenges, find it difficult to express their views or get the support they need → Call 0300 4562370 or more information <https://www.pohwer.net/>

The Red Cross: A free and confidential emotional support service. Also provides support for refugees and asylum seekers → Call 0808 196 3651 (10am-6pm daily) or <https://www.redcross.org.uk/>

Together for Devon: A partnership of health and social care organisations collaborating with local communities across Plymouth, Torbay, and the rest of the county to improve peoples' health, wellbeing, and care. Aims to fundamentally change how current services are managed → Visit <https://hunter-healthcare.com/thejointchair/together-for-devon.html>

Asylum Seekers & Refugees

Refugee Support Devon: An independent charity based in Exeter (operating across all of Devon), with a vision to help find protection for those who have fled from their homes in the other parts in the world, and to help them rebuild their lives, and achieve their full potential → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only). Contact form: <https://refugeesupportdevon.org.uk/contact-us/> or website: <https://refugeesupportdevon.org.uk>

The Red Cross: A free and confidential emotional support service that provides advocacy and advice for refugees and asylum seekers → Call 0808 196 3651 (10am-6pm daily) or visit <https://www.redcross.org.uk/>

UNHCR (The UN Refugee Agency): A global organisation dedicated to saving lives, protecting rights and building a better future for refugees, forcibly displaced communities, and stateless people. Provides information, advice, and support for asylum seekers and refugees → Visit <https://www.unhcr.org/uk/>

Alcohol Misuse

Alcoholics Anonymous: Support meetings/groups for those struggling with their alcohol use → Call 0800 9177650 or help@aamail.org or <https://www.alcoholics-anonymous.org.uk/>

Al-Anon: A support service for affected others of alcohol misusers → Call 0800 0086 811 (freephone, 7 days a week) or 020 7593 2070 (office) or <https://www.al-anonuk.org.uk/>

Anxiety

Anxiety UK: A national organisation that offers an extensive range of support services for people with anxiety, stress, anxiety-based depression, or phobias. Support offered includes community support, discounted 1:1 therapy services, helpful resources, anxiety support groups, and discounted anxiety management courses → Call 03444 775 774 or email admin@anxietyuk.org.uk or more information <https://www.anxietyuk.org.uk>

Triumph Over Phobia (TOP UK): A UK registered charity that specialises in supported self-help for sufferers of phobias, and other related anxiety disorders. Provide a network of weekly groups where



individuals meet in a warm, supportive environment to tackle their fears using an evidence-based treatment method. Open to anyone aged 16+ → Call 01225 571740 or 07907 344669 or email info@topuk.org or visit <https://www.topuk.org/>

Autism & ADHD

Real Life Options: Provides social support and care for people with autism (and LDs), which includes supported living and residential care → Call 01977 781800 or visit www.reallifeptions.org

Respond: Provides services for people with autism (and LDs) who have experienced abuse or trauma → Call 0207 383 0700 or more information www.respond.org.uk

Benefits

Citizens Advice: Available in every UK region. Provides information, advice, and signposting on benefits and tax credits for those working or unemployed, sick or disabled, a parent, a young person, an older person, or a veteran. Also provides information on council tax and housing costs, national insurance, benefits payments, and benefits problems → Visit <https://www.citizensadvice.org.uk/benefits/> (England page).

Shelter UK: A housing and homelessness charity (tailored services in every UK region) that provides advice, support, and signposting for many different issues, including benefits and financial advice → More information <https://www.shelter.org.uk/> (click on region).

Bereavement

Bereavement Advice Centre: A free helpline & online service provided by Co-Op Legal Services. They offer practical information, advice, and signposting on the many issues & procedures people are faced with after losing someone. Also offer welcome calls from bereaved people, and the professionals/volunteers that support them. Aim to identify and respond to areas of need → Contact via <https://www.bereavementadvice.org/contact-us/> or visit <https://www.bereavementadvice.org/>

Cruse Bereavement Support: The UK's leading bereavement charity, aimed at helping people through one of the most painful times in their lives. Provides bereavement support, information, and campaigning, plus much more → Call 0808 8081677 or <https://www.cruse.org.uk/about/contact-us/> or more information <https://www.cruse.org.uk>

Samaritans UK: Samaritans has partnered with Cruse Bereavement Care to create Facing the Future, a service that runs support groups for people bereaved by suicide. It gives people the opportunity to meet others who have lost someone to suicide, and share their experiences and feelings. Open to those aged 18+ → More information <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information <https://uksobs.org/>

Bipolar Disorder

Bipolar UK: Provides a range of services to enable people affected by bipolar and associated illnesses to take control of their lives → Call 0333 323 3880 or email info@bipolaruk.org.uk or <https://www.bipolaruk.org/>



eCommunity: A safe and secure space where people can discuss the challenges they face, ask questions, and share their experiences. To keep the eCommunity safe, everyone who joins agrees to abide by the House Rules, and their team of moderators keep things running smoothly. The eCommunity has over 11,000 members and is a free service supported by donations → More information <https://www.bipolaruk.org/ecommunity>

Peer Support Line: Offers practical information, advice, and support by phone, email, and online. With an emphasis on self-management, the Peer Support Line provides: advice on how to support a loved one, information on how to manage your bipolar, coping strategies to stay well, links to useful support services, and allows people to share experiences → Visit <https://www.bipolaruk.org/support-line>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

Carers

Carers UK: The UK's only national membership charity for carers, Carers UK is both a support network, and a movement for change. Provides emotional support, signposting, advocacy, and information for carers throughout the UK, as well as help with benefits and Carer's Allowance → Call 0808 8087777 (main helpline; M-F 9am-6pm) or email advice@carersuk.org or <https://www.carersuk.org/>

MaleVoicED: A service for vulnerable males that provides additional information, guidance, and resources for carers & parents of at-risk males → More info <https://www.malevoiced.com/caregivers>

Children/Teenagers

Action for Children: An organisation that protects and supports children and young people, providing practical and emotional care and support. Campaigns to bring lasting improvements to their lives → Call 0300 123 2112 or email ask.us@actionforchildren.org.uk or <https://www.actionforchildren.org.uk/>

Barnardo's: A leading children's charity that provides long-term support to children who have been abused, and helps them to feel safe again → Call 0800 0087005 (M-F 9-5) or email supportrelations@barnardos.org.uk or <https://www.barnardos.org.uk>

The Thrive Approach: Provides a neuroscience and psychology-based approach to helping children and young people thrive, by supporting them with their social and emotional development → Call 01392 797555 or more information www.thriveapproach.com

Community Support

Food Cycle: A service that provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing people together. Can search for preferred location on their website → Email exeter@foodcycle.org.uk or <https://foodcycle.org.uk/location/>

Qwell: A mental health service for adults across the UK that offers services such as drop-in chats and community support (part of Kooth) → Visit www.quell.io

Rethink Mental Illness (UK): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area →



Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

Triumph Over Phobia (TOP UK): A UK registered charity that provides a network of weekly groups where individuals meet in a warm, supportive environment to tackle their fears using an evidence-based treatment method. Open to anyone aged 16 and above with phobias, OCD, or other anxiety disorders → Call 01225 571740 or 07907 344669 or email info@topuk.org or <https://www.topuk.org/>

Counselling Services

Counselling Directory UK: A directory of counselling services available in local areas (can be online, telephone, or face-to-face) → More information <https://www.counselling-directory.org.uk/>

MIND: Provides information, advice, and signposting on different types of therapy/counselling, how to access services, and the referral processes involved → Visit <https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/>

Criminal Justice

Citizens Advice: Provides advice and information on legal rights, as well as what to do if facing discrimination, in need of legal advice, or going to court without a lawyer → More information <https://www.citizensadvice.org.uk/law-and-courts/>

Together UK: Provides a criminal justice services & support for those with mental health/complex needs (including those in poverty/debt, learning disabilities, or a substance misuse issue), to ensure they get the care and support they need to break the cycle of offending. Also provides information, advice, and signposting → Call 020 7780 7394 (general enquiries) or email criminal-justice@together-uk.org or <https://www.together-uk.org/our-mental-health-services/criminal-justice-mental-health/>

Crisis Support

MaleVoicedED: Provides a signpost to crisis helplines for people in different age groups □ <https://www.malevoiced.com/crisis-numbers>

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

Samaritans UK: A 24/7 Crisis line that works to understand and challenge the social elements that impact suicide. Provides emotional support and crisis help for people experiencing suicidal thoughts/feelings, and also to those who have been bereaved by suicide → Call 116 123 (24/7) or <https://www.samaritans.org/>

SHOUT: A free, confidential, 24/7 text support service → Text 85258 or visit <https://giveusashout.org>

Debt & Money Management

Citizens Advice: Provides information, advice, and signposting around debt, debt solutions, foodbanks, and budgeting → More information <https://www.citizensadvice.org.uk/debt-and-money/>

Mental Health & Money Advice: Provides clear, practical advice and support for people experiencing issues with mental health and money, includes tools such as budget calculators, information on debt and wills, and other tips. Also provides advice and help for carers or professionals working with those with mental health conditions. Available in all UK regions → Visit <https://www.mentalhealthandmoneyadvice.org/>



Depression

Depression UK: Promotes mutual support between individuals affected by, or at risk from, depression, with the aim of encouraging self-help, recovery, and personal growth. Enables members to share their thoughts and problems with fellow sufferers/community → Email info@depressionuk.org or more information <https://www.depressionuk.org/>

Mental Health Foundation: Provides information and advice for those suffering depression, including signs & symptoms, types of depression, types of support available, and how to access support → More information <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/depression>

Domestic Abuse

Sanctuary Supported Living (PDAS): A UK-wide service (you can search for services near you also) that provides practical, non-judgemental support, advice, and protection for all domestic abuse victims (individuals and families). Also provides support around homelessness, supported housing, disabilities, mental health, and young people → Call 0800 4582258 (M-F 8-5, W 8-8) or www.sanctuary-supported-living-co.uk

Splitz Support Service: A registered charity that provides support services to adults and young people experiencing the trauma of domestic abuse/sexual violence across the UK (services based in Wiltshire, Devon, Gloucestershire, Bristol) → Call 0345 1551074 or email admin.devon@splitz.org or visit www.splitz.org

Women's Aid: A grassroots federation working together to provide life-saving services in England/UK and build a future where domestic abuse is not tolerated. They aim to support women, to ensure they know the abuse isn't their fault, and that their experiences have been understood. Also provides a directory of similar services across different regions → Email helpline@womensaid.org.uk (information and support relating to DA/DV), or email info@womensaid.org.uk (general enquiries). Directory of services: www.womensaid.org.uk/domestic-abuse-directory or website <https://www.womensaid.org.uk/>

Eating Disorders

Beat (Beating Eating disorders): The UK's eating disorder charity, who aim to end the pain and suffering caused by eating disorders → Call 0808 801 0677 (Adults helpline) or 0808 801 0711 (Children's helpline) or email help@b-eat.co.uk or <https://www.b-eat.co.uk>

Eating Disorders Support: Provides a helpline for anyone affected by an eating disorder problem (including affected others), for people of any age. Offers support and information about eating disorders no matter where someone is in their journey. Also provides help for those who are caring for or supporting someone with an eating disorder → Call 01494 793223 or email support@eatingdisordersupport.co.uk or <http://www.eatingdisorderssupport.co.uk/>

Elderly Adult Support

Age UK: Provides information, advice, and signposting for elderly adults in the UK (as well as their carers and families), including support with benefits, housing, IT services, a befriending service, telephone support, plus much more, such as events and activities → Call 0800 678 1602 (8am-7pm 365 days a year) or contact page: <https://www.ageuk.org.uk/contact-us/> (by topic) or more information <https://www.ageuk.org.uk/>

Employment & Education

BCHA: Provides continuous support and opportunities for people through a wide variety of programmes. Enables people to attain qualifications, build skills, and provides employment and



volunteering opportunities. Based in South UK; main office in Plymouth → Call 01202 410500 or email enquiries@bcha.org.uk or <https://www.bcha.org.uk/our-services/employability-skills/>

Changing Futures: A 3-year programme based across different areas in the UK, that aims to improve outcomes for adults experiencing disadvantages (inc. homelessness and domestic abuse), including employment opportunities and other positive life outcomes □ For more information, visit <https://www.gov.uk/government/collections/changing-futures>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including housing advice, health and wellness, and learning new skills (search for location required) → More information <https://www.pinpointdevon.co.uk/older-adults/>

Families

Family Action: Works to support families with complex and difficult issues, such as financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, and alcohol/substance misuse. Provides information, support, and signposting for children & families → Call 020 7254 6251 or email info@family-action.org.uk or visit <https://www.family-action.org.uk/>

myHappyMind: An NHS-backed programme for schools, nurseries, and families that is dedicated to teaching children strategies to create a culture of positive mental wellbeing, by promoting and supporting their social and emotional wellbeing → Call 01625 73907 or email hello@myHappyMind.org or visit www.myhappymind.org

Food Services (e.g. Food Banks)

Food Cycle: Provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing the community together. Search for preferred location on their website → Email exeter@foodcycle.org.uk or visit <https://foodcycle.org.uk/location/>

The Trussell Trust: An organisation that supports a nationwide network of food banks, which aim to provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK → Call 01722 580180 or email enquiries@trusselltrust.org or more information <https://www.trusselltrust.org/>

Health & Wellness

Mental Health UK: Provides advice and information on lots of health and wellness issues, including sleep, exercise, diet, smoking, and wellbeing at work → Visit <https://mentalhealth-uk.org/help-and-information/health-and-wellbeing/>

Housing & Homelessness

Sanctuary Supported Living (PDAS): Supports people on their pathways to independence, by providing quality support and housing. Aims to give people the confidence, life skills, and self-esteem they need to live independently, whether it's for the first time, or following a significant change in circumstances. Can search for supported housing and other services by town/post code → contact form <https://www.sanctuary-supported-living.co.uk/contact-us> or head to <https://www.sanctuary-supported-living.co.uk>

Shelter UK: The housing and homelessness charity (tailored services in every UK region) that provides advice, support, and signposting for many different issues, including homelessness, private renting, eviction, repairs, and tenancy deposits → Visit <https://www.shelter.org.uk/> (click on region)



Learning Disabilities & Special Education Needs

Everycare: Provides a full range of care services for people living with physical and learning disabilities, including respite care, palliative care, and companion care. People can search for services in their local area → Contact: <https://www.everycare.co.uk/locations/> (all branches) or <https://www.everycare.co.uk>

Mencap: Provides information, advice, and support for people with learning disabilities, including issues around diagnoses, different types of learning disability, how to get support, types of support available, plus lots more information → Call 0808 808 1111 (Learning Disability Helpline; M-F 9-3; England and N.I.) or email helpline@mencap.org.uk or more info <https://www.mencap.org.uk/learning-disability-explained/what-learning-disability>

Legal Aid

Acas: Provides information and signposting for employers and employees seeking legal advice, as well as signposting for members of the general public → More information <https://www.acas.org.uk/getting-legal-advice>

Citizens Advice: Provides information, advice, and signposting for those seeking legal aid, on areas such as small claims, going to court, civil rights, and discrimination → Visit <https://www.citizensadvice.org.uk/law-and-courts/>

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Trans Unite: A directory that provides information on LGBTQ+ support groups available in peoples' local areas → Visit <https://www.transunite.co.uk/>

Marriage & Relationships

Marriage Foundation: Although marriage preparation/enrichment courses or relationship counselling is not provided, this service does provide information, advice, and signposting to other organisations and services that offer practical advice at any stage of relationships. Also offer resources and courses to help strengthen & support people and their partners → Email info@marriagefoundation.org.uk or <https://marriagefoundation.org.uk/help-and-support/>

Mental Health

Mental Health Foundation: A mental health charity with a vision for a world with good mental health for all, with prevention at the heart of what they do. Aim to find and address the sources of mental health problems so that people and communities can thrive. Also provides community and peer programmes, research, public engagement, advocacy → Call 02078 031100 or email supporter@mentalhealth.org.uk or visit <https://www.mentalhealth.org.uk/about-us>

Mental Health & Money Advice: Provides clear, practical advice and support for people experiencing issues with mental health and money, including the links between mental health and money, and PIP & UC mental health guides → Visit <https://www.mentalhealthandmoneyadvice.org/en/>

Triumph Over Phobia (TOP UK): A UK registered charity that specialises in supported self-help for sufferers of phobias, and other related anxiety disorders. Provide a network of weekly groups where individuals meet in a warm, supportive environment to tackle their fears using an evidence-based treatment method. Open to anyone aged 16+ → Call 01225 571740 or 07907 344669 or email info@topuk.org or visit <https://www.topuk.org/>



Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

CALM (Campaign Against Living Miserably): Aims to take a stand against suicide in men by standing up to stereotypes and standing together for anyone affected by male suicide and other difficulties, such as drug and alcohol misuse. Provides information, resources, events, advice, and much more → Call 0800 585858 (UK line, open 5pm-midnight daily) or visit <https://www.thecalmzone.net/>

MaleVoicED: A charity that recognises and values the lived experience of males who are experiencing, or have experienced, disordered eating, amongst other comorbid conditions. Offers a range of information, support, and resources → Call 01382 521940 or <https://www.malevoiced.com/contact> or visit <https://www.malevoiced.com/>

Personality Disorders

Borderline Support UK: A national user-led community interest company which promotes the use of lived experience and peer support to be there for anyone affected in any way by BPD, enabling them to live their lives to the fullest. Doesn't currently provide direct support, however, do provide information, advice, and signposting for anyone affected by BPD → Contact: <http://borderlinesupport.org.uk/contact-us/> or visit <http://borderlinesupport.org.uk>

Physical Disabilities

Everycare: An organisation that provides a full range of care services for people living with physical and learning disabilities, including respite care, palliative care, and companion care. People can search for services in their local area → Contact: <https://www.everycare.co.uk/locations/> (all branches) or visit <https://www.everycare.co.uk>

Scope: A disability equality charity in England and Wales, that aims to provide practical information and emotional support when it's most needed, and campaign relentlessly to create a fairer society. Also provides information, advice, signposting, and events → Call 0808 800 3333 (M-F 9-5) or email helpline@scope.org.uk or visit <https://www.scope.org.uk/>

PTSD

PTSD UK: The only charity in the UK dedicated to raising awareness of post-traumatic stress disorder, no matter the trauma that caused it. Provides information, support, and advice for people suffering from PTSD and C-PTSD → Visit <https://www.ptsduk.org/> or contact: <https://www.ptsduk.org/contact-us/>

Self-Harm & Suicide

Papyrus UK: A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their core beliefs are that suicide is preventable, and that those with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide → Call 01925 572 444 (main head office) or email admin@papyrus-uk.org or visit <https://www.papyrus-uk.org/>



YoungMinds: Provides information, advice, support, resources, and signposting for young people, professionals who work with young people, and parents of young people, who are struggling with, or have struggled with, self-harm → Contact: <https://www.youngminds.org.uk/about-us/contact-us/> or visit <https://www.youngminds.org.uk>

Sexual Abuse & Sexual Health

SH.UK: Offers a range of free sexual health services, such as STI testing, treatment, and contraception across the UK. Simply register then complete an online consultation to order a free STI test kit. Can search for services by local area → More information <https://www.sh.uk/>

Your Sexual Health Matters: Offers information, signposting, and advice on sexual health matters. Also provides services such as contraception, STI testing, pregnancy tests, and virtual consultations with Sexual Health Practitioners → Call 0800 328 3383 or <https://www.yoursexualhealthmatters.org.uk/>

Substance Misuse

Narcotics Anonymous: An international, community-based, non-profit fellowship of men and women for whom drugs had/have been a major problem. Allows people who have struggled with substance misuse to meet regularly and support each other → Call 0300 999 1212 or visit www.ukna.org

Re-solv: A national charity solely dedicated to the prevention of solvent and volatile substance abuse (VSA). Offers support and information → Call 01785 817885 (M-F 9-5) or visit www.re-solv.org

Women's Services

Rights of Women: A women's charity working to help women through the law. Their vital services aim to provide women with the legal advice and information they need to understand and use the law and their legal rights. RoW also work to improve the law for women and increase women's access to justice → Email info@row.org.uk or visit <https://rightsofwomen.org.uk/contact-us/>

Women's Aid: A grassroots foundation working together to provide life-saving women's services in the UK, and to build a future where domestic abuse is not tolerated. Their ultimate aim is to ensure women are believed, know abuse isn't their fault, and that their experiences are valid & understood. Also provides a directory of similar services across different regions → Email helpline@womensaid.org.uk (information and support relating to DA/DV), or email info@womensaid.org.uk (general enquiries). Directory of services: www.womensaid.org.uk/domestic-abuse-directory Women's aid website: <https://www.womensaid.org.uk/>

Young Adult Support

Papyrus UK: A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their core beliefs are that suicide is preventable, and that those with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide → Call 01925 572 444 (main head office) or email admin@papyrus-uk.org or visit <https://www.papyrus-uk.org/>

YoungMinds: Provides information, advice, support, resources, and signposting for young people, professionals who work with young people, and parents of young people, who are struggling with, or have struggled with, self-harm → Contact: <https://www.youngminds.org.uk/about-us/contact-us/> or visit <https://www.youngminds.org.uk>



APPS & WORKSHEETS

Calm: A free app that includes guidance and tips round meditation, sleep, and general mental wellbeing, plus lots more

Calm Harm: A free app for those struggling with self-harm, by providing tasks that help you track & resist self-harm urges

Get Self Help: CBT resources, tools, & worksheets → <https://www.getselfhelp.co.uk/>

Headspace: Mindful Meditation: An app that helps users to use mindfulness and meditation to help improve their mental wellbeing

Maind: An app that lets you log feelings, symptoms, and journal entries, as well as receive insights and advice from mental health professionals.

My Possible Self: A mental health app that allows you to take control of your thoughts, feelings, and behaviours, using simple learning modules to manage fear, anxiety, and stress.

Staying Safe: A website full of tools, worksheets, and resources (including how to make a safety plan) → <https://www.stayingsafe.net/>

StopBreatheThink: A mindfulness app that lets you log your emotions/feelings, and recommends mindfulness exercises based on what you log.

Tellmi: Formerly known as MeeToo. A free app for teenagers (11+) providing resources and a fully-moderated community where you can share your problems, get support and help other people too → <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>

Therapist Aid: A directory of free worksheets for different topics and mental health conditions → <https://www.therapistaid.com/therapy-worksheets>



GROUPS, COURSES, AND WORKSHOPS

Age UK Plymouth Groups

www.ageuk.org.uk/plymouth/activities-and-events

Community Cuppa: A weekly group every Friday (10-12), that allows people to get together and chat. Held at The William & Patricia Venton Centre, Mount Gold, PL4 9RD. Costs £2 per session, no need to book. Call 01752 256020 or email enquiries@ageukplymouth.org.uk

Jolly Elders Club: For people aged 50+, who want to socialise and meet new people; this group offers different themes and activities each week. Meet every Mon & Fri for 2 hours. Booking in advance is recommended. 1:1 sessions offered for those unable to attend the group. Costs £5 per session. Locations – Central Park Community Hub (Monday); Manadon Sports & Community Hub (Friday). Call 01752 256020 or email activeliving@ageukplymouth.org.uk

Jolly Elders Lunch Club: A group held every Tuesday 1-3pm, that offers hot meals (please contact in advance with any dietary requirements). Costs £8 per person (inclusive of hot meal). Held at The William and Patricia Venton Centre, Mount Gold. Call them on 01752 256020 or email activeliving@ageukplymouth.org.uk

Anxiety UK Clubs & Groups

All information available here: (updated weekly) <https://www.anxietyuk.org.uk/>

Call 03444 775 774 or email admin@anxietyuk.org.uk for more information.

Argyle Community Trust Groups/Activities

All information available here: <https://argylecommunitytrust.co.uk/>

Adult Ability Counts: Football sessions for those aged 16+ with a disability (physical, learning, or mental). Provides a fun and friendly environment for all needs and abilities. No need to book, just turn up and play. Costs £3 per session. Every Wednesday 7.30-9pm at Manadon Sports Hub. Contact alice.young@pafc.co.uk

Junior Ability Counts: Football sessions in a fun and inclusive environment for children aged 5-16 with a disability. Open to all abilities. Costs £4 per session. Every Monday 5-6pm (term time) at Manadon Sports Hub. Contact alice.young@pafc.co.uk

Autism-Friendly Groups

Devonport Park Activity Centre: An autism-friendly games night for people aged 10-16, taking place every second Friday of the month, 4-7pm. Costs £5 with snacks and drinks included. Call DP Activity Centre on 01752 300700

Oasis Café: A social group dedicated to providing an environment where autistic adults in Plymouth are able to feel accepted, respected, safe, and understood. Their social group is held every Tuesday 2-4pm, offering board games and card games. Email contact@aaiplymouth.org.uk or <https://aaiplymouth.org.uk/what-we-do/>

Bipolar Support Groups

Bipolar Support Group: Open to all individuals with experience of bipolar disorder, either through personal experience or as a partner/friend/carer of someone who has bipolar disorder. Held every 1st and 3rd Thursday of the month, from 11am. <https://www.devonmind.com/find-help/groups>



Bipolar UK (Torbay Support Group): Free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm. Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

Devon Mind Support Groups

<https://www.devonmind.com/find-help/groups>

Anxiety Support Group: Join others who share their experiences and have found a variety of ways to deal with their anxiety; held every 2nd Wednesday of the month, from 1.30pm.

Bipolar Support Group: Open to all individuals with experience of bipolar disorder, either through personal experience or as a partner/friend/carer of someone who has bipolar disorder; held every 1st and 3rd Thursday of the month, from 11am.

Depression Support Group: Supports people to develop ways of coping with their depression through shared experiences. Currently operating 2 separate groups. One group held on 1st Wednesday of every month from 1.30pm; other on 3rd Wednesday of every month from 1.30pm.

Hearing Voices Support Group: Offers an opportunity for people to discuss how they can live with their experiences, in a way that gives them more control over their lives. Held on 2nd Friday of every month from 1.30pm.

Men's Support Group: A safe space for anyone who identifies as male to share their experiences, support one another, and explore personal challenges (including mental health problems) in a non-judgemental way. Held every 1st and 3rd Friday of the month from 1.30pm.

OCD Support Group: This group provides a safe space for people with OCD to share their experiences, thoughts, and feelings with others who are experiencing similar issue. Held the last Wednesday of every month.

Devon Mind Workshops

<https://www.devonmind.com/find-help/courses>

Motivate Your Mind: Functional Imagery Training (2 separate groups). Weekly course run by Devon Mind at Mannamead House. 4 weeks (1 session per week) + 1 follow-up session 3 weeks later. More info: <https://www.devonmind.com/find-help/courses/motivate-your-mind-functional-imagery-training>

Hidden Lives Counselling and Support Hub Support Groups

<https://www.hiddenlivessupport.org/what-we-offer> or <https://www.hiddenlivessupport.org/> under 'Group Sessions'

Chronic condition and Mental Health: Mondays, 9.30am

BPD Support: Tuesdays, 9.30am

Art from the heart (Emotions through art): Tuesdays, 12pm

Chronic Condition Support: Tuesdays, 6pm

Long Covid Support: Wednesdays, 5.30pm

Virtual Chronic Pain Support: Times vary; further info on their website.

Home Start (South and West Devon) Courses

<https://homestart-southandwestdevon.org.uk/current-services/>



Own My Life: An innovative, creative, educational 12-week course (via Zoom) for women who have experienced domestic abuse, using a trauma-informed approach. This course is followed by a 6-week facilitated Own My Group add on, to encourage peer support networks.

Reducing Parental Conflict (Courses for Families): Parents must complete the necessary questionnaire before accessing this course, to determine if they are eligible for an intervention, and which intervention they are able to access. Some of the courses available to families with a child up to 18 (or 24 if the child has a learning disability).

Triple P – Family Transitions: This course offers support and guidance to deflect the pressure of divorce/separation away from the children. It supports parents to focus on developing communication and problem-solving skills and to manage emotions. Delivered primarily via Zoom.

Within My Reach: A programme (via Zoom) that helps people improve their relationships by looking at family backgrounds and hidden issues. Aims to understand and address negative relationship patterns and improve communication. Available for single/non-single people.

Home Start (South and West Devon) Groups

Mellow Mums: A Zoom group for mums with children under two, experiencing low mood and/or feeling isolated. A rolling programme that consists of 1 session per week over 8 weeks, it is an informal, facilitated group that aims to bring mums together to chat and make connections.

Keyham Green Places Groups/Activities

Monthly calendar of all events: https://cropskqp.org.uk/#What_is_on

All courses are free for those who meet the eligibility criteria. Email plymouthtogether@plymouth.gov.uk for more information.

LGBTQ+ Groups

Come Out: An LGBTQ+ group that runs social events and activities for members of the LGBTQ+ community, such as walks, days out, and workshops. Meets every Thursday at 10.30am at Sunrise Community Centre in North Devon. Call 01271 328915 or email admin@sunrisediversity.org.uk

LGB Transaction: Coffee evenings held once a week in Exeter (2nd Sunday of each month 4-9pm) and Torbay (3rd Wednesday of each month 7.30-10pm), aimed at bringing people together. Email info@lbgtransaction.org

Out Youth Group: This group (part of PCC) provides a safe and welcoming environment for LGBTQ+ young people in Plymouth (and surrounding area), that offers opportunities to make new friends, explore their identity, access support, build supportive networks, celebrate, and have fun. Meets Tuesdays 5.30-7pm (ages 11-15), and 7-8.30pm (ages 15-19; 19-24 for those with additional needs. Call 07774 336616 or email outyouth@plymouth.gov.uk

Livewell Courses

Psychoeducational Courses: Typically 4 x 2-hour sessions; courses offered include Depression Management, Anxiety Management, Stress Control, and CBT. Call 01752 435502 or email plymouthoptions@nhs.net

Silver Cloud: An 8-week online CBT course. Call 01752 435502 or email plymouthoptions@nhs.net

Magic Carpet Arts For Health Groups (EXETER)

<https://www.magiccarpet-arts.co.uk/Pages/Category/our-regular-groups>



Inky Fingers: A repurposing project with high environmental and social values, which makes notebooks from old hardback books and gift tags from post-consumer office surplus. Tasks involve measuring, cutting, binding and gluing, using a variety of machines and tools. Held every Tuesday 1.30-4pm at St Sidwell's Centre, Exeter. Email sgc@magiccarpert-arts.co.uk

Open Studios: This group offers a friendly space where people can paint, draw, or create without pressure. Aimed at people who are experiencing social isolation or mental health difficulties, this group is very sociable and supportive. Suitable for all abilities. Held every Thursday 2-4pm in Exeter. Email allie@magiccarpet-arts.co.uk

Thurspians and Thurspians Too: These are two Exeter-based drama groups, which encourage people to work and have fun together, with an emphasis on developing communication skills, improving social skills, and increasing self-confidence. Held every Thursday 10am-12pm. Email allie@magiccarpet-arts.co.uk

Mindful Art Club Groups & Workshops

<https://mindfulartclub.co.uk/classes/>

Their weekly groups offer coffee, creativity, and company online, in cafes and within community support services around Plymouth, Devon. They help to combat social isolation and offer peer support for anxiety and depression.

Groups offered include an 8-week Wellbeing Course and Mindfulness.

Narcotics Anonymous Groups

<https://meetings.ukna.org/> (Search for Plymouth/specific area) or email meetings@ukna.org

A Vision of Hope Women's Meeting: Meets in person every Saturday 10.45-11.55am at Armada Way, Plymouth.

Friday Solution Meeting Group: Meets in person every Friday 7-8.30pm at St Paul's & St Peter's Church Hall in Stonehouse.

The Greatest Gift: Meets in person every Wednesday 7-8.30pm at Shekinah on Bath Street. Open to all on request. Different topics covered in each meeting.

The Journey Continues: Meets in person every Sunday 12.30-2pm at Union Corner in Stonehouse, Plymouth.

Plymouth Highbury Trust Groups/Clubs

<http://www.plymouthhighburytrust.org.uk/social-clubs/>

The Orbit Club: A Day club for people with learning disabilities, every Monday and Thursday, 10.30am-2.30pm (except Bank Holidays). Activities include live music sessions, bingo, table games (skittles, darts, pool), as well as individual activities such as drawing and puzzle games. Costs £6 per half day; £12 per full day. People attending need to bring a packed lunch; tea and biscuits available. Call 01752 773333 or email admin@plymouthhighburytrust.org.uk

The Social Club: An evening club for people with learning disabilities, every Tuesday and Friday, between 6.15 and 8.30pm. The current admission charge is £3.50, which includes a disco and a tuck shop. Ask for Stuart Domeney if interested. Call 01752 773333 or email admin@plymouthhighburytrust.org.uk

Samaritans Groups



In partnership with Cruse Bereavement Care. Visit <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>

Facing the Future: A programme that aims to support those (aged 18+) bereaved by suicide, by giving them the opportunity to meet others who have lost someone to suicide, and to share their experiences. Support groups are free, and run in 90-minute sessions, for 6 consecutive weeks. Maximum 8 people per group. Run by 2 volunteer facilitators from Samaritans and Cruse Bereavement Care.

Step One Online Courses

<https://www.steponecharity.co.uk/bewellstepone-online-courses>

Beating Depression - An Outside-In Approach: This 4-week course offers the benefits of group support and the development of behavioural strategies that can help increase your activity levels in the right areas, helping to break the cycle of depression. Visit <https://www.steponecharity.co.uk/beating-depression-an-outside-in-approach>

Braving Bereavement: A 4-week online course allowing you to explore your grief and encourage you not to 'let go' of the person you have lost, but to find a way to move forward and carry their memory with you. Visit <https://www.steponecharity.co.uk/braving-bereavement>

H.O.P.E (Helping Overcome Problems Effectively): A 6-week online course developed by Torbay and South Devon NHS Trust designed to help people to cope better with their long-term health conditions. Visit <https://www.steponecharity.co.uk/the-h-o-p-e-course>

Managing Your Anger: A 4-week course that will help you understand the anger emotion, teach you how to identify and deal with personal anger triggers and how to effectively deal with others when anger arises. Visit <https://www.steponecharity.co.uk/managing-your-anger>

Wellbeing and Resilience: This 4-week online course will look at ways you can become more resilient and help you to recognise the strengths that you already have so that you can take better care of yourself. Visit <https://www.steponecharity.co.uk/wellbeing-and-resilience>

Step One Workshops

<https://www.steponecharity.co.uk/bewellstepone-online-courses>

Changing Negative Self-Talk: This workshop will help you to challenge that voice and consider alternative possibilities to make your inner voice more positive. Delivered via Zoom. Visit <https://www.steponecharity.co.uk/changing-negative-self-talk>

Food and Mood: Learn new skills and gain knowledge about what we are putting in our bodies and how it can affect our mental health (monthly via Zoom). Visit <https://www.steponecharity.co.uk/food-and-mood>

Understanding Depression: This course will help you to explore why we may be experiencing depression, and what coping techniques can be used to help you lift our mood.

Step One Courses

<https://www.steponecharity.co.uk/bewell-peer-support-groups>

Run by two of our course trainers, our online and in-person peer support groups offer you an opportunity to meet others, share your experiences, discuss the techniques learnt in our courses, and develop self-management techniques to maintain good mental health.



All Welcome Wellbeing Group: Will help you develop a better understanding of your own mental health in a safe, supportive environment. Takes place on Zoom every Tuesday, 2-3.30pm.

Continued H.O.P.E Peer Support Group: Open to individuals who have completed Be Well@ Step One's H.O.P.E course, as it will allow you to further develop these skills. Takes place on Zoom every Thursday, 2-4pm.

Tuesday Peer Support Group: Focused on crafts; allows people to get creative and put their artistic skills to the test & create something. Perfect for meeting others who can personally relate to their experiences. Meet face-to-face in Paignton, 10am-1pm.

Thursday Peer Support Group: Allows people to meet with others, learn new skills, and develop a sense of belonging. Includes different activities to help people feel comfortable and develop confidence. Meet face-to-face in Paignton, 10am-12pm.

TALKWORKS Courses & Workshops (DEVON, exc. PLYMOUTH)

<https://www.talkworks.dpt.nhs.uk/workshops>

Call 0300 555 3344 or email dpt.talkworks@nhs.net

Stress Less with TALKWORKS: A 2-hour workshop for anyone aged 18+ who may be struggling with stress, worry, managing routines and sleep, or for those who want to learn about basic CBT techniques. Range of times and dates available.

TALKWORKS for Talking Health Workshop: A free 2-hour workshop which aims to introduce people to a range of techniques to help them, or someone they love, manage living with a long-term health condition, such as by looking at the links between body and mind, and practical tools and techniques to improve wellbeing.

The Bridge Collective Groups & Activities (EXETER)

<https://www.bridgecollective.org.uk/activities-and-groups/>

Call 01392 433358 or email info@bridgecollective.org.uk

Art at the Bridge: An online art group (twice monthly on Mondays 1.30-3pm). Open to all. A time to get together and share ideas of art to do at home and to join in a relaxed, enjoyable art activity together online.

Experts by Experience: Mental health awareness workshop team, that aims to share peoples' lived experiences in an environment of peer support to promote public awareness, increase confidence in talking about mental health, improve mental health services, and increase understanding of mental health. Monthly meeting is held 11am-1pm on the 1st Tuesday of each month. Development Meeting is held 11am-12.30pm on the 3rd Tuesday of each month. Email ebye@bridgecollective.org.uk

Open Minds: A peer support group for people who see, hear, or sense things other people don't (sometimes labelled 'psychosis'). Currently meeting online via Zoom every 2nd Wednesday of the month (1-2pm). Allows people to get together for a chat, support, sharing ideas, and general discussion. Email openminds@bridgecollective.org.uk

Timebank Southwest Groups

<https://www.timebanksw.org/events/>

For more information call 01752 875930 or email info@timebanksw.org



TOP UK Groups

<https://www.topuk.org/about-top-uk/>

All groups are currently meeting virtually on Zoom or Skype, due to Covid restrictions (usually there are specific geographical groups as well as virtual groups).

The aim of the groups is to make people feel welcomed, less alone, and less judged, and allows people to share their experiences with others. The groups create a safe space for people to talk openly and honestly about their problems, and improve their social skills.



DIRECTORIES

0-19 Torbay: Lists available services by age range in the Devon area (particularly Torbay). Also lists services for families and schools → <https://0to19torbay.co.uk/>

Borderline Support UK CIC: A directory that allows you to search for services near you or browse their listings. You can add your service as a listing for free → <https://borderlinesupport.org.uk/uk-support-directory/>

Counselling Directory UK: A directory of counselling services available in local areas (can be online, telephone, or face-to-face) → <https://www.counselling-directory.org.uk/>

Devon Directory of Voluntary Organisations: A directory of voluntary and community organisations registered with Devon Voluntary Action → <https://www.devonservices.org.uk/service/devon-directory-of-voluntary-organisations/>

Intercom Trust: A directory of LGBTQ+ services for different groups of people in the Devon area → <https://www.intercomtrust.org.uk/directory/devon/lgb-transaction/>

Marbles Lost and Found: A directory and information hub of available services and types of support → <https://www.marbleslostandfound.co.uk/home>

Pinpoint Devon: A directory of community services in Devon → <https://www.pinpointdevon.co.uk/>

Plymouth Online Directory: An extensive directory of all available services in Plymouth (and surrounding areas) → <https://www.plymouthonlinedirectory.com/>

Plymouth Together: A directory of available services in the Plymouth area for adults, families, and children → <https://plymouthtogether.co.uk/> (go to 'Support and Care')

Trans Unite: A directory that provides information on LGBTQ+ support groups available in peoples' local area → <https://www.transunite.co.uk/>

Turning Point: A directory of services that provide support for substance & alcohol misuse, families, mental health, and young people → <https://www.turning-point.co.uk/services/drug-and-alcohol-support/useful-links>

University Hospitals Plymouth: Provides a directory of available services in the Devon & Cornwall areas, including 24-hour counselling helplines → <https://www.plymouthhospitals.nhs.uk/need-to-talk>