

EMERGENCY CONTACTS

Hamoaze House Office Number: 01752 566 100

First Response Service 24/7

Livewell Southwest's First Response Service is a 24/7 crisis line providing advice, support and signposting for people experiencing mental health difficulties.

If you feel worried about your mental health or that of a loved one or a friend, you can call the crisis line on **0800 923 9323**.

Samaritans (National)

[Samaritans](#) is open 24/7 for support with any issues. The number is free from any phone.

Call 116 123 or email jo@samaritans.org

Shout

[Shout](#) is a confidential 24/7 text support service for anyone who is struggling to cope. The helpline is free to use from most mobile networks.

Text 'SHOUT' to 85258

Head Space

[Head Space](#) offers an out-of-hours service for people who may be approaching a mental health crisis. **Open 7 days a week, 6pm–midnight.**

Call 07890 257 614 or email headspace@colebrooksw.org

SANeline

[SANeline](#) offers specialist emotional support, guidance, and information to anyone affected by mental illness. **Open 7 days a week, 4pm–10pm.**

Call 0300 304 7000 or email support@sane.org.uk

NSP Helplines

The [National Suicide Prevention Helpline](#) offers a supportive listening service to anyone having thoughts of suicide. It operates nationally. **Open 7 days a week, 6pm–3:30am.**

Call 0800 689 5652

EMERGENCY CONTACTS

Mindline Trans+

[Mindline Trans+](#) is an emotional and mental health support helpline for anyone who identifies as LGBTQ+, plus friends and family. **The helpline is open Mondays and Fridays 8pm–midnight.**

Call 0300 330 5468

Campaign Against Living Miserably

[CALM](#) is an organisation dedicated to supporting men who feel suicidal. The helpline and webchat are available 5pm–midnight 365 days a year.

Call 0800 58 58 58 or [use webchat](#)

Cruse Bereavement

[Cruse](#) offers support to those in a crisis following a bereavement. Their helpline is open Mondays and Fridays 9:30am–5pm; Tuesdays, Wednesdays, and Thursdays 9:30am–8pm; and Saturdays and Sundays, 10am–2pm.

Call 0808 808 1677

Bullying UK

[Bullying UK](#) has a free, confidential helpline for young people and adults affected by bullying. Open weekdays 9am–9pm, weekends 10am–3pm.

Call 0808 800 2222 or email askus@familylives.org.uk

The Silver Line

[The Silver Line](#) operates the only confidential, free helpline for older people across the UK that's open 24 hours a day, 7 days a week.

Call 0800 4 70 80 90

EMERGENCY CONTACTS

Addiction Support (Out of hours)

12 Step Fellowship

AA (Alcoholics Anonymous)

National Helpline: 08009 177 650

Plymouth Helpline: 01752 791 111 (24 hours)

Email address: help@aamail.org

Website: <https://www.alcoholics-anonymous.org.uk/>

NA (Narcotics Anonymous)

Helpline: 0300 999 1212 (10:00 am – midnight)

Website: <https://ukna.org/>

DAA (Drug Addicts Anonymous)

Helpline: 0300 030 3000 (OPEN 10AM -10PM)

Website: www.drugaddictsanonymous.org.uk

CA (Cocaine Anonymous)

Helpline: 0800 612 0225

Website: <https://www.cocaineanonymous.org.uk/>

GA (Gamblers Anonymous)

Helpline: 0330 094 0322

Website: <https://www.gamblersanonymous.org.uk/>

Al-anon (For family members and loved ones)

Helpline: 0800 0086 811

Website: <https://al-anonuk.org.uk/>

Email: helpline@al-anonuk.org.uk

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OTHER ADDICTION SUPPORT

SMART Recovery

Website: <https://smartrecovery.org.uk>

Talk to Frank

Tel: [0300 123 6600](tel:03001236600)

Website: <https://www.talktofrank.com/>

Need some friendly, confidential advice?

Phone Call 0300 123 6600

Call FRANK 24 hours a day, 7 days a week.

Chat Text 82111

Text a question and FRANK will text you back.

Text service details

Email

Send an email and FRANK will message you back.

The reply will come from frank@talktofrank.com and the subject line won't have your question in it.

FRANK will only ever reply to you. You'll never receive an email you didn't ask for.

If you're worried about someone reading your messages, you can always set up a special email account with something like Gmail or Yahoo.

EMERGENCY CONTACTS

FOOD SUPPORT

PLYMOUTH FOOD BANK

Plymouth Foodbank opening hours:

OPENING TIMES

Mon	13:30 - 15:30
Tue	Closed
Wed	10:00 - 15:30
Thu	Closed
Fri	11:00 - 13:00
Sat	Closed
Sun	Closed

ADDRESS

The Oasis Project
28 Manor Street
Stonehouse
Plymouth
PL1 1TW

**** On Wednesday we are closed between 12:00 and 13:30 ****

DEVONPORT, STONEHOUSE & STOKE "HELP A NEIGHBOUR"

OPENING HOURS

- * Tuesday 12 till 2
- * Wednesday 10.30 till 2
- * Thursday 10.30 till 2

£2 membership for a whole year
£1 for 5 items plus free fruits and veg.

We're based at the Athletics Club near Brickfields.
Tel 07340 642893

LOVE YOUR NEIGHBOUR / ST MATTHIAS PLYMOUTH

Location: North Hill, Plymouth PL4 8HF
Food parcels and some capacity for deliveries.
Hours available: Tuesday 6pm-8pm Friday 12pm-
01752 569340

EMERGENCY CONTACTS

TAMAR VIEW COMMUNITY CENTRE

Tamar View Community Centre, Plymouth, PL5 1DJ

Food parcels available directly. Hours available: Monday to Friday 10am-12pm (except bank holidays)

Tel 01752 365904

KEYHAM GREEN PLACES

Food parcels available directly or via referral

Hours available: Monday and Thursday 9am-2pm

Location: 163 Renown Street, Plymouth. PL2 2D

FOUR GREENS COMMUNITY TRUST

Direct food parcel supplies and signposting.

Location: 15 Whitleigh Green, PL5 4DD

01752 875916 Referral Form needed

CAFE CONNECT – THE BARN

Donated food available directly.

Cafe and food drop in Wednesday 10am-2pm

Upcycle clothing swop – bring something you no longer use and take some you could use.

Location: The Barn, Kit Hill Crescent, Barne Barton PL5 1EJ

Tel 01752 916016

NORTH PLYMOUTH FOODBANK

Plymbridge Road, Estover, Plymouth PL6 7LF

07759 258889