

Mental Health Support Services: Devon & Cornwall

Mental Health and talking therapy

***General**

NHS selection of apps: <https://www.nhs.uk/apps-library/category/mental-health/>

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

Rethink – help through Coronavirus: <https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Mind: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mencap - also have an easy read guide:

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

***Local groups:**

Talkworks (local Devon Talking Therapy service): <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/covid-19-and-anxiety>

Tel: 0300 555 3344

Outlook Southwest: (local Cornwall Talking Therapy Service) <https://www.outlooksw.co.uk/>

Tel: 01208 871905

Kilk Clear Minds (Bude and Kilkhampton Facebook group run by qualified counsellors)

<https://www.facebook.com/kilkclearminds/>

Tel: 07539 240601 or email kilkclearminds@hotmail.com

Holsworthy Link Centre

Open Mondays, Tuesdays and Thursdays

https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=T-aSdpk1p1g&communitychannel=4_3

Tel: 01409 254729

***Helplines:**

Sane Line

Work with anyone affected by mental illness, including families, friends and carers. Their helpline is open between 4:40pm and 10pm every day of the year. They also provide a free text-based support service called Textcare. And an online supportive forum community, where anyone can share their experiences of mental health issues.

Telephone: 0300 304 7000 (4:30pm – 10:30pm every evening)

Textcare: www.sane.org.uk/what_we_do/support/textcare

Support Forum: www.sane.org.uk/what_we_do/support/supportforum

Website: www.sane.org.uk

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Support Line

Support Line provide a confidential telephone helpline offering emotional support to any individual on any issue. Their opening hours vary so you need to ring them for details.

Telephone: 01708 765200

E-mail: info@supportline.org.uk

Website: www.supportline.org.uk

Kooth

Free, safe and anonymous online chatline support for young people. Access via the website

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm

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

Young Minds Crisis Messenger

Free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.

If you need urgent help text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3 Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Website: <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Parents Helpline: 0808-802-5544

Papyrus UK

Work with people under 35 who are having suicidal feelings. And with people who are worried about someone under 35. Their helpline is open 10am – 10pm in the week. And between 2pm and 10pm at weekends and bank holidays.

Telephone: 0800 068 41 41

Email: pat@papyrus-uk.org

Text: 07786 209697

Website: www.papyrus-uk.org

C.A.L.M. (Campaign Against Living Miserably)

Aimed specifically at men. Their helpline is open between 5pm and midnight every day of the year.

Telephone (outside London): 0800 58 58 58

Telephone (London): 0808 802 58 58

Webchat: www.thecalmzone.net/help/webchat/ (5pm – Midnight every day)

Website: www.thecalmzone.net

The Silverline

Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.

Telephone: 0800 4 70 80 90

Website: www.thesilverline.org.uk

The Mix

Aimed at people under 25. Their helpline is open between 4pm and 11pm, 7 days a week. They also run a crisis text service which is open 24 hours a day, 7 days a week.

Telephone: 0808 808 4994

E-mail: through the website.

Crisis text message service: Text THEMIX to 85258

Webchat: through the website. (4pm - 11pm, 7 days a week)

Website: www.themix.org.uk

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Mood Swings

Aimed at anyone affected by a mood disorder, including friends, families and carers. Their helpline is open 10am to 4pm Monday to Friday.

Telephone: 0161 832 37 36

E-mail: info@moodswings.org.uk

Website: www.moodswings.org.uk

ThinkNinja

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. It's free until the end of September:

<https://www.nhs.uk/apps-library/thinkninja/>

I need help now

A new 24/7 helpline run by Cornwall NHS Foundation Trust for when you need immediate mental health support, offering telephone advice and triage.

Call free on 0800 038 5300, any time of the day or night if you are worried about your own or someone else's mental health. The team behind this 24/7 open access telephone service will listen to you and determine how best to help.

<https://www.cornwallft.nhs.uk/i-need-help-now>

RETHINK

Supporting people with their mental health through 1:1 support, peer support and groups. Referral by clinician

Telephone 01208 815676

Manager: Marianna.curtis@rethink.org

Cornwall Community Services

The Betty Fisher Centre

Southern Way,

Wadebridge PL27 7BX

Right next to Wadebridge Bus Station

FRONTLINE 19

Free & confidential psychological support service.

For all people working in frontline services in the UK:

Hospital staff, emergency response teams, ambulance support staff, social care home workers, teaching staff, agency and bank staff.

Website: <https://www.frontline19.com/>

More urgent wellbeing needs

Valued Lives 01209 901438 (7 days a week 5pm-midnight)

Samaritans 116 123 (free from mobile or landline)

SHOUT - 24/7 text service - (Text Shout to 85258)

SANE 4.30pm-10.30pm 0300 304 7000

Papyrus - for young adults 0800 068 4141

Campaign against living miserably (CALM) for men – 0800 58 58 58

Childline – 0800 111

Crisis team: Devon 0300 555 5000

Crisis team: Cornwall Banham House 01208 834300

Addiction

We are with you service – formerly Addaction

<https://www.wearewithyou.org.uk/>

For Devon & Cornwall call 01872 263001 to speak to the duty worker

24 hour helpline 0333 2000 325

Alcoholics Anonymous

Tel: national helpline: 0800 9177 650

Email: help@aamail.org

Local groups meeting Barnstaple, Filleigh, Launceston and others. Ring the main number to be advised.

<https://www.alcoholics-anonymous.org.uk/Members/Regional-&-Local-Websites/south-west-region/devon-central-intergroup>

Meetings are via video or telephone during lockdown.

Adfam

For families living with someone with an addiction (drugs or alcohol):

Information support not helpline: 020 3817 9410

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

Gambling

For help with gambling addiction:

Tel: 0808 8020 133

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

Relaxation and Meditation

Cornwall Hospice

From the therapy team: Lymphedema advice, Managing breathlessness, Overall wellbeing, Mindfulness and relaxation, A short relaxation meditation, A short mindfulness session

<https://www.cornwallhospicecare.co.uk/our-care/therapy-team/self-help-resources/>

Headspace are offering free mindfulness and meditation support. Also a free section for meditation and movement called weathering the storm. <https://www.headspace.com/>

Cornwell Fest: Learn to feel calm – Newquay Hypnotherapy

Relaxation sessions via Zoom. Cost is £5 per session

<https://cornwellfest.com/learntofeelcalm>

Tel: 01637 852394 or 07775 715672

Meditainment Library

If you find relaxation difficult & need help, why not try the Meditainment Library - currently free during lockdown. Meditation and relaxation help, taking you to lovely places. Guided meditation choices for stress reduction, rest & recharge <https://www.meditainment.com/>

Physical Activity at Home

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NHS exercise for older people: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/#what-activities-strengthen-muscles>

NHS strength and flex: <https://www.nhs.uk/live-well/exercise/get-fit-with-strength-and-flex/>

Sitting exercises: <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
