



Devon & Cornwall Service Directory – Devon & Cornwall June 2024

An extensive directory of services, resources, groups, and workshops offered across the Plymouth, Devon, Cornwall, and wider UK areas, for professionals and individuals. East Devon included in 'Devon & Cornwall' due to service scarcity. Categorised by area and by type of service. Some services cross over and so these may have been placed under multiple categories/areas. This list is not exhaustive. Please contact devonandcornwalldirectory@hotmail.com regarding any queries/enquiries.

APPENDIX (by type of service)

Activities, Clubs, Events, & 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 & Sexual Abuse and Violence; Eating Disorders; Elderly Adult Support; Employment & Education; Families; Food Services (e.g. Foodbanks); Gambling; Health & Wellness; Housing & Homelessness; Learning Disabilities & Special Education Needs; Legal Aid; LGBTQ+; Marriage & Relationships; Mental Health; Men's Services; Parents & Pregnancy; Personality Disorders; Physical Disabilities; Psychosis; PTSD; Self-Harm & Suicide; Sexual Health; Substance Misuse; Women's Services; Young Adult Support.

****Please use the search function to find specific services/specific support.**



DEVON (all regions, inc. East Devon) & CORNWALL

Activities, Clubs, Events, & Hobbies

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes, including Movement with Communities, and Movement for Health and Wellbeing (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

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 for more information www.brightfuturesdevon.co.uk

BroProject CIC: A community of men based in Devon who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities. Runs lots of activities and events across Devon. All activities are completely free, and include gym sessions, martial arts, golfing, and creative activities. Also run various events throughout the year → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/> or info on activities here <https://www.broproject.org.uk/activities> and events here <https://www.broproject.org.uk/events>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help children and young people to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, counselling, and resources for abuse survivors, including events, workshops, and training → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/events>

Crafts and Wellbeing Events Southwest: Provides information and signposting on different community, wellbeing, and arts & crafts events across Devon and Cornwall, including Plymouth and Saltash → Visit <https://www.facebook.com/profile.php?id=100090240639330>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.org.uk/>

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning. These courses are designed to increase people's knowledge and equip them with tools to live a meaningful, productive,



and fulfilling life. Runs activities, drop-ins, and courses in Dartmoor, Exeter, Exmoor, East Devon, Mid Devon, North Devon, South Hams, Torbay and West Devon, but all are open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals who support them → Call 01392 677067 or email dpn-tr.drlc@nhs.net or visit <https://devonrlc.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/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, such as Wellbeing Walks → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

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/>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Navigate: (Part of the Wis£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across North Devon, Torridge, West Devon, and Mid Devon. They also provide financial education and training for businesses, and community events and workshops. Professionals can make a referral for clients here <https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or visit <https://www.navigatecharity.org.uk/whats-on/>

Pets & Picasso CIC: Offers Nurse led animal and art assisted therapy & wellbeing services to people in Devon and Cornwall, aiming to provide a holistic and creative approach to promoting physical and mental wellbeing. They provide a wide range of services, including wellbeing outreach visits, art & craft sessions, weekly community groups, and parties & events. They tailor their support to meet the specific needs and requirements of each person. Sessions start from £30 → 07596 285 489 or email info@petsandpicasso.com or visit <https://www.petsandpicasso.com>

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/>

Rock Choir: The UK's original and award-winning, local, contemporary choir experience. Allows members to build new friendships and experience unique events. Also provides opportunities to engage with your local community and support local & national charities. Open to people of all ages → For your nearest Rock Choir in Devon or Cornwall, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

RockFit with Julie: The fastest growing exercise class in the UK, RockFit with Julie offers a combination of cardio, dancing, and toning, all to a rock and metal soundtrack. Promotes inclusivity and a sense of community. Runs classes all over the UK, including Cornwall. Sessions cost £5 per person. Cornwall sessions run every Thursday, 6.30-7.30pm, at the Dracaena Centre in Falmouth → Email rockfit@gmx.co.uk or for full range of classes visit <https://rockfit.org.uk/live-classes/> or for more info visit <https://rockfit.org.uk>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. Their mission is to bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing amongst children and families. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

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>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, holiday clubs, children's parties, training opportunities, 1-1 advisor sessions, plus much more → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

Wis£rmoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across North, Mid, and West Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including workshops, training, and events → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Your Voice Cornwall: An organisation that offers a support network for women affected by mental health, across Cornwall. Offers a wide range of support, including peer support groups, activities, and other resources, to help women come together and support one another in their mental health journeys → Call 07702 993601 or email yourvoicecornwall@outlook.com or for more information visit <https://yourvoicecornwall.org.uk/>

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 for more information visit 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 for more information visit <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

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support and guidance around alcohol misuse. Based in Cornwall → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/life-after-loss/>

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 for more information <https://www.rehab4addiction.co.uk>

Anxiety

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health, including issues with anxiety, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for

more information visit <https://big-sis.co/youthandcommunitywork>



Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including anxiety/ anxiety disorders. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

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 for 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

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

Devon and Cornwall Refugee Support: A service that provides advice, support, education, IT facilities and a friendly communal space for asylum seekers in the region. Their vision is to have a fair, humane and safe asylum experience for all. DCRS has a dedicated team of co-ordinators, caseworkers, over 45 volunteers, and a Board of Trustees, who ensure that asylum seekers can seek sanctuary whilst the UK government decides on their claim. → Call 07823 495931 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>

Autism & ADHD

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including autism and ADHD. Search for services in your area using the 'Local Services' tab → Email



enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.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>

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 <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/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>

Encompass Southwest: A local charity based across North Devon, Torridge, and West Devon that offers free and confidential advice (either over the phone, online, or face-to-face advice, either at your home or at one of their drop-in services), on a wide range of issues, including benefits, such as Universal Credit and PIP. Also runs a large number of projects across Devon on a wide range of issues, for people of all ages. Main office is based in Barnstaple but is available in multiple areas of Devon. Professionals can also make referrals through this service → Call 01271 371499 or email info@bpag-encompass.org.uk or <https://www.bpag-encompass.org.uk/advice-categories/benefits/>

Navigate: (Part of the Wis£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across North Devon, Torridge, West Devon, and Mid Devon. They also provide financial education and training for businesses, and advice and support around benefits. Professionals can make a referral for clients here <https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or visit <https://www.navigatecharity.org.uk/>

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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/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support and guidance for bereavement through their Life after Loss project. Based in Cornwall → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/life-after-loss/>

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

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including bipolar disorder. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

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

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. They help carers to understand the impact of abuse and trauma on a child or adult, and the changes that may occur as they participate in therapy and psycho-education support. Provides support, guidance, and signpost for carers of those who have been abused, including therapy and counselling. Carers can also make referrals to CLEAR on their child's behalf → Call 01872 261147 or email admin@clearsupport.net or for more information on children/young people visit <https://clearsupport.net/children-and-young-people> or for adults visit <https://clearsupport.net/adults>

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/>

Fostering Devon: A Devon-wide service which is uniquely placed to help people (over 21) become foster carers. They operate as a strictly not-for-profit service, meaning their focus is entirely on the foster children and the best interests of prospective foster parents. Also runs events to promote awareness of fostering/foster care, support for carers, training for foster parents, and support for young people → Call 0345 155 1077 or email foster@devon.gov.uk or for more information visit <https://www.fosteringdevon.org.uk/> or foster care support <https://www.fosteringdevon.org.uk/carers-support/>



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/>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources for carers. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

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

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes for children of all ages, including Movement in Early Life (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit <https://activedevon.org>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support, workshops training, and RSHE and PSHE programmes for schools → Contact via <https://big-sis.co/contact> or visit <https://big-sis.co/>

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>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help children and young people to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support for children aged 0-17, including 1-to-1 (BACP-Accredited) range of trauma focused and creative therapies. CLEAR also provides psycho-education and therapeutic parenting support for parents & carers to help them support their children through and beyond therapy. Everyone who comes into their Children and Young People's Service should be referred by an organisation or parent/carer → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/children-and-young-people>



Devon & Cornwall Sexual Assault Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Devon who has experienced sexual assault will be seen in their specialist paediatric service in Exeter; for those assaulted in Cornwall, they will be seen in the specialist centre in Truro. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or for **Devon:** <https://sarchelp.co.uk/childrens-service/> or **Cornwall:** <https://sarchelp.co.uk/truro-sarc/>

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/>

Fostering Devon: A Devon-wide service which is uniquely placed to help people (over 21) become foster carers. They operate as a strictly not-for-profit service, meaning their focus is entirely on the foster children and the best interests of prospective foster parents. Also provides guidance and support for young people aged 6-15 → Call 0345 155 1077 or email foster@devon.gov.uk or for more information visit <https://www.fosteringdevon.org.uk/> or <https://www.fosteringdevon.org.uk/support-for-young-people/> (support for 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 Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for children and young people → Email support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/youth-support> for more information

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

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

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/>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. Their mission is to bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing amongst children and families. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

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/>

The Wave Project: A project in Cornwall that aims to improve children's mental health and wellbeing through their award-winning Surf Therapy programme. Surf Therapy is an evidence-based programme that promotes inclusion, and enables children and young people to build confidence and overcome anxiety barriers through surfing. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email them at info@waveproject.co.uk or contact them via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk



Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides activities, parties, and special celebration events for children and families → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/childrens-parties>

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 <https://www.lgbtqyouthdevon.org.uk/young-people>

Community Support

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

BroProject CIC: A community of men based in Devon (including Torquay) who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities. Runs lots of activities and events across Devon. All activities are completely free, and include gym sessions, martial arts, golfing, and creative activities. Also run various events throughout the year → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/> or info on activities here <https://www.broproject.org.uk/activities> and events here <https://www.broproject.org.uk/events>

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>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities. Also offers community-based interventions → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.org.uk/> or for community support visit <https://www.catdevon.org.uk/our-projects>

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).

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning → Call 01392 677067 or email dpn-tr.drlc@nhs.net or visit <https://devon.rlc.co.uk>

Encompass Southwest: A local charity based across North Devon, Torridge, and West Devon that offers many different projects and sources of support, such as through drop-in services within local communities. Provides advice and signposting for many issues, including benefits, debt and money, housing, homelessness, support for women, and support for young adults. Main office based in Barnstaple, but services are available in multiple areas of Devon. Professionals can also make referrals through this service → Call 01271 371499 or email info@bpag-encompass.org.uk or visit <https://www.bpag-encompass.org.uk>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of services, including support groups. Groups are searchable by areas in Cornwall → Contact via <https://georgiasvoice.co.uk/contact-us/> or for more information <https://georgiasvoice.co.uk/help-and-support/groups/>

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

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, such as Wellbeing Walks → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

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>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Navigate: (Part of the WisE£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across North Devon, Torridge, West Devon, and Mid Devon. They also provide financial education and training for businesses, and community events and workshops. Professionals can make a referral for clients here <https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or visit <https://www.navigatecharity.org.uk/whats-on/>

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>

Pets & Picasso CIC: Offers Nurse led animal and art assisted therapy & wellbeing services to people in Devon and Cornwall, aiming to provide a holistic and creative approach to promoting physical and mental wellbeing. They provide a wide range of services, including wellbeing outreach visits, art & craft sessions, weekly community groups, and parties & events. They tailor their support to meet the specific needs and requirements of each person → 07596 285 489 or email info@petsandpicasso.com or visit <https://www.petsandpicasso.com>

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/>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing a wide range of support, including support groups. Covers South-east Cornwall also → Call 01752 246788 or email them via contact@pregnancycrisiscare.co.uk or <https://pregnancycrisiscare.org.uk/pregnancy-crisis-care-services/>

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/>

Rock Choir: The UK's original and award-winning, local, contemporary choir experience. Allows members to build new friendships and experience unique events. Also provides opportunities to engage with your local community and support local & national charities. Open to people of all ages → For your nearest Rock Choir in Devon or Cornwall, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. Their mission is to bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing amongst children and families. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

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>

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services. Also provides community engagement and support services → Call the main office on 01208 76466 (M-F 9-5) or email admin@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/our-services>

Wis£rmoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across North, Mid, and West Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including community development → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Your Voice Cornwall: An organisation that offers a support network for women affected by mental health, across Cornwall. Offers a wide range of support, including peer support groups, activities, and other resources, to help women come together and support one another in their mental health journeys → Call 07702 993601 or email yourvoicecornwall@outlook.com or for more information visit <https://yourvoicecornwall.org.uk/>



Counselling Services

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Provides a wide range of therapies and counselling (all BACP accredited) to people of all ages who have been affected by any type of abuse or trauma. Delivers 1-to-1 and group interventions. Funding and cost of sessions is dependent on individual circumstances. Adults must complete a referral form to access CLEAR's services; children and young people (aged 0-17) need to be referred to the service by an organisation, parent, or carer → Call 01872 261147 or email admin@clearsupport.net or for adults visit <https://clearsupport.net/adults> or for children visit <https://clearsupport.net/children-and-young-people> or for counselling/therapy info visit <https://clearsupport.net/mission/therapeutic-approaches>

Counsellors Southwest CIC: Originally set up in 2010 by a dedicated group of primary care counsellors, who were commissioned by Devon NHS to deliver Counselling and Psychotherapy, free of charge. Counsellors Southwest continue to deliver free counselling on a wide range of issues, in partnership with the Devon Mental Health Alliance to work to fill the gaps in mental health services across Devon. Their team is made up of a wide range of student and qualified counsellors, all of which are BACP-Accredited. Available to anyone in South Hams, West Devon, and Teignbridge. Main office is based at Pearl Assurance House Brook Street Tavistock Devon PL19 0BN → Call 01822 258018 or visit <https://www.counsellorssouthwest.org/>

Hope for Harm: A service for adults (aged 18+) who self-harm as a way of coping with overwhelming emotional and/or psychological pain. Hope for Harm offers a professional and specialist service of up to 18 (BACP Accredited) counselling/therapy sessions where they help individuals explore past/present situations that may have led to someone self-harming. Also helps to teach skills such as distress tolerance and emotional regulation. Hope for Harm tailors a therapeutic plan that is unique to each individual. Individuals can refer to themselves to the service → Call 01872 261147 or email referrals@clearsupport.net to send referral forms or for enquiries, or for general enquiries email admin@clearsupport.net or visit <https://clearsupport.net/adults/hope-for-harm>

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/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including counselling for a wide range of issues. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/>

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/>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing counselling on a wide range of issues, such as pregnancy choices counselling, post-abortion counselling, and baby loss counselling. Covers South-east Cornwall also → Call 01752 246788 or email them via contact@pregnancycrisiscare.co.uk or visit <https://pregnancycrisiscare.org.uk/pregnancy-crisis-care-services/>

Sunrise Soul Therapies: A counselling service based in Tavistock that offers Reiki Therapy sessions in Launceston, Cornwall. Also offers online Sound Therapy sessions, which are open to all. These types of therapies are very powerful tools for helping with stress, anxiety, and overall health and wellness. Sessions range from 60-90 minutes and range between £5-£30 → Email sunrises1@outlook.com or contact via <https://www.sunrisesoul.org/blank-2> or visit <https://www.sunrisesoul.org>

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/>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including counselling for victims of sexual assault. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

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 and Cornwall Victim Support: A 24/7 service (through their free live chat) that provides emotional and practical help to people who have been affected by crime in Devon and Cornwall. They are an independent charity who individuals can contact for support, regardless of whether they've contacted the police, and no matter how long ago the crime took place. Provides information, support, and signposting, as well as help filling out compensation forms and helping to make your home more secure, and providing personal alarms for free → Call your local Victim Support team on 0300 303 0554 (9am-6pm M-F) or call Support line for free outside of these hours on 0808 1689 111 or visit <https://www.victimsupport.org.uk/resources/devon-and-cornwall/#:~:text=to%20get%20support,-.Call%20your%20local%20Victim%20Support%20team%20in%20Devon%20and%20Cornwall,requests%20support%20via%20our%20website.>

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

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 more information available on their website <https://www.rehab4addiction.co.uk/addiction-treatment>

Restorative Justice: Restorative justice creates opportunities for people affected by crime, conflict, anti-social behaviour, or the harmful actions of others to come together with the person responsible for causing the harm in order to have their say, to get answers to their questions and to explain the affect the incident has had upon them. The process aims to help everyone move on. Restorative justice gives those who accept responsibility for the harm they have caused an insight into the real impact that their actions have had upon the person affected, their friends and family or the community. It creates opportunities to find a way in which those who have caused the harm can make amends for what they have done → For more info visit <https://www.devon-cornwall.police.uk/support-and-guidance/victims-witnesses/restorative-justice/>

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services. Also provides support with criminal justice for women who want to rebuild their lives after being in prison, such as with their housing, financial, and emotional needs → Call 07510 079832 or email sue.gilbert@womenscentrecornwall.org.uk or visit their criminal justice webpage <https://www.womenscentrecornwall.org.uk/open-service-and-mentoring>

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/>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of services, including crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.uk/help-and-support/>

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/>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including crisis support for victims of sexual assault. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

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).

Encompass Southwest: A local charity based across North Devon, Torridge, and West Devon that offers free and confidential advice (either over the phone, online, or face-to-face advice, either at your home or at one of their drop-in services), on a wide range of issues, including debt and money management, and support with bills. Also runs a large number of projects across Devon on a wide range of issues, for people of all ages. Main office is based in Barnstaple but is available in multiple areas of Devon. Professionals can also make referrals through this service → Call 01271 371499 or email info@bpag-encompass.org.uk or for more info <https://www.bpag-encompass.org.uk/project-categories/money-and-debt/>

Navigate: (Part of the WisE£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across North Devon, Torridge, Mid Devon, and West Devon. They also provide community support, financial education and training for businesses, advice and support around benefits, events, and workshops. Professional referrals here: <https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or for more info visit <https://www.navigatecharity.org.uk/>

WisE£r money: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across North, West, and Mid Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including debt and money management → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Depression

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including depression. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

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 & Sexual Abuse and 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/>

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

Brave Spaces: (Part of Encompass Southwest) delivered in partnership with Exeter's CoLab Women, Brave Spaces is a two-year test and learn project that aims to support women facing multiple disadvantages such as domestic and sexual abuse and violence. Their experienced team aim to work with women facing such challenges, and to support them to live the life they want, taking a trauma-informed, gendered approach to support women to regain their identity, and to build self-esteem and confidence. Areas of Devon covered include Barnstaple, Bideford, Braunton, Fremington, Ilfracombe, and Northam → Call 01271 371 499 (M-F 9-4) or email bravespacesnd@encompass-sw.org.uk or visit <https://www.bpag-encompass.org.uk/projects/brave-spaces/>

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/>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help adults to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, services, resources, and signposting. Also provides a range of 1-to-1 counselling and therapy for adults affected by sexual abuse, sexual violence, and



traumatic crime, at any point in their lives. CLEAR supports adult victims and survivors of sexual abuse through person-centred counselling, trauma-focused therapy, and group activity. Their current funding from the Ministry of Justice supports people who have been affected by rape and sexual abuse at any point in their lifetime. The Office of the Police and Crime Commissioner provide funding for victims of traumatic crime. Individuals can self-fund their support at a cost of £60 per session, and must complete a referral form to access the service → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/adults>

Devon & Cornwall Sexual Assault Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Devon who has experienced sexual assault will be seen in their specialist paediatric service in Exeter; for those assaulted in Cornwall, they will be seen in the specialist centre in Truro. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or for **Devon:** <https://sarchelp.co.uk/childrens-service/> or **Cornwall:** <https://sarchelp.co.uk/truro-sarc/>

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/>

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/>

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/>

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/>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources on a wide range of difficulties, including domestic abuse. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or



contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information visit their website <https://www.marbleslostandfound.co.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 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>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support with domestic and sexual violence and abuse through their Aquila project. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/aquila-project/>

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/>

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 visit www.splitz.org

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services → Call the main office on 01208 76466 (M-F 9-5) or email admin@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including advice, support, information, and signposting. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

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 visit <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

Devon County Council: Supports older adults to remain independent, and also provides advice and guidance on support at home, housing options, equipment & adaptations, home safety, health and wellbeing, and money management, plus more → Visit <https://www.devon.gov.uk/adult-social-care/care-and-support/older-adults-65/>

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) → Visit <https://www.pinpointdevon.co.uk/older-adults/>

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected & empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services. Also supports older women through their #NeverTooLate project → Call the main office on 01208 76466 (M-F 9-5) or email admin@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/our-services>

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/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of employment and education opportunities, signposting, and resources for young adults → Email them at support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/youth-support>

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/>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. They also give professional talks, often with a marine and maritime focus. Their mission is to



bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

The Wave Project: A project in Cornwall that aims to improve children's mental health and wellbeing through their award-winning Surf Therapy programme, which helps to build their confidence and overcome their anxiety barriers. Also partners with local schools to offer specialist education programmes to enable pupils to learn outside the classroom. Education programmes include the Beach School, Surf Back to School, and Wave Rangers projects. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email info@waveproject.co.uk or contact via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk/education-programmes/

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, training opportunities, 1-1 advisor sessions, plus much more → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

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

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

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/>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. They help families to understand the impact of abuse and trauma on a child, and the changes that may occur as they participate in therapy and psycho-education support. Provides support, guidance, and signpost for families of those who have been abused,



including family therapy. Parents can also make referrals to CLEAR on their child's behalf → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/children-and-young-people>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.org.uk/>

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 Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting families of individuals hoping to learn about mental health and recovery. A wide range of online and in-person courses are also offered, for anyone aged over 18 (including family members, friends, and professionals supporting individuals). Based in Dartmoor, Exeter, Exmoor, East Devon, Mid Devon, North Devon, South Hams, Torbay, and West Devon, but open to all → Call 01392 677067 or email dpn-tr.drlc@nhs.net or visit <https://devonrlc.co.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/>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and



Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. They provide a wide range of Science and Engineering outreach and support projects across all of Devon, for children and families → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

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>

Food Services (e.g. Food Banks)

Community Fridge Network: Coordinated by Hubbub (which brings together all UK-based groups running a community fridge) and aims to provide spaces that bring people together to share food, meet up, learn new skills, and prevent fresh food from going to waste. The community fridges are open to all and anyone can share or take food, including surplus from supermarkets, local food businesses, households, and gardens. The network offers free, comprehensive guidance on how to set up a fridge as well as tools covering everything you need, from posters to health and safety templates and more. Has community fridges throughout Devon and Cornwall. To find your nearest Community Fridge visit <https://www.communityfridgemap.org.uk> → Call 020 3701 7543 or email them at hello@hubbub.org.uk or visit <https://hubbub.org.uk/community-fridge-network>

Feeding Devon: A partnership project engaging county-wide with innovative stakeholder organisations – from national and local government initiatives to community fridges and voluntary kitchens – all working to find sustainable solutions to help Devon people in need out of food and fuel poverty. Feeding Devon is a passionate and dedicated network of more than 30 organisations – including food banks, food aid charities, community groups and voluntary organisations – committed



to ending hunger in their local communities. Based in Newton Abbot, but provides food banks all across Devon, including Ivybridge, Bovey Tracey, Tavistock, Horrabridge, and Sherford → Call 01224 433 361 or 07850 587 424 or email info@feedingdevon.org.uk or visit <https://feedingdevon.org.uk/>

Saltash Foodbank: Supported by The Trussell Trust, Saltash Foodbank provides three days' nutritionally balanced emergency food to local people referred to them in crisis. They work within a nationwide network of foodbanks, to combat poverty and hunger across the UK → Call 0800 144 8848 to speak to Citizens Advice Cornwall to request a foodbank voucher, or for more info visit <https://saltash.foodbank.org.uk/>

Health & Wellness

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's health and wellness through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

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/>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of health and wellbeing needs. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.org.uk/>

Devon Wellbeing Hub: A service that helps people with any aspect of their wellbeing at all, by providing advice, support, resources, and a range of wellbeing workshops. Based in Plymouth but anyone in Devon or Cornwall are welcome to attend their workshops, which are free, and access support → Call 0300 3035455 or email dpt.devonwellbeing@nhs.net or visit <https://www.devonwellbeinghub.nhs.uk/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, such as Wellbeing Walks and exercise classes → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in->



[your-local-area](#) or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

Pets & Picasso CIC: Offers Nurse led animal and art assisted therapy & wellbeing services to people in Devon and Cornwall, aiming to provide a holistic and creative approach to promoting physical and mental wellbeing. They provide a wide range of services, including wellbeing outreach visits, art & craft sessions, weekly community groups, and parties & events. They tailor their support to meet the specific needs and requirements of each person. Sessions start from £30 → 07596 285 489 or email info@petsandpicasso.com or visit <https://www.petsandpicasso.com>

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/>

RockFit with Julie: The fastest growing exercise class in the UK, RockFit with Julie offers a combination of cardio, dancing, and toning, all to a rock and metal soundtrack. Promotes inclusivity and a sense of community. Runs classes all over the UK, including Cornwall. Sessions cost £5 per person. Cornwall sessions run every Thursday, 6.30-7.30pm, at the Dracaena Centre in Falmouth → Email rockfit@gmx.co.uk or for full range of classes visit <https://rockfit.org.uk/live-classes/> or for more info visit <https://rockfit.org.uk>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. They also aim to improve individual, community, and environmental health and wellbeing. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or visit <https://www.seadreameducation.com>

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

Brave Spaces: (Part of Encompass Southwest) delivered in partnership with Exeter's CoLab Women, Brave Spaces is a two-year test and learn project that aims to support women facing multiple disadvantages such as homelessness. Their experienced team aim to work with women facing such challenges, and to support them to live the life they want, taking a trauma-informed, gendered approach to support women to regain their identity, and to build self-esteem and confidence. Also runs the 'Women First' project, which supports women who are rough sleeping, sofa surfing, or living in temporary accommodation. Areas of Devon covered include Barnstaple, Bideford, Braunton, Fremington, Ilfracombe, and Northam → Call 01271 371 499 (M-F 9-4) or email bravespacesnd@encompass-sw.org.uk or visit <https://www.bpag-encompass.org.uk/projects/brave-spaces/>

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 → For more information visit their website <https://www.devonhomechoice.com/contact-us-2>



Encompass Southwest: A local charity based across North Devon, Torridge, and West Devon that offers free and confidential advice (either over the phone, online, or face-to-face advice, either at your home or at one of their drop-in services), on a wide range of issues, including housing issues and support, homelessness, advice and support for low-income households, and supported accommodation (including women-only accommodation). Main office based in Barnstaple, but services are available in multiple areas of Devon. Professionals can also make referrals through this service → Call 01271 371499 or email info@bpag-encompass.org.uk or visit <https://www.bpag-encompass.org.uk/project-categories/housing-and-accommodation/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of housing advice, info, signposting, and resources for young adults → Email them at support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/youth-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/>

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

The Women's Centre Cornwall: Amongst many other services and support, TWCC can provide support, information, and signposting for women who are leaving prison with their housing and accommodation needs → Call 07510 079832 or email sue.gilbert@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/open-service-and-mentoring>

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/>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>



The Women's Centre Cornwall: Amongst many other types of support, TWCC offers support and empowerment for women with learning disabilities, neurodiversity, and autism through their DIVAS Project. The DIVAS are a group of women who fight to be treated fairly and with respect, and get their voices heard → Call Dina on 07398 893242 or email dina.holder@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/divas>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, training opportunities, 1-1 advisor sessions, plus much more, for children, families, and people with learning disabilities → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

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+

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support, workshops training, and RSHE and PSHE programmes for schools → Contact via <https://big-sis.co/contact> or visit <https://big-sis.co/>

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 xplore youthdevon@gmail.com or visit <https://www.lgbtgyouthdevon.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

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support, workshops training, and RSHE and PSHE programmes for schools → Contact via <https://big-sis.co/contact> or visit <https://big-sis.co/>

BroProject CIC: A community of men based in Devon (including Torquay) who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities. Runs lots of activities and events across Devon. All activities are completely free, and include gym sessions, martial arts, golfing, and creative activities → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/>

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/>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.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 for more information visit <https://www.rethink.org/help-in-your-area/services/advocacy/devon-torbay-imha/>

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust that offers support for mental health and wellbeing through a wide range of activities, resources, drop-in sessions, and online & face-to-face courses. Based in Dartmoor, Exeter, Exmoor, East Devon, North Devon, South Hams, Torbay, and West Devon, but open to all. Courses open to anyone aged 18+, as well as their friends, family, and professionals who support them → Call 01392 677067 or email dpn-tr.drlc@nhs.net or visit <https://devonrlc.co.uk>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support



→ Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.uk/help-and-support/>

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>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, including for mental health support → Email them on support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

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/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support with mental health difficulties, such as depression and anxiety, and managing stress. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk>

Pets & Picasso CIC: Offers Nurse led animal and art assisted therapy & wellbeing services to people in Devon and Cornwall, aiming to provide a holistic and creative approach to promoting physical and mental wellbeing. They provide a wide range of services, including wellbeing outreach visits, art & craft sessions, weekly community groups, and parties & events. They tailor their support to meet the specific needs and requirements of each person, including those with anxiety, depression, and mental health issues. Sessions start from £30 → 07596 285 489 or email info@petsandpicasso.com or visit <https://www.petsandpicasso.com>

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. Also provides loads of resources on mental health support and recovery. Based in Bideford, North Devon but resources are available to anyone in Devon → 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/>

The Wave Project: A project in Cornwall that aims to improve children's mental health and wellbeing through their award-winning Surf Therapy programme. Surf Therapy is an evidence-based programme that promotes inclusion, and enables children and young people to build confidence and overcome anxiety barriers through surfing. Organisational referrals accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email info@waveproject.co.uk or contact via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk

WisErMoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across North, Mid, and West Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including mental health difficulties and issues → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Your Voice Cornwall: An organisation that offers a support network for women affected by mental health, across Cornwall. Offers a wide range of support, including peer support groups, activities, and other resources, to help women come together and support one another in their mental health journeys → Call 07702 993601 or email yourvoicecornwall@outlook.com or for more information visit <https://yourvoicecornwall.org.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>

BroProject CIC: A community of men based in Devon (including Torquay) who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what



is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for men, including the District Men's Shed group → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

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 open@pm.me or more information <https://operationemotion.co.uk/contact>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support with domestic/sexual violence/abuse, difficulty expressing emotions, managing stress, navigating relationship and family issues, depression, anxiety, mental health concerns, life transitions, bereavement, and support for overcoming addiction and harmful habits. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk>

Parents & Pregnancy

Baby Basics: A volunteer-led project aiming to support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby. There is an ever-increasing network of Baby Basics centres across the country each staffed by a committed team of volunteers. Baby Basics provides much needed essentials and equipment to mothers and families who are unable to provide these items for themselves; including but not limited to teenage mums, people seeking asylum and women fleeing domestic abuse and trafficking → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing confidential, impartial support, counselling, and signposting (including to medical services). Based in Plymouth but also covers South-east Cornwall → Call 01752 246788 or email contact@pregnancycrisiscare.co.uk or visit <https://www.pregnancycrisiscare.org.uk/>

Personality Disorders

Devon Therapy Services: Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in Exeter and Torbay with any type of personality disorder. Before making your session appointment(s), please contact them to arrange an initial session so we can meet and have a chat about the counselling or psychotherapy you'd like to explore. They also talk about what has brought you to counselling, what you'd like to get out of your sessions, and whether you've had any counselling or psychotherapy sessions before. Online,



telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 01803 428740 or email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/>

Physical Disabilities

Disability Support Torbay: Their aim is to make a positive difference to the quality of life of people with disabilities, health and mental health issues. DST are an independent voluntary organisation, and our staff includes both paid employees and volunteers. Provides lots of support and services, including befriending, help with benefits, counselling, and other signposting & resources. Covers Torbay, Teignbridge, and South Hams → Call 01803 215871 or email info@dstorbay.org.uk or visit <https://dstorbay.org.uk/home/>

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/>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Psychosis

Mind: Provides information on what psychosis is, including possible causes and how to access treatment and support. Also includes tips for helping yourself, as well as guidance for friends and family → For more information visit https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/treatment-and-support/?qclid=EAlaIqobChMl-qKe4d3EggMV5oCDBx0XTAyhEAAYAAEgLcZPD_BwE

Rethink Mental Illness: 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. Provides information, research, resources, and signposting to support for those experiencing psychosis → <https://www.rethink.org/search-results?q=psychosis>

THE MIX: Provides information on signs and symptoms of psychosis, types of support available, where/how to access support, and other resources. Aimed at under-25s but their website is accessible to anyone → For more info https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?qclid=EAlaIqobChMl-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD_BwE

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 anniwils@talktalk.net or visit www.traumatherapysouthwest.co.uk

Self-Harm & Suicide

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.uk>

Hope for Harm: A service for adults (aged 18+) who self-harm as a way of coping with overwhelming emotional and/or psychological pain. Hope for Harm offers a professional and specialist service of up to 18 (BACP Accredited) counselling/therapy sessions where they help individuals explore past/present situations that may have led to someone self-harming. Also helps to teach skills such as distress tolerance and emotional regulation. Hope for Harm tailors a therapeutic plan that is unique to each individual. Individuals can refer to themselves to the service → Call 01872 261147 or email referrals@clearsupport.net to send referral forms or for enquiries, or for general enquiries email admin@clearsupport.net or visit <https://clearsupport.net/adults/hope-for-harm>

Sexual Health

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>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including sexual health and wellness advice. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

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/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support and guidance for substance misuse. Based in Cornwall → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/life-after-loss/>

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

Brave Spaces: (Part of Encompass Southwest) delivered in partnership with Exeter's CoLab Women, Brave Spaces is a two-year test and learn project that aims to support women facing multiple disadvantages such as homelessness, trauma, domestic and sexual violence, and abuse. Their experienced team aim to work with women facing such challenges, and to support them to live the life they want, taking a trauma-informed, gendered approach to support women to regain their identity, and to build self-esteem and confidence. Also runs the 'Women First' project, which supports women who are rough sleeping, sofa surfing, or living in temporary accommodation. Areas of Devon covered include Barnstaple, Bideford, Braunton, Fremington, Ilfracombe, and Northam → Call 01271 371 499 (M-F 9-4) or email bravespacesnd@encompass-sw.org.uk or for more information <https://www.bpag-encompass.org.uk/projects/brave-spaces/>

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/>

Encompass Southwest: Amongst many other types of support and services, Encompass offers a 4-bed female-only supported accommodation in Barnstaple, and in Bideford. Aims to work within a gender informed approach to support women who have been rough sleeping, homeless, and affected by domestic abuse/violence. Occupants are supported to address the issues which led them to homelessness and are empowered to make positive changes. Also offers online advice on benefits and rough sleeping & housing, and runs Brave Spaces alongside CoLab Women. Other Devon regions covered include Braunton, Combe Martin, Fremington, Holsworthy, Ilfracombe, Northam, South Molton, and Torrington. To make a referral into the project, contact Encompass through their contact form, email them, or telephone them → Call Rhiannon on 07834 517259 or email r.churchill@encompass-sw.org.uk or k.corfe@encompass-sw.org.uk or visit <https://www.bpag-encompass.org.uk/projects/women-only-supported-accommodation/>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.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/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for women → Email support@livewellinbraunton.co.uk or see the



activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing confidential, impartial support, counselling, and signposting (including to medical services). Based in Plymouth but also covers South-east Cornwall → Call 01752 246788 or email contact@pregnancycrisiscare.co.uk or visit <https://www.pregnancycrisiscare.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/>

The Women's Centre Cornwall: A women's charity based in Bodmin that offers an extensive range of support to women in Devon, Cornwall, Dorset, and HMP Eastwood Park including support and advice around benefits, housing, criminal justice, community support, support with domestic and sexual abuse & violence, and support for women with autism, learning disabilities, and neurodiversity, plus much more → Call 01208 76466 or email admin@womenscentrecornwall.org.uk or visit their website for more info <https://www.womenscentrecornwall.org.uk>

Your Voice Cornwall: An organisation that offers a support network for women affected by mental health, across Cornwall. Offers a wide range of support, including peer support groups, activities, and other resources, to help women come together and support one another in their mental health journeys → Call 07702 993601 or email yourvoicecornwall@outlook.com or for more information visit <https://yourvoicecornwall.org.uk/>

Young Adult Support

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes for young adults, including the Movement in Early Life programme (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

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>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help young adults to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, services, resources, and signposting. Also provides a range of 1-to-1 counselling and therapy for young adults affected by sexual abuse, sexual violence, and traumatic crime, at any point in their lives. CLEAR supports young adult victims and survivors of sexual abuse through person-centred counselling, trauma-focused therapy, and group activity. Their current funding from the Ministry of Justice supports people who have been affected by rape and sexual abuse at any point in their lifetime. The Office of the Police and Crime Commissioner provide funding for victims of traumatic crime. Individuals can self-fund their support at a cost of £60 per session, and must complete a referral form to access the service → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/adults>

Devon & Cornwall Sexual Assault Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Devon who has experienced sexual assault will be seen in their specialist paediatric service in Exeter; for those assaulted in Cornwall, they will be seen in the specialist centre in Truro. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or for **Devon:** <https://sarchelp.co.uk/childrens-service/> or **Cornwall:** <https://sarchelp.co.uk/truro-sarc/>

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 information visit their website here <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



Encompass Southwest: Amongst other services, Encompass offers a wide range of support, advice, and services, either online, via telephone, and face-to-face, for many different issues facing young adults aged 16-25 including homelessness, and mental health difficulties. Main office based in Barnstaple but services available in multiple areas of Devon. Professionals can also make referrals through Encompass → Call 01271 371499 or email info@bpag-encompass.org.uk or visit <https://www.bpag-encompass.org.uk/project-categories/young-people/>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.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/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Hope for Harm: A service for young adults (aged 18+) who self-harm as a way of coping with overwhelming emotional and/or psychological pain. Hope for Harm offers a professional and specialist service of up to 18 (BACP Accredited) counselling/therapy sessions where they help individuals explore past/present situations that may have led to someone self-harming. Also helps to teach skills such as distress tolerance and emotional regulation. Hope for Harm tailors a therapeutic plan that is unique to each individual. Individuals can refer to themselves to the service → Call 01872 261147 or email referrals@clearsupport.net to send referral forms or for enquiries, or for general enquiries email admin@clearsupport.net or visit <https://clearsupport.net/adults/hope-for-harm>

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 Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for young adults. Also offers housing, employment, and education advice for young adults → Email them at support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or see <https://livewellinbraunton.co.uk/youth-support>

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

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon and Cornwall. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>



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/>

THE MIX: Provides essential information and support for under 25s regarding sex and relationships, physical and mental health, housing, alcohol and substance misuse, employment issues, money, and much more. Also offers 1-1 chat and crisis support → Contact <https://www.themix.org.uk/about-us/contact-us> or visit <https://www.themix.org.uk>

The Wave Project: A project in Cornwall that aims to improve young adults' mental health and wellbeing through their award-winning Surf Therapy programme. Surf Therapy is an evidence-based programme that promotes inclusion, and enables children and young people to build confidence and overcome anxiety barriers through surfing. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email info@waveproject.co.uk or contact via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.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