



Devon & Cornwall Service Directory – Exeter 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.**



EXETER

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>

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, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in Exeter but 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 for Exeter courses visit <https://devonrlc.co.uk/courses/categories/in-person-course/exeter-east-and-mid-devon/>

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

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

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

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

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, including Exeter. 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>



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 Exeter, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

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

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

Tiny Stars Playgroup: Runs a playgroup for toddlers every Tuesday 10.30am-12pm (including term time) that includes fun activities, toys, and sensory play. Allows parents to relax with coffee, cake, and conversations whilst the playgroup is taking place. Based at Rediscover Church, Northernhay Street, Exeter, EX4 3ER → Call 01392 425070 or email office@rediscoverchurch.com or for information visit <https://www.rediscoverchurch.com/tinystars>

WELL RAVER: An Exeter-based DJ passionate about community support and mental health wellbeing & advocacy. Runs wellbeing and community events and DJ shows throughout Devon and beyond throughout the year → Email wellraver@outlook.com or visit <https://beacondisco.company/>

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

Advocacy

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

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

Information Advice & Advocacy Service: (Part of Citizen's Advice Exeter) Aims to ensure free, confidential, and impartial advice, information, and advocacy for adults in Exeter communities, and to work alongside the Council's Housing Needs Team to support customers who are homeless/at risk of



homelessness, and are experiencing financial/budgeting difficulties → Call 0808 278 7845 (M-F 10-4; free helpline) or visit <https://www.citizensadviceexeter.org.uk/>

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

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

Alcohol Misuse

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

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

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

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

Anxiety

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

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/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides



information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

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

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

Asylum Seekers & Refugees

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

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

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

Autism & ADHD

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

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/>

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

Southwest Autism Devon: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the



length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Benefits

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

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

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

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

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

Bereavement

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

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

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

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

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement.



D&C DIRECTORY

Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

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

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

Bipolar Disorder

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

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

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

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

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



D&C DIRECTORY

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

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

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/>

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

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

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

Children/Teenagers

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>

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

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



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

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

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

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

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, including Exeter. 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>

Plymouth Sexual Assault Children's Referral Centre: A children's service for children up to 18 years old who have been sexually assaulted. Any child in Exeter who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. 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 visit <https://sarchelp.co.uk/childrens-service/>

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

Tiny Stars Playgroup: Runs a playgroup for toddlers every Tuesday 10.30am-12pm (including term-time) that includes fun activities, toys, and sensory play. Allows parents to relax with coffee, cake, and conversations whilst the playgroup is taking place. Based at Rediscover Church, Northernhay Street, Exeter, EX4 3ER → Call 01392 425070 or email office@rediscoverchurch.com or for information visit <https://www.rediscoverchurch.com/tinystars>

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>

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

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

Community Support

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>

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

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

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>

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

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



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

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

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

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

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

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

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

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, including Exeter. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers 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>

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

Rethink Mental Illness (Exeter): Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area →



Call 0808 8010525 or 0121 5227007 (general enquire) or email info@rethink.org or visit <https://www.rethink.org/>

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 Exeter, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

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

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

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

Tiny Stars Playgroup: Runs a playgroup for toddlers every Tuesday 10.30am-12pm (including term time) that includes fun activities, toys, and sensory play. Allows parents to relax with coffee, cake, and conversations whilst the playgroup is taking place. Based at Rediscover Church, Northernhay Street, Exeter, EX4 3ER → Call 01392 425070 or email office@rediscoverchurch.com or for information visit <https://www.rediscoverchurch.com/tinystars>

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

WELL RAVER: An Exeter-based DJ passionate about community support and mental health wellbeing & advocacy. Runs wellbeing and community events and DJ shows throughout Devon and beyond throughout the year → Email wellraver@outlook.com or visit <https://beacondisco.company/>

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

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



Counselling Services

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

Devon Therapy Services: Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in the Exeter area 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/>

Exeter 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 Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

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

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

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

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

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

Criminal Justice

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



Prisoners' Families Helpline: Supports those who have a family member in contact with the CJS. Provides advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release. Operated by Prison Advice and Care Trust under contract to Her Majesty's Prison & Probation Service and provides information and support for families across England and Wales. All calls are free, from landlines and mobiles, and confidential → Call 0800 8082003 or email info@prisonersfamilies.org or <https://www.prisonersfamilies.org>

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

Crisis Support

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

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

Exeter 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 Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

First Response (Exeter): A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 111 and select Mental Health Option.

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

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

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

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



Debt & Money Management

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

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

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

Depression

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

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

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/>

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

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

Domestic & 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/>

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

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

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

Exeter 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 signposting, advice, and information. Based at a safe location in Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

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 visit <https://www.marbleslostandfound.co.uk/>

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Exeter who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. 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 visit <https://sarchelp.co.uk/childrens-service/>

Eating Disorders

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

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



Elderly Adult Support

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

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

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

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

Employment & Education

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

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

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

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

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

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



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

Families

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

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

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

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

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 Exeter but open to all → Call 01392 677067 or email dpn-tr.drlc@nhs.net or visit <https://devonrlc.co.uk>

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

Exeter Community Initiatives: Offers family support and group activities for families in central Exeter with children under the age of 5, as well as 1:1 support to families with children of any age who are struggling to cope with parenting, or emotional/practical issues → Call 01392 205800 or email info@eci.org.uk or <https://www.clinks.org/partnership-finder/30128>

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



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, including Exeter. 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>

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

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

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

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

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

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

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

Food Services (e.g. Food Banks)

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 all of Devon, including Exeter. 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>

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

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

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

Gambling

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

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

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

Health & Wellness

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>

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

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



Housing & Homelessness

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

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

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

Devon Supported Housing - Cowick Street: An individualised support service funded by Devon Partnership Trust, that offers housing-related support to people with low-to-medium support needs, leaving a hospital or residential setting. Where possible, DSH tries to provide support at a time which best suits individuals' needs, using a Recovery model of support. Cowick Street is a 5-bedroom property situated on the outskirts of Exeter → Call 01392 438 852 (M-F 9-8; S+S 9-6.30) or more information <https://www.rethink.org/help-in-your-area/services/housing/devon-supported-housing-cowick-street/>

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

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

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

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

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

Learning Disabilities & Special Education Needs

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



D&C DIRECTORY

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

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

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

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, including Exeter. 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>

Legal Aid

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

LGBTQ+

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

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

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

Marriage & Relationships

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



Mental Health

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

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

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 North Devon (including Exmoor), 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>

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

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

Experts by Experience: (Run by The Bridge Collective) Mental health awareness workshop team, that aims to share peoples' lived experiences, which have sometimes been labelled as mental illness, in a supportive environment. Aims to promote public awareness, increase confidence in discussing mental health, improve mental health services, and increase access to understanding mental health. Monthly meeting is held 11am-1pm on the 1st Tuesday of each month. Development Meeting is held 11am-12.30pm on the 3rd Tuesday of each month → Email ebye@bridgecollective.org.uk or more information <https://www.bridgecollective.org.uk/activities-and-groups/>

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

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

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

Mental Health Assessment Team - Exeter and East Devon: Manage new referrals and provide a single point of assessment and access to adult community mental health services across Exeter →



Call 01392 207799 or email dpn-tr.Exeter-MWAReferrals@nhs.net or more information available here <https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=YhO4QF4d2xQ>

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

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

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

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

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

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

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

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

WELL RAVER: An Exeter-based DJ passionate about community support and mental health wellbeing & advocacy. Runs wellbeing and community events and DJ shows throughout Devon and beyond throughout the year → Email wellraver@outlook.com or visit <https://beacondisco.company/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots



of projects, including supported accommodation, youth and schools work, work with offenders, mental health activities that improve daily wellbeing, and work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

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

Men's Services

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

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

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

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

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

Parents & Pregnancy

Choices: A Devon based charity that offer you a safe place to talk about any concerns you have relating to pregnancy. Their team of dedicated advisors have been specifically trained. They adhere to BACP code of ethics and practice. Support offered includes pregnancy tests, impartial advice and help for unplanned pregnancies, pregnancy crisis support, and support after baby loss → Email contact@choicespregnancycentre.co.uk or visit <https://www.choicespregnancycentre.co.uk>

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>



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

Tiny Stars Playgroup: Runs a playgroup for toddlers every Tuesday 10.30am-12pm (including term time) that includes fun activities, toys, and sensory play. Allows parents to relax with coffee, cake, and conversations whilst the playgroup is taking place. Based at Rediscover Church, Northernhay Street, Exeter, EX4 3ER → Call 01392 425070 or email office@rediscoverchurch.com or for information visit <https://www.rediscoverchurch.com/tinystars>

Personality Disorders

Devon Therapy Services: Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in the Exeter area 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/>

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

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

The Iris Centre: (Part of Devon Partnership Trust) Provides a person-centred, trauma-informed service for male and female adults with past and current lived experience of mental health difficulties often described by professionals as severe, complex in nature and particularly with people who receive a diagnosis of personality disorder. A referral form must be completed by a professional supporting the individual. Based in Exeter → Visit <https://www.dpt.nhs.uk/our-services/personality-disorder/who-we-are>

Physical Disabilities

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

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, including Exeter. 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 → https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/treatment-and-support/?gclid=EAlaIqobChMI-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 visit https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaIqobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD_BwE

PTSD

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

Self-Harm & Suicide

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

Sexual 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>

Exeter 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 for victims of sexual assault. Based at a safe location in Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

Substance Misuse

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

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these



issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

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

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

Women's Services

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

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

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

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

Young Adult Support

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>



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

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

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

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

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

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

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, including Exeter. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers 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>

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Exeter who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. 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 visit <https://sarchelp.co.uk/childrens-service/>



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

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

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

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

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

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