



Devon & Cornwall Service Directory – North Devon 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.**



NORTH DEVON

Activities, Clubs, Events, & Hobbies

Bideford Karate: Offers a wide range of karate and t'ai chi classes, in a range of different styles such as Long Yang form, and the Song of Peng. Runs sessions Tues and Thurs, 6.30-8.30pm. based at Abbotsham Village Hall, Abbotsham, Devon → Call 07813 083954 or email peter@bidefordkarate.co.uk or visit <https://www.bideford-karate.co.uk/>

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

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 North Devon (including Exmoor), 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 North Devon courses visit <https://devonrlc.co.uk/courses/categories/in-person-course/north-devon/>

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/>

Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or visit <https://www.facebook.com/profile.php?id=61555543449787>

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

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

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts,



music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

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

The AFAB Group: Run by WayMakers Devon, this small social group is open to 14-19 year-olds whose assigned gender at birth was female. It offers weekly peer support, fun activities, social connections, visiting speakers with lived experience, and occasional outings. → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

WayMakers Devon: Runs adult groups, such as Board Games Group and Outdoor Adult Group, intermittently → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

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

Advocacy

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

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

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

Alcohol Misuse

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



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

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

Anxiety

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/>

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, coaching, and training for businesses, organisations, health & care professionals, and education staff → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

Asylum Seekers & Refugees

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

Autism & ADHD

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



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

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for autistic people aged 14+, and those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, coaching, and training for businesses, organisations, health & care professionals, and education staff → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

Benefits

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

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

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

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

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>

Wis£r money: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across Barnstaple & Bideford and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and



guidance on a wide range of topics including benefits → Email wisermoney@navigatecharity.org.uk or visit <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Bereavement

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or visit <https://familiesingrief.org/> help for different age groups/people in the 'How we help' section.

North Devon Hospice: A local charity based in Barnstaple that provides bereavement support, including counselling, (both 1-1 and group support) for carers and family members of individuals who suffered from a life-limiting illness, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

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

Bipolar Disorder

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

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

Carers

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

Devon Advice Service For Working Age Carers: (Part of Citizens Advice) Primarily a phone-advice service for all carers in the DCC funded areas of Devon. Helps carers to understand what welfare benefits they, or the cared-for person, might be entitled to. Provides a free benefits check, and assists



with new benefit applications, and challenging benefit decisions → Call 03456 434 435 (M-5 8-6; Sa 9-1) or <https://ruraldevoncab.org.uk/our-services/#projects>

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

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or for carer support visit their website for more info <https://familiesingrief.org/how-we-help/support-for-parents>

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/>

North Devon Hospice: A local charity based in Barnstaple that provides support to carers of individuals who require specialist care for a life-limiting illness, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Also provides counselling services, community events, resources, hospice care, and at-home care → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

Children/Teenagers

Bideford Karate: Offers a wide range of karate and t'ai chi classes for children, in a range of different styles such as Long Yang form, and the Song of Peng. Runs sessions Tues and Thurs, 6.30-8.30pm. based at Abbotsham Village Hall, Abbotsham, Devon → Call 07813 083954 or email peter@bideford-karate.co.uk or visit <https://www.bideford-karate.co.uk/>

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

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

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

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon.



Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or visit <https://familiesingrief.org/> or help for children here: <https://familiesingrief.org/how-we-help/support-for-children> help for teenagers available here: <https://familiesingrief.org/how-we-help/support-for-teens>

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/>

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 Devon. 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 dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Devon who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. 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 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>

Spark UK: A mental health organisation run by young people for young people. Their aim is to 'Spark conversations around mental health' by creating a range of resources, campaigns and lessons for schools and young people across the country. All the team are aged between 14-18 and based in North Devon, UK. Spark UK also runs several annual campaigns, and works in partnership with other organisations to spread awareness of mental health in young people. Spark also creates relatable and educational mental health resources for schools across the UK. These lessons and resources are created by our team and vetted by mental health professionals and teachers → Email info@sparkuk.co.uk or visit <https://www.sparkuk.co.uk/>

The AFAB Group: Run by WayMakers Devon, this small social group is open to 14-19 year-olds whose assigned gender at birth was female. It offers weekly peer support, fun activities, social connections, visiting speakers with lived experience, and occasional outings → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>



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

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for autistic people aged 14+, and those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, and coaching → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

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

Community Support

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

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://devonrlc.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>

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

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Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or visit <https://www.facebook.com/profile.php?id=61555543449787>



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

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

North Devon Hospice: A local charity based in Barnstaple that provides community support and events for individuals suffering from life-limiting illnesses, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Carers and family members are also welcome to these events. A range of support is offered online and in-person → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

One Northern Devon: A partnership of organisations that recognise that unfair and avoidable differences in social, economic and environmental conditions affect the opportunities people have to lead healthy and happy lives. Provides support around issues such as unsuitable housing, poor employment prospects, and social isolation, in order to improve health and wellness outcomes. They collaborate to increase impact and reduce waste in order to best tackle inequalities and improve health and wellbeing for the people and communities of North Devon & Torridge → For more information visit <https://onenortherndevon.co.uk>

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

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

Terrace Café: (part of North Devon Hospice) A café open seven days a week that offers home-cooked food, and 6-acre gardens including a pond, orchard, a nature trail and play equipment for children. Terrace Café also runs a Breakfast Club every Friday → Call 01271 344248, email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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



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

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

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

Counselling Services

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

North Devon Hospice: A local charity based in Barnstaple that provides counselling support and services to individuals who require specialist care for life-limiting illnesses, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Counselling can be provided via Zoom, in person, as 1-1 sessions or as group sessions, and can also be provided to carers and family members of individuals experiencing these illnesses → Call 01271 344248 or email them at info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for adults who have experienced historical or recent sexual abuse. This service is also available to friends and family members who are in a supporting role for the individual. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>

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



Criminal Justice

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

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

Crisis Support

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

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

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

Debt & Money Management

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

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

Navigate: (Part of the Wis£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across North Devon and Torridge. They also provide community support, financial education and training for businesses, advice and support around benefits, events, and workshops.



Professionals can make a referral for clients here <https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or for more information visit <https://www.navigatecharity.org.uk/>

WisErmoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across Barnstaple & Bideford and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on debt & money management → Email them at wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Depression

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including depression. Search for services in your area via 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact them via their contact form <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. This includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

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

Domestic & 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/>

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

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



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

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

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/>

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

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for adults who have experienced historical or recent sexual abuse. This service is also available to friends and family members who are in a supporting role for the individual. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>

Eating Disorders

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

Elderly Adult Support



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

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

Employment & Education

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

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

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

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

The Vivian Moon Foundation: A registered charity which offers grants to people who have links with North Devon, and who wish to achieve a better life through further education. They primarily assist people whose circumstances are financially difficult, and aim to train unemployed men and women in order to help them find a job. The VMF also aims to enhance the skills/knowledge of those already in employment, and to enable individuals to embark on a course of study which will help them progress in their career. The VMF also considers awarding grants to first degree applicants, providing the studies clearly lead to a viable career/vocational path → Email info@vivianmoonfoundation.co.uk or visit <https://www.vivianmoonfoundation.co.uk/>

WayMakers Devon: Amongst other types of support, WayMakers Devon offers strategy coaching to those with autism and anxiety, which helps to develop insights into individual strengths & needs, and build the steps to help reach identified goals in working life and/or education → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

Families

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

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



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

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 North Devon (including Exmoor), 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 (in Barnstaple). Aims to support and signpost the individual, their children, spouse, and other family members, alongside their recovery worker, throughout their journey and to make their home as safe as possible. Offers various interventions and services → Call 0800 233 5444 or email info@edp.org.uk or <https://www.edp.org.uk/family-support/>

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or for family / carer support visit this webpage <https://familiesingrief.org/how-we-help/support-for-parents>

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

North Devon Hospice: A local charity based in Barnstaple that supports families of individuals who require specialist care for a life-limiting illness, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Also provides counselling services, community events, resources, hospice care, and at-home care → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.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>

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

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for family members/friends of individuals who have experienced historical or recent sexual abuse. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>



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

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

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

Food Support

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 North Devon, including North Devon. 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>

Northern Devon Foodbank: A locally funded charity formed by churches and other organisations working in partnership to end poverty. They cover the districts of North Devon and Torridge with 6 local distribution centres and a rural distribution network → Call 01237 422 243 or email admin@northerndevonfoodbank.org.uk or visit <https://northerndevon.foodbank.org.uk/>

Gambling

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

Health & Wellness

One Northern Devon: A partnership of organisations that recognise that unfair and avoidable differences in social, economic and environmental conditions affect the opportunities people have to lead healthy and happy lives. Provides support around issues such as unsuitable housing, poor employment prospects, and social isolation, in order to improve health and wellness outcomes. They collaborate to increase impact and reduce waste in order to best tackle inequalities and improve health and wellbeing for the people and communities of North Devon & Torridge → For more information visit <https://onenortherndevon.co.uk>

Pinpoint Devon: Provides an online directory and signposting to a wide range of services and support for adults aged 65+ in the Devon area, including 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/>

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

Housing & Homelessness

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

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

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

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

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

Learning Disabilities & Special Education Needs

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

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



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

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

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

LGBTQ+

Come Out: An LGBTQ+ group that runs social events and activities for members of the LGBTQ+ community, such as walks, days out, and workshops. Meets every Thursday at 10.30am at Sunrise Community Centre in North Devon → Call 01271 328915 or email admin@sunrisediversity.org.uk or <https://sunrisediversity.org.uk>

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

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

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

Marriage & Relationships

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

Mental Health

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>



Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or <https://www.facebook.com/profile.php?id=61555543449787>

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/>

Spark UK: A mental health organisation run by young people for young people. Their aim is to 'Spark conversations around mental health' by creating a range of resources, campaigns and lessons for schools and young people across the country. All the team are aged between 14-18 and based in North Devon, UK. Spark UK also runs several annual campaigns, and works in partnership with other organisations to spread awareness of mental health in young people. Spark also creates relatable and educational mental health resources for schools across the UK. These lessons and resources are created by our team and vetted by mental health professionals and teachers → Email info@sparkuk.co.uk or visit <https://www.sparkuk.co.uk/>

Recovery Devon: A community that provides support and resources for peoples' recovery of mental health issues; their underpinning value is to promote radical change in mental health attitudes and provision. Also provides loads of resources on mental health support and recovery. Based in Bideford, North Devon but resources are available to anyone in Devon → Call 07840 506010 or email recoverydevon@gmail.com or www.recoverydevon.co.uk

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

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

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

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

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>

Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or visit <https://www.facebook.com/profile.php?id=61555543449787>

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

NHS Royal Devon Maternity Services: Based within the Ladywell Unit at North Devon District Hospital. They cover rural, town and coastal areas of North Devon. Over 1400 babies are born a They are proud to offer one-to-one care during established labour with a midwife within our unit. Following the birth of your baby, you will be provided with postnatal support at the hospital and after you have been discharged home. You will be offered the opportunity to stay in their post-natal ward until you and your baby are both well enough to return home → Call 01271 322577 (main switchboard); 01271 322788 (Antenatal clinic); 01271 322605 (Labour ward) or visit their webpage <https://www.royaldevon.nhs.uk/services/maternity-and-obstetrics-birth-and-babies/maternity-northern-services/#>

Personality Disorders

South & West Devon: Provides information and advice for those with personality disorders in North Devon → <https://southwest.devonformularyguidance.nhs.uk/referral-guidance/western-locality/mental-health/personality-disorders>

Physical Disabilities

Barnstaple Live at Home: Offers services and support to help older people (including those with disabilities) lead independent, active and fulfilled lives. Services include lunch clubs, social groups, singing group, telephone support, outings, befriending and chaplaincy → Call 01271 321574 or email liveathome.barnstaple@mha.org.uk

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 Devon. 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>



D&C DIRECTORY

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

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 https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaIQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD_BwE

PTSD

North Devon Healthcare: Provides a self-help workbook for those suffering from PTSD, or posttraumatic stress → Visit <https://www.northdevonhealth.nhs.uk/wp-content/uploads/2020/04/Post-traumatic-Stress.pdf>

Self-Harm & Suicide

OASIS (Overdose and Self Injury Service): A service based in North Devon for people aged 18+ that provides short-to-medium term therapeutic support to those who have overdosed or self-injured to manage emotional pain/distress. All OASIS staff are qualified mental health professionals, and are experienced in helping vulnerable people. Most referrals are through the mental health team at the hospital → Call 01271 312960 or email dpt.oasis@nhs.net or visit <https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service>

Sexual Health

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

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

Substance Misuse

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support.



R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 or email info@rehab4addiction.co.uk or for more information visit <https://www.rehab4addiction.co.uk>

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

Women's Services

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

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

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

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

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



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

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

Young Adult Support

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

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

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

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

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

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

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



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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 Devon 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/>

OASIS (Overdose and Self Injury Service): A service based in North Devon for people aged 18+ that provides short-to-medium term therapeutic support to those who have overdosed or self-injured to manage emotional pain/distress. All OASIS staff are qualified mental health professionals, and are experienced in helping vulnerable people. Most referrals are through the mental health team at the hospital → Call 01271 312960 or email dpt.oasis@nhs.net or visit <https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service>

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

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

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

The AFAB Group: Run by WayMakers Devon, this small social group is open to 14-19 year-olds whose assigned gender at birth was female. It offers weekly peer support, fun activities, social connections, visiting speakers with lived experience, and occasional outings → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.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>

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WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for autistic people aged 14+, and those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, and coaching → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>