



## Devon & Cornwall Service Directory – Torbay 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](mailto: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.**



## TORBAY

### Activities, Clubs, Events, & Hobbies

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

**Devon Recovery Learning Community:** A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in Torbay 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](mailto:dpn-tr.drlc@nhs.net) or for Torbay courses visit <https://devonrlc.co.uk/courses/categories/in-person-course/torbay/>

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

**Heal Torbay:** A service that offers different activities for people in local Torbay communities, such as sea swimming and wellbeing walks → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

**Heart of Torbay CIC:** A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email [sharon.nelson@heartoftorbaycic.com](mailto:sharon.nelson@heartoftorbaycic.com) or visit their Facebook page [https://www.facebook.com/heartoftorbay/?locale=en\\_GB](https://www.facebook.com/heartoftorbay/?locale=en_GB)

**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 Torbay. 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](mailto:info@moorvision.org) or visit <https://www.moorvision.org>

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



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

**The Last Kiss Foundation:** A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK (has services in Torbay), that runs different events, fundraisers and workshops all year round. Also provides a wide range of services, support, and resources to help families cope with their grief and begin their healing journey. Also provides a mini directory of other available services → Email [thelastkissfoundation@gmail.com](mailto:thelastkissfoundation@gmail.com) or for the directory visit <https://thelastkissfoundation.co.uk/support> or visit <https://thelastkissfoundation.co.uk/latest-news>

**Torbay Council:** Provides a directory of available family activities in the Torbay area → Visit <http://fis.torbay.gov.uk/kb5/torbay/fsd/family.page?familychannel=1>

#### Advocacy

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

**Healthwatch Torbay:** The independent consumer champion for people using local health and social care services in Torbay. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 052 0029 or email (M-F, 10-4) or email [info@healthwatchtorbay.co.uk](mailto:info@healthwatchtorbay.co.uk) or visit <https://healthwatchtorbay.org.uk>

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

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

#### Alcohol 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 1404690 or email [info@rehab4addiction.co.uk](mailto:info@rehab4addiction.co.uk) or for more information visit <https://www.rehab4addiction.co.uk>

**Torbay Recovery Initiatives:** (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including alcohol misuse → Contact 0300 4568000 (local



rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-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](mailto: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](mailto:info@rehab4addiction.co.uk) or more information visit their website <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](mailto:dpt.talkworks@nhs.net) or <https://www.talkworks.dpt.nhs.uk/>

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including anxiety → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

### Asylum Seekers & Refugees

**Citizens Advice Torbay:** Provides information, advice, and signposting for asylum seekers and refugees, including visas, the EU Settlement Scheme and applying for British Citizenship → Call 0808 2787859 or <https://www.citizensadvice.org.uk/immigration/>

**TORBAY.GOV.UK:** Provides information, advice, and support for Ukrainian Refugees in the Torbay area → <https://www.torbay.gov.uk/leisure-sports-and-community/essential-information-for-ukrainian-guests/>

### Autism & ADHD

**Bump & Baby Bonding Group:** Provided by Therapy Services South West CIC, this group is a 12-week programme to meet other parents, who are neurodiverse and are experiencing difficulty or overwhelm as a result of pregnancy and/or childbirth. Provides professional and peer support, and sessions that allow for information sharing and signposting. A small donation is required by each group member; all funds go towards providing further services for the community. Runs every Tuesday 9.30-11am in Paignton → Call 07561 270390 or email [admin@therapyservicesouthwest.co.uk](mailto:admin@therapyservicesouthwest.co.uk) or visit <https://devonconnect.org/activity/bump-and-baby-bonding-group>

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

**Marbles Lost and Found:** A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including autism and



ADHD. Search for services in your area using the 'Local Services' tab → Email [enquiries@marbleslostandfound.co.uk](mailto: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](mailto:southwestautism@gmail.com) or more information: <https://www.southwestautismsupport.com>

**Therapy Services South West CIC:** A mental health and wellbeing organisation, on a mission to empower people from neurodiverse communities to thrive. They are founded, managed and staffed by therapists with lived experience of the systemic oppressions. They seek to challenge, placing your uniqueness, individuality and intersectionality at the heart of their work. They believe everyone should be able to access the help they need → Email [admin@therapyservicesouthwest.co.uk](mailto:admin@therapyservicesouthwest.co.uk) or visit [https://devonconnect.org/profile/therapy\\_2069](https://devonconnect.org/profile/therapy_2069)

#### Benefits

**Citizens Advice Torbay:** Provides information, advice, and signposting for anyone needing help with benefits and tax credits (for people who are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran). Also provides information about payment of benefits and problems with benefits → Call 0808 2787859 or <https://www.citizensadvice.org.uk/benefits/>

**Heal Torbay:** Offers information, advice and support around benefits, as well as signposting, for vulnerable people in Torbay → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

#### Bereavement

**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](https://www.petesdragons.org.uk/Contact_730.aspx) or more information [https://www.petesdragons.org.uk/Home\\_341.aspx](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 for those experiencing loss, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email [info@rehab4addiction.co.uk](mailto:info@rehab4addiction.co.uk) or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

**Survivors of Bereavement by Suicide:** Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email [email.support@uksobs.org](mailto:email.support@uksobs.org) or more information <https://uksobs.org/>

**The Last Kiss Foundation:** A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK (has services in Torbay), and to nurturing the hearts and supporting the families of those who have experienced the loss of a baby. The Last Kiss Foundation



provides a wide range of services and resources to help families cope with their grief and begin their healing journey, and aim to create a compassionate environment where families can find comfort and their hearts can begin to heal during this challenging time. Offers bereavement care resources, specialised equipment, training, and wellbeing support to all who provide direct care to bereaved families. Also provides a mini directory of other available services → Email [thelastkissfoundation@gmail.com](mailto:thelastkissfoundation@gmail.com) or for the directory visit <https://thelastkissfoundation.co.uk/support> or their website <https://thelastkissfoundation.co.uk/>

### Bipolar Disorder

**Bipolar UK (Torbay Support Group):** Free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email [Torbay@bipolarukgroups.org](mailto:Torbay@bipolarukgroups.org) or <https://www.bipolaruk.org/torbay-support-group>

**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](mailto: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](mailto:info@rehab4addiction.co.uk) or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>

### Carers

**Bipolar UK (Torbay Support Group):** A peer support group that's free to attend and open to anyone affected by bipolar disorder, including carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email [Torbay@bipolarukgroups.org](mailto:Torbay@bipolarukgroups.org) or <https://www.bipolaruk.org/torbay-support-group>

**CAMHS (Torbay):** Provides information and support to carers of young people aged 0-18, who require mental health assessment and treatment. Aims to provide this through a high-quality service, and is part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 03300 245321 or <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

**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](mailto:info@devoncarers.org.uk) or more information <https://devoncarers.org.uk>

**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](mailto:enquiries@marbleslostandfound.co.uk) or <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.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](mailto:dpt.talkworks@nhs.net) or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>



### Children/Teenagers

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

**CAMHS (Torbay):** Provides emotional and mental health assessment + treatment to children and young people aged 0-18 years. CAMHS aims to provide a high-quality service, to ensure that children and young people within Torbay develop positive mental health. Part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 0330 0245321 or visit <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

**Checkpoint:** (Part of The Children's Society) Provides help to young people aged 8-18 across Devon, including Torbay. Offer face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or <https://www.childrensociety.org.uk/information/young-people/checkpoint>

**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](mailto:admin.devon@splitz.org) or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

**Devon Rape Crisis and Sexual Abuse Services:** Offers confidential, professional support to anyone aged 13+ 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](mailto:support@devonrapecrisis.org.uk) or <https://devonrapecrisis.org.uk/>

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

**Mental Health Torbay:** A directory of mental health services in Torbay, particularly for children and teenagers (aged up to 19 years) and some for services in wider areas → More information available <https://0to19torbay.co.uk/teens/mental-health/>

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

**South West Family Values:** A not-for-profit organisation that provides support for children and young people experiencing behavioural or other difficulties (and to their parents/families). Supports CYP through a wide range of evidence-based interventions and practical strategies, to help them achieve the best outcomes possible → Call 01803 611760 or email [info@southwestfamilyvalues.org.uk](mailto:info@southwestfamilyvalues.org.uk) or <https://southwestfamilyvalues.org.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](mailto:info@thepioneersproject.co.uk) or <https://thepioneersproject.co.uk/>

**Torbay Youth Justice Service:** Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email [grptorbay-yjs@torbay.gov.uk](mailto:grptorbay-yjs@torbay.gov.uk) or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

**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](mailto:xplore youthdevon@gmail.com) or visit <https://www.lgbtgyouthdevon.org.uk/young-people>

#### Community Support

**Age UK Torbay:** A local charity that provides advice, companionship, and support for people over 50 in Torbay. Offers a wide range of different activities and events → Call 01803 555181 (open 10-1 and 3-6pm M-F and 11.30-12.30 Sa) or visit <https://www.ageuk.org.uk/torbay/>

**Bipolar UK (Torbay Support Group):** A peer support group that's free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or [Torbay@bipolarukgroups.org](mailto:Torbay@bipolarukgroups.org) or <https://www.bipolaruk.org/torbay-support-group>

**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](mailto: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](mailto:dpn-tr.drlc@nhs.net) or visit <https://devon.rlc.co.uk>

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

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

**Heal Torbay:** Offers community support by way of events, activities, and signposting to other services → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

**Heart of Torbay CIC:** A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email [sharon.nelson@heartoftorbaycic.com](mailto:sharon.nelson@heartoftorbaycic.com) or visit their Facebook page [https://www.facebook.com/heartoftorbay/?locale=en\\_GB](https://www.facebook.com/heartoftorbay/?locale=en_GB)

**Home Start (South and West Devon):** As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com) or visit <https://homestart-southandwestdevon.org.uk/ethos/>

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

**MoorVision:** Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon, including Torbay. 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](mailto:info@moorvision.org) or visit <https://www.moorvision.org>

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

**Rethink Mental Illness (Torbay):** 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](mailto:info@rethink.org) or visit <https://www.rethink.org/>



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

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

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

**Torbay Community Development Trust:** Works across the Bay supporting community and voluntary sector activity. It supports people to link up with others in their community through a network of neighbourhood-based Community Builders → Call 01803 212638 or email [info@torbaycdt.org.uk](mailto:info@torbaycdt.org.uk)

**Torbay Eating Disorder Group:** This peer support group aims to give local people a place to meet others with similar experiences/difficulties around eating disorders, giving them a chance to share these experiences. Meets every Thursday at 6pm (on Zoom) → Email [info@torbayedsupport.com](mailto:info@torbayedsupport.com) or more information <https://www.torbayedsupport.com>

**Torbay Recovery Initiatives:** (Part of Torbay and South Devon NHS) Provides information on support groups available in Torbay → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

#### Counselling Services

**Devon Therapy Services:** Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in the Torquay area with any type of personality disorder. Before making your session appointment(s), please contact them to arrange an initial session so we can meet and have a chat about the counselling or psychotherapy you'd like to explore. They also talk about what has brought you to counselling, what you'd like to get out of your sessions, and whether you've had any counselling or psychotherapy sessions before. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 01803 428740 or email [info@devontherapyservices.co.uk](mailto:info@devontherapyservices.co.uk) or visit <https://devontherapyservices.co.uk/>

**Intercom Trust:** A LGBTQ+ charity working across Devon (including Torbay) that aims to provide support, advice, and counselling to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email [office@intercomtrust.org.uk](mailto:office@intercomtrust.org.uk) or [www.intercomtrust.org.uk](http://www.intercomtrust.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 [info@rehab4addiction.co.uk](mailto:info@rehab4addiction.co.uk) or visit <https://www.rehab4addiction.co.uk/addiction-treatment>

**Therapy Services South West CIC:** A mental health and wellbeing organisation, on a mission to empower people from neurodiverse communities to thrive. They are founded, managed and staffed by therapists with lived experience of the systemic oppressions. They seek to challenge, placing your



uniqueness, individuality and intersectionality at the heart of their work. They believe everyone should be able to access the help they need. Provides counselling on a wide range of issues, including ADHD, autism, dyslexia, and dyspraxia → Email [admin@therapyservicesouthwest.co.uk](mailto:admin@therapyservicesouthwest.co.uk) or visit [https://devonconnect.org/profile/therapy\\_2069](https://devonconnect.org/profile/therapy_2069)

**Torbay Talking Therapy:** A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling about relationships. Sessions take place with individuals/couples in a safe space → Visit <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

**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](mailto:dpt.talkworks@nhs.net) or <https://www.talkworks.dpt.nhs.uk/>

#### Criminal Justice

**Citizens Advice Torbay:** Provides advice, information, and signposting for anyone experiencing a criminal justice issue, such as discrimination, civil rights, and claiming compensation → Call 0808 278 7859 or <https://www.citizensadvice.org.uk/law-and-courts/>

**Torbay Youth Justice Service:** Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email [grptorbay-yjs@torbay.gov.uk](mailto:grptorbay-yjs@torbay.gov.uk) or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

#### Crisis Support

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

**Heal Torbay:** A service that offers, amongst other things, crisis support for vulnerable people in Torbay (e.g. those with mental illness) → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

**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. eXETER hub is based in Torbay Business Centre → Call 07483 991848 or email [devontorquay.mhm@nhs.net](mailto:devontorquay.mhm@nhs.net) or <https://www.mhm.org.uk/the-moorings-devon>

**Torbay Crisis Response Team:** Aims to prevent unnecessary hospital or residential care admission, by supporting clients who need assistance or are in crisis within their own homes. Offer services from practical help to meal preparation, personal care tasks, and night sitting. Provides a 24-hour service and can support the person for up to 72 hours → Call 0300 555 5000 (urgent mental health helpline)



or 0300 456 4876 (Torbay Emergency Duty Team out of hours) or  
<https://healthwatchtorbay.org.uk/services/torbay-crisis-response-team-torquay>

#### Debt & Money Management

**Citizens Advice Torbay:** Provides information, advice, and support around dealing with debt and money problems, how to avoid losing your home and how to get your finances back into shape → Call 0808 2787859 or <https://www.citizensadvice.org.uk/debt-and-money/>

**Torbay Recovery Initiatives:** (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including financial difficulties/issues → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

#### Depression

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

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

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

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including depression → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

#### 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](mailto:enquiries@ahimsa.org.uk) or more information <https://www.ahimsa.org.uk/>

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

**Devon Domestic Abuse Support Service (DDASS):** (Part of Splitz) A charity that offers advice, guidance, and support to women, men, young adults, and children affected by domestic abuse. Their



main aims are to increase safety and improve wellbeing. Offers face-to-face, telephone, and outreach support → Call 0345 155 1074 (M-F 9-5) or email [admin.devon@splitz.org](mailto: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+ 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](mailto:support@devonrapecrisis.org.uk) or <https://devonrapecrisis.org.uk/>

**First Light:** A collective hub of services aimed at supporting victims of sexual abuse/harm across Devon and Cornwall (and other Southwest areas). Self-referral only → All services offered can be found here <https://www.firstlight.org.uk/make-a-referral/>

**Home Start (South & West Devon):** Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com) or <https://homestart-southandwestdevon.org.uk/current-services/>

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

**Torbay Recovery Initiatives:** (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including domestic abuse and violence → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

#### 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](mailto:info@rehab4addiction.co.uk) or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can



provide information and support for many mental health issues, including eating disorders → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

**Torbay Eating Disorder Group:** This group aims to give local people a place to meet others with similar experiences/difficulties around eating disorders, giving them a chance to share these experience. Meets every Thursday at 6pm (on Zoom) → Email [info@torbayedsupport.com](mailto:info@torbayedsupport.com) or more information <https://www.torbayedsupport.com>

#### Elderly Adult Support

**Age UK Torbay:** A local charity that provides advice, companionship, and support for people over 50 in Torbay. Offers advice on a wide range of topics including benefits, and advocacy, as well as many different activities and events → Call 01803 555181 (open 10-1 and 3-6pm M-F and 11.30-12.30 Sa) or visit <https://www.ageuk.org.uk/torbay/>

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

#### Employment & Education

**TORBAY.GOV.UK:** Provides information, advice and support around skills and tools for employment & education development for people in Torbay, including CVs and local volunteering opportunities → <https://www.torbay.gov.uk/children-and-families/services-and-support/supportingfamilies/employment-support-advice/>

**Young Devon:** Runs several 1-2-1 Support and Employment Mentoring programmes that give personalised support and advice to young people aged 16-24, to help them take their next steps into education, employment, and training. Based in Plymouth, Torbay, and Devon → Call 01752 691511 or email [info@youngdevon.org](mailto:info@youngdevon.org) or visit <https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring>

#### Families

**Bipolar UK (Torbay Support Group):** A peer support group that's free to attend and open to anyone affected by bipolar disorder, including families. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email [Torbay@bipolarukgroups.org](mailto:Torbay@bipolarukgroups.org) or <https://www.bipolaruk.org/torbay-support-group>

**CAMHS (Torbay):** Provides information and support to families of young people aged 0-18, who require mental health assessment and treatment → Call 0300 024 or <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

**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 Torbay but open to all → Call 01392 677067 or email [dpn-tr.drlc@nhs.net](mailto:dpn-tr.drlc@nhs.net) or visit <https://devonrlc.co.uk>

**Home Start (South & West Devon):** A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email [homestart.shpt@gmail.com](mailto:homestart.shpt@gmail.com) or [www.homestart-southandwestdevon.org.uk](http://www.homestart-southandwestdevon.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 Torbay. 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](mailto:info@moorvision.org) or visit <https://www.moorvision.org>

**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](mailto:southwestautism@gmail.com) or <https://www.southwestautismsupport.com/services.html>

**South West Family Values:** A not-for-profit organisation that provides support for children and young people experiencing behavioural or other difficulties (and to their parents/families). Supports CYP through a wide range of evidence-based interventions and practical strategies, to help them achieve the best outcomes possible → Call 01803 611760 or email [info@southwestfamilyvalues.org.uk](mailto:info@southwestfamilyvalues.org.uk) or <https://southwestfamilyvalues.org.uk/>

**The Last Kiss Foundation:** A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK (has services in Torbay), and to nurturing the hearts and supporting the families of those who have experienced the loss of a baby. The Last Kiss Foundation provides a wide range of services and resources to help families cope with their grief and begin their healing journey, and aim to create a compassionate environment where families can find comfort and their hearts can begin to heal during this challenging time. Offers bereavement care resources, specialised equipment, training, and wellbeing support to all who provide direct care to bereaved families. Also provides a mini directory of other services → Email [thelastkissfoundation@gmail.com](mailto:thelastkissfoundation@gmail.com) or for the directory visit <https://thelastkissfoundation.co.uk/support> or visit their website <https://thelastkissfoundation.co.uk/>

**The Pioneers Project:** Their services 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](mailto:info@thepioneersproject.co.uk) or <https://thepioneersproject.co.uk/what-we-do/>

**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](mailto:dpt.talkworks@nhs.net) or more information <https://www.talkworks.dpt.nhs.uk/>

#### Food Services (e.g. Food Banks)

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



**Heal Torbay:** A service that offers information, advice, and referrals to food banks in the local area → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

**Torbay Food Alliance:** A partnership of 10 local community and voluntary organisations, working together to support people who are struggling to afford food, who work closely with the Torbay Community Helpline, and various statutory/community partners. TFA aim to support people to address food poverty, so that they can improve their situation → <https://www.torbayfoodalliance.org/contact> or <https://www.torbayfoodalliance.org>

#### 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](mailto:info@rehab4addiction.co.uk) or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

#### Health & Wellness

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

**Healthwatch Torbay:** The independent consumer champion for people using local health and social care services in Torbay. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 052 0029 or email (M-F, 10-4) or email [info@healthwatchtorbay.co.uk](mailto:info@healthwatchtorbay.co.uk) or visit <https://healthwatchtorbay.org.uk>

**Heart of Torbay CIC:** A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email [sharon.nelson@heartoftorbaycic.com](mailto:sharon.nelson@heartoftorbaycic.com) or visit their Facebook page [https://www.facebook.com/heartoftorbay/?locale=en\\_GB](https://www.facebook.com/heartoftorbay/?locale=en_GB)

**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 (Depression and Anxiety Service):** 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](mailto:dpt.talkworks@nhs.net) or more information <https://www.talkworks.dpt.nhs.uk/>

#### Housing & Homelessness





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

**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/>

**Torbay Recovery Initiatives:** (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including housing and homelessness → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

#### Learning Disabilities & Special Education Needs

**Devon Partnership Trust:** Provides a range of clinical services for those with learning disabilities, such as inpatient units (short-term assessment and treatment, specialist provision for autism), specialist learning disability services, community team involvement, and therapeutic day time services → More information <https://www.torbayandsouthdevon.nhs.uk/services/learning-disabilities/>

**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 Torbay. 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](mailto:info@moorvision.org) or visit <https://www.moorvision.org>

**Therapy Services South West CIC:** A mental health and wellbeing organisation, on a mission to empower people from neurodiverse communities to thrive. They are founded, managed and staffed by therapists with lived experience of the systemic oppressions. They seek to challenge, placing your uniqueness, individuality and intersectionality at the heart of their work. They believe everyone should be able to access the help they need. Provides counselling on a wide range of issues, including dyslexia and dyspraxia → Email them at [admin@therapyservicesouthwest.co.uk](mailto:admin@therapyservicesouthwest.co.uk) or visit their website [https://devonconnect.org/profile/therapy\\_2069](https://devonconnect.org/profile/therapy_2069)

**Torbay Mencap:** A registered charity that provides information, advice, support, activities, and events for people with any type of learning disability. Aims to promote inclusion and independence. Runs different campaigns → Call 07912 481 008 or email [secretary@torbaymencap.co.uk](mailto:secretary@torbaymencap.co.uk) or visit <https://www.torbaymencap.co.uk/>

#### Legal Aid

**Citizens Advice Torbay:** Provides advice, information, and signposting for anyone seeking legal aid or assistance, such as civil rights, and information on the legal system → Call 0808 278 7859 or <https://www.citizensadvice.org.uk/law-and-courts/>

**Torbay Youth Justice Service:** Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email [grptorbay-yjs@torbay.gov.uk](mailto:grptorbay-yjs@torbay.gov.uk) or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>



### LGBTQ+

**Intercom Trust:** A LGBTQ+ charity working across Torbay that aims to provide support and advice, advocacy, counselling and support groups to the LGBTQ+ community → Call 0800 6123010 (general helpline) or email [office@intercomtrust.org.uk](mailto:office@intercomtrust.org.uk) or [www.intercomtrust.org.uk](http://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](mailto:hello@proud2be.org.uk) or <https://www.proud2be.org.uk>

**Torgay.co.uk:** An organisation established to promote up and coming social events for the LGBTQ+ community in Torbay → Visit <https://www.torgay.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](mailto:xplore youthdevon@gmail.com) or visit <https://www.lgbtqyouthdevon.org.uk/young-people>

### Marriage & Relationships

**Psychology Today:** A directory of therapists that provide counselling for couples/those in a relationship in Torbay → Visit <https://www.psychologytoday.com/gb/counselling/eng/torquay?category=couples-counselling>

**Torbay Talking Therapy:** A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling about relationships. Sessions take place with individuals/couples in a safe space → <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

### Mental Health

**CAMHS (Torbay):** Provides emotional and mental health assessment & treatment to children and young people aged 0-18 years. Aims to provide a high-quality service, to ensure that children and young people within Torbay develop positive mental health. Part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 0330 0245321 or more information <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

**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](mailto:dpn-tr.drlc@nhs.net) or visit <https://devonrlc.co.uk>

**Heal Torbay:** A service that offers information, advice and support around mental health and wellbeing, such as Wellbeing walks, crisis support, and signposting → Call 07598 938 524 or more information <https://heal-mental-health-support-torbay.business.site/>

**Heart of Torbay CIC:** A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email [sharon.nelson@heartoftorbaycic.com](mailto:sharon.nelson@heartoftorbaycic.com) or visit their Facebook page [https://www.facebook.com/heartoftorbay/?locale=en\\_GB](https://www.facebook.com/heartoftorbay/?locale=en_GB)

**Mental Health Assessment Team:** A service based in Torbay (and South/West Devon) that manages new referrals, and provides a single point of assessment and access to adult community mental health services across Devon → Call 01803 397401/402 or <https://www.dpt.nhs.uk/locations/mental-health-assessment-team-torbay-south-and-west-devon>



**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/>

**Mental Health Torbay:** A directory of mental health services in Torbay, particularly for children and teenagers (aged up to 19 years) and some for services in wider areas → More information <https://0to19torbay.co.uk/teens/mental-health/>

**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](mailto: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](mailto: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. The Torbay hub is based in Torbay Business Centre → Call 07483 991848 or email them at [devontorquay.mhm@nhs.net](mailto:devontorquay.mhm@nhs.net) or <https://www.mhm.org.uk/the-moorings-devon>

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

**Torbay Recovery Initiatives:** (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including mental health and wellness → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

#### 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](mailto: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](mailto:bereaveMENT@uksobs.org) or <https://uksobs.org/we-can-help/bereavement>

**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](mailto:opem@pm.me) or more information <https://operationemotion.co.uk/contact>



**The Last Kiss Foundation:** Amongst other services, TLKF provides advice, support, and resources for men faced with bereavement and loss, including the incredibly brave story of Arthur. Also provides resources, signposting, events, and training → Email [thelastkissfoundation@gmail.com](mailto:thelastkissfoundation@gmail.com) or visit <https://thelastkissfoundation.co.uk/mens-stories>

#### Parents & Pregnancy

**Bump & Baby Bonding Group:** Provided by Therapy Services South West CIC, this group is a 12-week programme to meet other parents, who are neurodiverse and are experiencing difficulty or overwhelm as a result of pregnancy and/or childbirth. Provides professional and peer support, and sessions that allow for information sharing and signposting. A small donation is required by each group member; all funds go towards providing further services for the community. Runs every Tuesday 9.30-11am in Paignton → Call 07561 270390 or email [admin@therapyservicesouthwest.co.uk](mailto:admin@therapyservicesouthwest.co.uk) or visit <https://devonconnect.org/activity/bump-and-baby-bonding-group>

#### Personality Disorders

**Devon Therapy Services:** Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in the Torquay area with any type of personality disorder. Before making your session appointment(s), please contact them to arrange an initial session so we can meet and have a chat about the counselling or psychotherapy you'd like to explore. They also talk about what has brought you to counselling, what you'd like to get out of your sessions, and whether you've had any counselling or psychotherapy sessions before. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 01803 428740 or email [info@devontherapyservices.co.uk](mailto:info@devontherapyservices.co.uk) or visit <https://devontherapyservices.co.uk/>

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including personality disorder → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

#### Physical Disabilities

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

**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 Torbay. 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](mailto:info@moorvision.org) or visit <https://www.moorvision.org>

#### Psychosis

**Mind:** Provides information on what psychosis is, including possible causes and how to access treatment and support. Also includes tips for helping yourself, as well as guidance for friends and family → <https://www.mind.org.uk/information-support/types-of-mental-health->



[problems/psychosis/treatment-and-support/?gclid=EAlaQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYAAEgLcZPD\\_BwE](https://www.rethink.org/search-results?q=psychosis)

**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 → Visit their website [https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD\\_BwE](https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD_BwE)

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including psychosis → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

#### PTSD

**Psychology Today:** Provides a directory of psychologists in the Torbay area that provide support, guidance, and therapy for issues relating to PTSD → For more information visit their website <https://www.psychologytoday.com/gb/counselling/eng/torquay?category=trauma-and-ptsd>

**Torbay and South Devon NHS Foundation Trust:** Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including PTSD → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

#### Self-Harm & Suicide

**Torbay CAMHS:** provides emotional and mental health assessment and treatment to children, young people, aged 0-18 years, and their families/carers, including for young people who may be self-harming or experiencing suicidal thoughts → Call 0330 0245 321 or for more information visit <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

#### Sexual Health

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

#### 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](mailto:info@rehab4addiction.co.uk) or <https://www.rehab4addiction.co.uk>

#### Women's Services



**Devon Domestic Abuse Support Service (DDASS):** (Part of Splitz) A charity that offers advice, guidance, and support to women 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](mailto:admin.devon@splitz.org) or <https://www.victimcaredevonandcornwall.org.uk/Victim-Support/Devon-Domestic-Abuse-Support-Service/>

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

**Women's Wellbeing Club Paignton:** A peer-led support group for any woman who needs a safe space to talk. Open to any woman aged 18+. Based at Marine Parade, Paignton → Email [info@womenswellbeingclub.co.uk](mailto:info@womenswellbeingclub.co.uk) or visit [www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk)

#### Young Adult Support

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

**Checkpoint:** (Part of The Children's Society) A service that provides help to young people aged 8-18 across Devon, including Torbay. Offers face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or visit <https://www.childrenssociety.org.uk/information/young-people/checkpoint>

**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](mailto: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](mailto:support@devonrapecrisis.org.uk) or <https://devonrapecrisis.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 Torbay who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

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

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

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

**The Moorings @ Devon:** (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. eXETER hub is based in Torbay Business Centre → Call 07483 991848 or email [devontorquay.mhm@nhs.net](mailto:devontorquay.mhm@nhs.net) or for more information visit <https://www.mhm.org.uk/the-moorings-devon>

**Torbay Youth Justice Service:** Works with children and young people aged 10-17 who have been arrested, charged, or sentenced for offences, or who are at risk of committing a crime. Comprises a team of professionals from Children's Services, Education, Police, Probation, and NHS Devon ICB, who work together to prevent CYP from offending or re-offending, and promoting safe communities → Call 01803 208400 or email [grptorbay-yjs@torbay.gov.uk](mailto:grptorbay-yjs@torbay.gov.uk) or visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-justice/>

**Women's Wellbeing Club Paignton:** A peer-led support group for any woman who needs a safe space to talk. Open to any woman aged 18+. Based at Marine Parade, Paignton → Email [info@womenswellbeingclub.co.uk](mailto:info@womenswellbeingclub.co.uk) or visit [www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk)

**Young Devon:** A young people's charity that aims to help young people aged 16-24 across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young



people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing  
→ Call 08082 810155 or email [info@youngdevon.org](mailto:info@youngdevon.org) or [www.youngdevon.org](http://www.youngdevon.org)