



Devon & Cornwall Service Directory – UK 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.**



UK-WIDE SERVICES

Activities, Clubs, Events, & Hobbies

Great Days Out UK: Signposts people to different activities and days out all across the UK. Can search by local area. Also includes options for free days out → Call 01452 595377 or 07886 924126 or email info@great-days-out.co.uk or more information <https://www.great-days-out.co.uk/outdoor-activities/>

Hope in the Heart CIC: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative workshops, training, resources and events. They value the expertise gained through lived experience, and the importance of prioritising relationships over systems. All of Hope in the Heart's staff and directors have lived experience of mental health and associated issues, and this informs all areas of their work. Operates in Plymouth and South London → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or visit <http://www.hopeintheheart.org>

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

Navigate: (Part of the WisE£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across Somerset. 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/>

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

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

Sport and Recreation Alliance: Aims to bring together the sport and recreation sector and to support their members to tackle the challenges in the sports and fitness sector. Works in partnership with the sports and fitness sector, the Government, and policy makers to achieve these goals. Helps to get the nation active by providing advice, support, and guidance. Also runs activities, workshops, and events throughout the year → Email info@sportandrecreation.org.uk or to see events/activities



visit <https://www.sportandrecreation.org.uk/pages/event-home> or for general information visit the main website <https://www.sportandrecreation.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), 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 or for the directory visit <https://thelastkissfoundation.co.uk/support> or visit <https://thelastkissfoundation.co.uk/latest-news>

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 West Somerset, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides workshops, training, and events → Email wisermoney@navigatecharity.org.uk or for more information <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Advocacy

PoHWR: A charity that provides free and confidential advocacy, information, and advice (to England residents) that aims to help people who, because of disability, illness, social exclusion, and other challenges, find it difficult to express their views or get the support they need → Call 0300 4562370 or more information <https://www.pohwer.net/>

Refuge: Provides a 24/7 National Domestic Abuse helpline for women experiencing domestic abuse, as well as lots of resources, support, a live chat (M-F 3-10pm), and signposting to other services, such as specialist refuge accommodation. Also provides advocacy services and support to understand your rights, options, and empowers women to use their voice. Has a quick exit button → Call 0800 2000 247 or visit <https://refuge.org.uk/i-need-help-now/how-we-can-help-you/independent-advocacy/>

The Red Cross: A free and confidential emotional support service. Also provides support for refugees and asylum seekers → Call 0808 196 3651 (10am-6pm daily) or <https://www.redcross.org.uk/>

Together for Devon: A partnership of health and social care organisations collaborating with local communities across Plymouth, Torbay, and the rest of the county to improve peoples' health, wellbeing, and care. Aims to fundamentally change how current services are managed → Visit <https://hunter-healthcare.com/thejointchair/together-for-devon.html>

Asylum Seekers & Refugees

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

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>



The Red Cross: A free and confidential emotional support service that provides advocacy and advice for refugees and asylum seekers → Call 0800 196 3651 (10am-6pm daily) or visit <https://www.redcross.org.uk/>

UNHCR (The UN Refugee Agency): A global organisation dedicated to saving lives, protecting rights and building a better future for refugees, forcibly displaced communities, and stateless people. Provides information, advice, and support for asylum seekers and refugees → Visit their website <https://www.unhcr.org/uk/>

Alcohol Misuse

Alcoholics Anonymous: Support meetings/groups for those struggling with their alcohol use → Call 0800 9177650 or help@aamail.org or <https://www.alcoholics-anonymous.org.uk/>

Al-Anon: A support service for affected others of alcohol misusers → Call 0800 0086 811 (freephone, 7 days a week) or 020 7593 2070 (office) or <https://www.al-anonuk.org.uk/>

Anxiety

Anxiety UK: A national organisation that offers an extensive range of support services for people with anxiety, stress, anxiety-based depression, or phobias. Support offered includes community support, discounted 1:1 therapy services, helpful resources, anxiety support groups, and discounted anxiety management courses → Call 03444 775 774 or email admin@anxietyuk.org.uk or more information <https://www.anxietyuk.org.uk>

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/>

Triumph Over Phobia (TOP UK): A UK registered charity that specialises in supported self-help for sufferers of phobias, and other related anxiety disorders. Provide a network of weekly groups where individuals meet in a warm, supportive environment to tackle their fears using an evidence-based treatment method. Open to anyone aged 16+ → Call 01225 571740 or 07907 344669 or email info@topuk.org or visit <https://www.topuk.org/>

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/>

Real Life Options: Provides social support and care for people with autism (and LDs), which includes supported living and residential care → Call 01977 781800 or visit www.reallifeptions.org

Respond: Provides services for people with autism (and LDs) who have experienced abuse or trauma → Call 0207 383 0700 or more information www.respond.org.uk

Benefits

Citizens Advice: Available in every UK region. Provides information, advice, and signposting on benefits and tax credits for those working or unemployed, sick or disabled, a parent, a young person,



an older person, or a veteran. Also provides information on council tax and housing costs, national insurance, benefits payments, and benefits problems → Visit <https://www.citizensadvice.org.uk/benefits/> (England page).

Help Through Hardship: A free phone service delivered in partnership with Citizens Advice. Their friendly advisers have already helped thousands of people who are worried about money and are here to help you access the support you need. They will ask about your circumstances so they can understand your situation and support your wellbeing. They can help get you the necessary support, such as with affording food, heating, and toiletries. They can also advise what benefits you're entitled to. Open to residents in England and Wales → Call 0808 208 2138 (M-F, 9-5) or visit <https://www.trusselltrust.org/get-help/help-through-hardship> ; Scotland and N. Ireland visit their website <https://www.trusselltrust.org/get-help/>

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Seetec Pluss: Offers a wide range of support, training, resources, and signposting for those based in the UK looking to get back into employment. Helps with job applications, CVs, interview skills, support with learning and managing your new work routine, in-work support for both you and your employer (including advice and funding towards workplace adjustments), and benefits and money advice, plus much more. Runs several different employability programmes – including the Work and Health Programme, and the Pioneer Programme → Call 0800 334 5525 or email customer.admin@seetecpluss.co.uk or visit <https://www.seetecpluss.co.uk>

Shelter UK: A housing and homelessness charity (tailored services in every UK region) that provides advice, support, and signposting for many different issues, including benefits and financial advice → More information <https://www.shelter.org.uk/> (click on region).

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 West Somerset, 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

Bereavement Advice Centre: A free helpline & online service provided by Co-Op Legal Services. They offer practical information, advice, and signposting on the many issues & procedures people are faced with after losing someone. Also offer welcome calls from bereaved people, and the professionals/ volunteers that support them. Aim to identify and respond to areas of need → Contact via <https://www.bereavementadvice.org/contact-us/> or visit <https://www.bereavementadvice.org/>

Cruse Bereavement Support: The UK's leading bereavement charity, aimed at helping people through one of the most painful times in their lives. Provides bereavement support, information, and campaigning, plus much more → Call 0808 8081677 or <https://www.cruse.org.uk/about/contact-us/> or more information <https://www.cruse.org.uk>



Samaritans UK: Samaritans has partnered with Cruse Bereavement Care to create Facing the Future, a service that runs support groups for people bereaved by suicide. It gives people the opportunity to meet others who have lost someone to suicide, and share their experiences and feelings. Open to those aged 18+ → More information <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/support-groups-people-bereaved-suicide/>

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

The Last Kiss Foundation: A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK, 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 or for the directory visit <https://thelastkissfoundation.co.uk/support> or visit <https://thelastkissfoundation.co.uk/>

Bipolar Disorder

Bipolar UK: Provides a range of services to enable people affected by bipolar and associated illnesses to take control of their lives → Call 0333 323 3880 or email info@bipolaruk.org.uk or <https://www.bipolaruk.org/>

eCommunity: A safe and secure space where people can discuss the challenges they face, ask questions, and share their experiences. To keep the eCommunity safe, everyone who joins agrees to abide by the House Rules, and their team of moderators keep things running smoothly. The eCommunity has over 11,000 members and is a free service supported by donations → More information <https://www.bipolaruk.org/ecommunity>

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/>

Peer Support Line: Offers practical information, advice, and support by phone, email, and online. With an emphasis on self-management, the Peer Support Line provides: advice on how to support a loved one, information on how to manage your bipolar, coping strategies to stay well, links to useful support services, and allows people to share experiences → Visit <https://www.bipolaruk.org/support-line>

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

Carers UK: The UK's only national membership charity for carers, Carers UK is both a support network, and a movement for change. Provides emotional support, signposting, advocacy, and information for carers throughout the UK, as well as help with benefits and Carer's Allowance → Call 0808 8087777 (main helpline; M-F 9am-6pm) or email advice@carersuk.org or <https://www.carersuk.org/>

MaleVoicED: A service for vulnerable males that provides additional information, guidance, and resources for carers & parents of at-risk males → More info <https://www.malevoiced.com/caregivers>

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/>

Children/Teenagers

Action for Children: An organisation that protects and supports children and young people, providing practical and emotional care and support. Campaigns to bring lasting improvements to their lives → Call 0300 123 2112 or email ask.us@actionforchildren.org.uk or <https://www.actionforchildren.org.uk/>

Barnardo's: A leading children's charity that provides long-term support to children who have been abused, and helps them to feel safe again → Call 0800 0087005 (M-F 9-5) or email supportrelations@barnardos.org.uk or <https://www.barnardos.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 Dorset and Somerset. 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>

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, but covers all of the 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/>

Refuge: Provides a 24/7 National Domestic Abuse helpline for children experiencing domestic abuse, as well as lots of resources, support, a live chat (M-F 3-10pm), and signposting to other services, such as specialist refuge accommodation. Also provides community and advocacy support. Has a quick exit button → Call 0800 2000 247 or visit <https://refuge.org.uk/>

The Thrive Approach: Provides a neuroscience and psychology-based approach to helping children and young people thrive, by supporting them with their social and emotional development → Call 01392 797555 or more information www.thriveapproach.com

Together For Childhood: An innovative, long-term project commissioned by NSPCC, that works with local communities and partnership organisations to prevent and tackle child abuse TFC works



collaboratively with a wide range of organisations, such as social care services, schools, and community groups, in order to provide evidence-based interventions for children and families facing adversity, and to achieve their goals of raising awareness of, and preventing, child (and domestic) abuse. TFC projects are based in Plymouth, Glasgow, Grimsby, and Stoke-on-Trent → For more information visit <https://learning.nspcc.org.uk/services-children-families/together-for-childhood/>

Community Support

Food Cycle: A service that provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing people together. Can search for preferred location on their website → Email exeter@foodcycle.org.uk or <https://foodcycle.org.uk/location/>

Hope in the Heart CIC: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative workshops, training, resources and events. They value the expertise gained through lived experience, and the importance of prioritising relationships over systems. All of Hope in the Heart's staff and directors have lived experience of mental health and associated issues, and this informs all areas of their work. Operates in Plymouth and South London → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or visit <http://www.hopeintheheart.org>

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Qwell: A mental health service for adults across the UK that offers services such as drop-in chats and community support (part of Kooth) → Visit www.quell.io

Refuge: Provides a 24/7 National Domestic Abuse helpline for women experiencing domestic abuse, as well as lots of resources, support, a live chat (M-F 3-10pm), and signposting to other services, such as specialist refuge accommodation. Also provides community outreach support and services. Has a quick exit button → Call 0800 2000 247 or visit <https://refuge.org.uk/i-need-help-now/how-we-can-help-you/support-in-the-community/>

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



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

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

Triumph Over Phobia (TOP UK): A UK registered charity that provides a network of weekly groups where individuals meet in a warm, supportive environment to tackle their fears using an evidence-based treatment method. Open to anyone aged 16 and above with phobias, OCD, or other anxiety disorders → Call 01225 571740 or 07907 344669 or email info@topuk.org or <https://www.topuk.org/>

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Counselling Services

Counselling Directory UK: A directory of counselling services available in local areas (can be online, telephone, or face-to-face) → More information <https://www.counselling-directory.org.uk/>

MIND: Provides information, advice, and signposting on different types of therapy/counselling, how to access services, and the referral processes involved → Visit <https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/>

Criminal Justice

Citizens Advice: Provides advice and information on legal rights, as well as what to do if facing discrimination, in need of legal advice, or going to court without a lawyer → More information <https://www.citizensadvice.org.uk/law-and-courts/>

Together UK: Provides a criminal justice services & support for those with mental health/complex needs (including those in poverty/debt, learning disabilities, or a substance misuse issue), to ensure they get the care and support they need to break the cycle of offending. Also provides information, advice, and signposting → Call 020 7780 7394 (general enquiries) or email criminal-justice@together-uk.org or <https://www.together-uk.org/our-mental-health-services/criminal-justice-mental-health/>

Crisis Support

MaleVoicED: Provides a signpost to crisis helplines for people in different age groups □ <https://www.malevoiced.com/crisis-numbers>

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/>

Samaritans UK: A 24/7 Crisis line that works to understand and challenge the social elements that impact suicide. Provides emotional support and crisis help for people experiencing suicidal thoughts/feelings, and also to those who have been bereaved by suicide → Call 116 123 (24/7) or <https://www.samaritans.org/>



SHOUT: A free, confidential, 24/7 text support service → Text 85258 or visit <https://giveusashout.org>

Debt & Money Management

Citizens Advice: Provides information, advice, and signposting around debt, debt solutions, foodbanks, and budgeting → More information <https://www.citizensadvice.org.uk/debt-and-money/>

Help Through Hardship: A free phone service delivered in partnership with Citizens Advice. Their friendly advisers have already helped thousands of people who are worried about money and are here to help you access the support you need. They will ask about your circumstances so they can understand your situation and support your wellbeing. They can help get you the necessary support, such as with affording food, heating, and toiletries. They can also advise what benefits you're entitled to. Open to residents in England and Wales → Call 0808 208 2138 (M-F, 9-5) or visit <https://www.trusselltrust.org/get-help/help-through-hardship> ; Scotland and N. Ireland visit their website <https://www.trusselltrust.org/get-help/>

Mental Health & Money Advice: Provides clear, practical advice and support for people experiencing issues with mental health and money, includes tools such as budget calculators, information on debt and wills, and other tips. Also provides advice and help for carers or professionals working with those with mental health conditions. Available in all UK regions → Visit <https://www.mentalhealthandmoneyadvice.org/>

Seetec Pluss: Offers a wide range of support, training, resources, and signposting for those based in the UK looking to get back into employment. Helps with job applications, CVs, interview skills, support with learning and managing your new work routine, in-work support for both you and your employer (including advice and funding towards workplace adjustments), and benefits and money advice, plus much more. Runs several different employability programmes – including the Work and Health Programme, and the Pioneer Programme → Call 0800 334 5525 or email customer.admin@seetecpluss.co.uk or visit <https://www.seetecpluss.co.uk>

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Depression

Depression UK: Promotes mutual support between individuals affected by, or at risk from, depression, with the aim of encouraging self-help, recovery, and personal growth. Enables members to share their thoughts and problems with fellow sufferers/community → Email info@depressionuk.org or more information <https://www.depressionuk.org/>

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

Mental Health Foundation: Provides information and advice for those suffering depression, including signs & symptoms, types of depression, types of support available, and how to access support → More information <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/depression>

Domestic & Sexual Abuse and Violence

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

Galop: A dedicated service with decades of experience in supporting LGBTQ+ individuals who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, and other forms of abuse. Offers online, telephone, and face-to-face support and resources. Accepts self-referrals and referrals from professionals → Call 0800 9995428 or email help@galop.org.uk or visit <https://galop.org.uk> or for referrals visit <https://galop.org.uk/make-a-referral/>

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/>

National Domestic Abuse Helpline: (Part of Refuge) A 24/7 National Domestic Abuse helpline for women, men, and children experiencing domestic abuse → Call 0800 2000 247 or visit <https://www.nationaldahelpline.org.uk/en/What-is-abuse> ; **Men's advice line:** 0800 8010327

Refuge: Provides a 24/7 National Domestic Abuse helpline for women and children experiencing domestic abuse, as well as lots of resources, support, a live chat (M-F 3-10pm), and signposting to other services, such as specialist refuge accommodation. Also provides community and advocacy support. Has a quick exit button → Call 0800 2000 247 or visit <https://refuge.org.uk/>

Respect: An advice line for men experiencing, or who have experienced, domestic abuse. Respect Men's Advice Line is a team of friendly Advisors who will listen to and believe you. Their team offers non-judgemental support, practical advice, and information. Respect's focus is to increase the safety of men experiencing domestic abuse (and the safety of any children) by providing confidential support → Call 0800 8010327 or visit <https://mensadvice.org.uk/>

Sanctuary Supported Living (PDAS): A UK-wide service (you can search for services near you also) that provides practical, non-judgemental support, advice, and protection for all domestic abuse victims (individuals and families). Also provides support around homelessness, supported housing, disabilities, mental health, and young people → Call 0800 4582258 (M-F 8-5, W 8-8) or www.sanctuary-supported-living.co.uk

Splitz Support Service: A registered charity that provides support services to adults and young people experiencing the trauma of domestic abuse/sexual violence across the UK (services based in Wiltshire, Devon, Gloucestershire, Bristol) → Call 0345 1551074 or email admin.devon@splitz.org or visit www.splitz.org

The Survivors Trust: The largest umbrella agency for specialist rape and sexual abuse services in the UK, and has been providing infrastructure support to their members for the past 20 years. The Survivors Trust works with victims and survivors of all ages and genders, all forms of sexual violence, sexual abuse, and sexual exploitation, and provides support for partners and family members. The Survivors Trust and its members are committed to the fair treatment of people regardless of race, gender, religion, sexual orientation, age, and physical & learning disabilities. Provides a wide range of



signposting, including for advocacy services, counselling services, and helplines for women, men, non-binary people, and children → Call 08088 010818 (M-Th 10am-12.30pm; 1.30pm-4pm; 6pm-8pm; F 10am-12.30pm; 1.30pm-4pm; Sa 10am-12.30pm; Su 6pm-8pm). Survivors, their supporters, and professionals looking for info, advice, and emotional support email helpline@thesurvivorstrust.org ; all other enquiries please email info@thesurvivorstrust.org or visit www.thesurvivorstrust.org

Together For Childhood: An innovative, long-term project commissioned by NSPCC, that works with local communities and partnership organisations to prevent and tackle child abuse, including domestic abuse. TFC works collaboratively with a wide range of organisations, such as social care services, schools, and community groups, in order to provide evidence-based interventions for children and families facing adversity, and to achieve their goals of raising awareness of, and preventing, child (and domestic) abuse. TFC projects are based in Plymouth, Glasgow, Grimsby, and Stoke-on-Trent → For more information visit <https://learning.nspcc.org.uk/services-children-families/together-for-childhood/>

Women's Aid: A grassroots federation working together to provide life-saving services in England/UK and build a future where domestic abuse is not tolerated. They aim to support women, to ensure they know the abuse isn't their fault, and that their experiences have been understood. Also provides a directory of similar services across different regions → Email helpline@womensaid.org.uk (information and support relating to DA/DV), or email info@womensaid.org.uk (general enquiries). Directory of services: www.womensaid.org.uk/domestic-abuse-directory or visit <https://www.womensaid.org.uk/>

Eating Disorders

Beat (Beating Eating disorders): The UK's eating disorder charity, who aim to end the pain and suffering caused by eating disorders → Call 0808 801 0677 (Adults helpline) or 0808 801 0711 (Children's helpline) or email help@b-eat.co.uk or <https://www.b-eat.co.uk>

Eating Disorders Support: Provides a helpline for anyone affected by an eating disorder problem (including affected others), for people of any age. Offers support and information about eating disorders no matter where someone is in their journey. Also provides help for those who are caring for or supporting someone with an eating disorder → Call 01494 793223 or email support@eatingdisordersupport.co.uk or <http://www.eatingdisorderssupport.co.uk/>

Elderly Adult Support

Age UK: Provides information, advice, and signposting for elderly adults in the UK (as well as their carers and families), including support with benefits, housing, IT services, a befriending service, telephone support, plus much more, such as events and activities → Call 0800 678 1602 (8am-7pm 365 days a year) or contact page: <https://www.ageuk.org.uk/contact-us/> (by topic) or more information <https://www.ageuk.org.uk/>

Employment & Education

BCHA: Provides continuous support and opportunities for people through a wide variety of programmes. Enables people to attain qualifications, build skills, and provides employment and volunteering opportunities. Based in South UK; main office in Plymouth → Call 01202 410500 or email enquiries@bcha.org.uk or <https://www.bcha.org.uk/our-services/employability-skills/>

Changing Futures: A 3-year programme based across different areas in the UK, that aims to improve outcomes for adults experiencing disadvantages (inc. homelessness and domestic abuse), including employment opportunities and other positive life outcomes → For more information, visit <https://www.gov.uk/government/collections/changing-futures>



FareChance: (Part of Fare Share South West) A 12-week programme that aims to help young volunteers in Bristol get valuable work experience and training, gain new skills, and build their confidence in order to find meaningful work. Provides direct hands-on work experience in logistics, warehouse management, and professionalism. The programme also offers paid and unpaid internships, based on individual skills and interests → For more information visit their website <https://faresharesouthwest.org.uk/registration-is-open-for-farechance/>

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/>

Seetec Pluss: Offers a wide range of support, training, resources, and signposting for those based in several UK areas (e.g. Bristol and Southampton) looking to get back into employment. Helps with job applications, CVs, interview skills, support with learning and managing your new work routine, in-work support for both you and your employer (including advice and funding towards workplace adjustments), and benefits and money advice, plus much more. Runs several different employability programmes, including the Work and Health Programme and the Pioneer Programme → Call 0800 334 5525 or email customer.admin@seetecpluss.co.uk or visit <https://www.seetecpluss.co.uk/>

Families

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

Family Action: Works to support families with complex and difficult issues, such as financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, and alcohol/substance misuse. Provides information, support, and signposting for children & families → Call 020 7254 6251 or email info@family-action.org.uk or visit <https://www.family-action.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 Dorset and Somerset. 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>

myHappyMind: An NHS-backed programme for schools, nurseries, and families that is dedicated to teaching children strategies to create a culture of positive mental wellbeing, by promoting and supporting their social and emotional wellbeing → Call 01625 73907 or email hello@myHappyMind.org or visit www.myHappyMind.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 services → Email thelastkissfoundation@gmail.com or directory <https://thelastkissfoundation.co.uk/support> or their website <https://thelastkissfoundation.co.uk/>

The Survivors Trust: The largest umbrella agency for specialist rape and sexual abuse services in the UK, and has been providing infrastructure support to their members for the past 20 years. Provides advice, information, support, and signposting for family members of survivors of all forms of sexual abuse, sexual violence, and sexual exploitation. Provides a wide range of signposting, including for advocacy services, counselling services, and helplines for women, men, non-binary people, and children → Call 08088 010818 (M-Th 10am-12.30pm; 1.30pm-4pm; 6pm-8pm; F 10am-12.30pm; 1.30pm-4pm; Sa 10am-12.30pm; Su 6pm-8pm). Survivors, their supporters, and professionals looking for info, advice, and emotional support email helpline@thesurvivorstrust.org ; all other enquiries please email info@thesurvivorstrust.org or visit www.thesurvivorstrust.org

Together For Childhood: An innovative, long-term project commissioned by NSPCC, that works with local communities and partnership organisations to prevent and tackle child abuse. TFC works collaboratively with a wide range of organisations, such as social care services, schools, and community groups, in order to provide evidence-based interventions for children and families facing adversity, and to achieve their goals of raising awareness of, and preventing, child (and domestic) abuse. TFC projects are based in Plymouth, Glasgow, Grimsby, and Stoke-on-Trent → For more information visit <https://learning.nspcc.org.uk/services-children-families/together-for-childhood/>

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. There are currently over 600 community fridges across the UK (and counting) → Call 020 3701 7543 or email hello@hubbub.org.uk or visit <https://hubbub.org.uk/community-fridge-network>

FareShare South West: A food bank service based in Bristol who redistribute surplus food to charities and community organisations who turn it into meals and food parcels for the most vulnerable people in the region. FSSW supplies good quality, fresh food to more than 400 schools, charities, and community groups across the Southwest. Their Community Food Members (CFMs) receive weekly deliveries of food which include fruit, vegetables, meat, fish, poultry, dairy products, and breakfast cereals. The food FSSW delivers enables CFMs to dedicate their funds to their own core activities, which span mental health, childcare, counselling, refugee, and homelessness services → Call 0117 954 2220 or email info@faresharesouthwest.org.uk or visit www.faresharesouthwest.org.uk

Food Cycle: Provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing the community together. Search for preferred location on their website → Email exeter@foodcycle.org.uk or visit <https://foodcycle.org.uk/location/>

The Trussell Trust: An organisation that supports a nationwide network of food banks, which aim to provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK → Call 01722 580180 or email enquiries@trusselltrust.org or more information <https://www.trusselltrust.org/>



Health & Wellness

Mental Health UK: Provides advice and information on lots of health and wellness issues, including sleep, exercise, diet, smoking, and wellbeing at work → Visit <https://mentalhealth-uk.org/help-and-information/health-and-wellbeing/>

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

Sport and Recreation Alliance: Aims to bring together the sport and recreation sector and to support their members to tackle the challenges in the sports and fitness sector. Works in partnership with the sports and fitness sector, the Government, and policy makers to achieve these goals. Helps to get the nation active by providing advice, support, and guidance. Also runs activities, workshops, and events throughout the year → Email info@sportandrecreation.org.uk or to see events/activities visit <https://www.sportandrecreation.org.uk/pages/event-home> or for general information visit the main website <https://www.sportandrecreation.org.uk/>

Housing & Homelessness

Sanctuary Supported Living (PDAS): Supports people on their pathways to independence, by providing quality support and housing. Aims to give people the confidence, life skills, and self-esteem they need to live independently, whether it's for the first time, or following a significant change in circumstances. Can search for supported housing and other services by town/post code → contact form <https://www.sanctuary-supported-living.co.uk/contact-us> or head to <https://www.sanctuary-supported-living.co.uk>

Shelter UK: The housing and homelessness charity (tailored services in every UK region) that provides advice, support, and signposting for many different issues, including homelessness, private renting, eviction, repairs, and tenancy deposits → Visit <https://www.shelter.org.uk/> (click on region)

Learning Disabilities & Special Education Needs

Everycare: Provides a full range of care services for people living with physical and learning disabilities, including respite care, palliative care, and companion care. People can search for services in their local area → Contact: <https://www.everycare.co.uk/locations/> (all branches) or <https://www.everycare.co.uk>

Mencap: Provides information, advice, and support for people with learning disabilities, including issues around diagnoses, different types of learning disability, how to get support, types of support available, plus lots more information → Call 0808 808 1111 (Learning Disability Helpline; M-F 9-3; England and N.I.) or email helpline@mencap.org.uk or more info <https://www.mencap.org.uk/learning-disability-explained/what-learning-disability>

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



Legal Aid

ACAS: Provides information and signposting for employers and employees seeking legal advice, as well as signposting for members of the general public → More information available on their website <https://www.acas.org.uk/getting-legal-advice>

Citizens Advice: Provides information, advice, and signposting for those seeking legal aid, on areas such as small claims, going to court, civil rights, and discrimination → Visit <https://www.citizensadvice.org.uk/law-and-courts/>

LGBTQ+

Galop: A dedicated service with decades of experience in supporting LGBTQ+ individuals who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, and other forms of abuse. Offers online, telephone, and face-to-face support and resources. Accepts self-referrals and referrals from professionals → Call 0800 9995428 or email help@galop.org.uk or visit <https://galop.org.uk> or for referrals visit <https://galop.org.uk/make-a-referral/>

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

Trans Unite: A directory that provides information on LGBTQ+ support groups available in peoples' local areas → Visit <https://www.transunite.co.uk/>

Marriage & Relationships

Marriage Foundation: Although marriage preparation/enrichment courses or relationship counselling is not provided, this service does provide information, advice, and signposting to other organisations and services that offer practical advice at any stage of relationships. Also offer resources and courses to help strengthen & support people and their partners → Email info@marriagefoundation.org.uk or <https://marriagefoundation.org.uk/help-and-support/>

Mental Health

Help Through Hardship: A free phone service delivered in partnership with Citizens Advice. Their friendly advisers have already helped thousands of people who are worried about money and are here to help you access the support you need. They can also make referrals to Mind. Open to residents in England and Wales → Call 0808 208 2138 (M-F, 9-5) or visit <https://www.trusselltrust.org/get-help/help-through-hardship> ; Scotland and N. Ireland visit their website <https://www.trusselltrust.org/get-help/>

Hope in the Heart: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative workshops, training, resources and events. Their workshops aim to create a safe, empathetic space for all individuals with lived experience of all kinds to make connections and explore the strengths and skills challenges of lived experience of mental health can bring, in order to facilitate improved mental and emotional wellbeing. Based in Plymouth and South London → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or visit their website <http://www.hopeintheheart.org>

Mental Health Foundation: A mental health charity with a vision for a world with good mental health for all, with prevention at the heart of what they do. Aim to find and address the sources of mental health problems so that people and communities can thrive. Also provides community and peer



programmes, research, public engagement, advocacy → Call 02078 031100 or email supporter@mentalhealth.org.uk or visit <https://www.mentalhealth.org.uk/about-us>

Mental Health & Money Advice: Provides clear, practical advice and support for people experiencing issues with mental health and money, including the links between mental health and money, and PIP & UC mental health guides → Visit <https://www.mentalhealthandmoneyadvice.org/en/>

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, but covers all of the 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/>

Triumph Over Phobia (TOP UK): A UK registered charity that specialises in supported self-help for sufferers of phobias, and other related anxiety disorders. Provide a network of weekly groups where individuals meet in a warm, supportive environment to tackle their fears using an evidence-based treatment method. Open to anyone aged 16+ → Call 01225 571740 or 07907 344669 or email info@topuk.org or visit <https://www.topuk.org/>

Wis£rmoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across West Somerset, 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 → 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>

CALM (Campaign Against Living Miserably): Aims to take a stand against suicide in men by standing up to stereotypes and standing together for anyone affected by male suicide and other difficulties, such as drug and alcohol misuse. Provides information, resources, events, advice, and much more → Call 0800 585858 (UK line, open 5pm-midnight daily) or visit <https://www.thecalmzone.net/>

MaleVoicED: A charity that recognises and values the lived experience of males who are experiencing, or have experienced, disordered eating, amongst other comorbid conditions. Offers a range of information, support, and resources → Call 01382 521940 or contact them via <https://www.malevoiced.com/contact> or visit <https://www.malevoiced.com/>



Respect: An advice line for men experiencing, or who have experienced, domestic abuse. Respect Men's Advice Line is a team of friendly Advisors who will listen to and believe you. Their team offers non-judgemental support, practical advice, and information. Respect's focus is to increase the safety of men experiencing domestic abuse (and the safety of any children) by providing confidential support → Call 0800 8010327 or visit <https://mensadvice.org.uk/>

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 or visit <https://thelastkissfoundation.co.uk/mens-stories>

Parents & Pregnancy

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

Family Action: Works to support families with complex and difficult issues, such as financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, and alcohol/substance misuse. Provides information, support, and signposting for children & families → Call 020 7254 6251 or email info@family-action.org.uk or visit <https://www.family-action.org.uk/>

Personality Disorders

Borderline Support UK: A national user-led community interest company which promotes the use of lived experience and peer support to be there for anyone affected in any way by BPD, enabling them to live their lives to the fullest. Doesn't currently provide direct support, however, do provide information, advice, and signposting for anyone affected by BPD → Contact: <http://borderlinesupport.org.uk/contact-us/> or visit <http://borderlinesupport.org.uk>

Physical Disabilities

Everycare: An organisation that provides a full range of care services for people living with physical and learning disabilities, including respite care, palliative care, and companion care. People can search for services in their local area → Contact: <https://www.everycare.co.uk/locations/> (all branches) or visit <https://www.everycare.co.uk>

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

Scope: A disability equality charity in England and Wales, that aims to provide practical information and emotional support when it's most needed, and campaign relentlessly to create a fairer society. Also provides information, advice, signposting, and events → Call 0808 800 3333 (M-F 9-5) or email helpline@scope.org.uk or visit <https://www.scope.org.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 → Visit their website https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaIQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAyBCAAEgKAMfD_BwE

PTSD

PTSD UK: The only charity in the UK dedicated to raising awareness of post-traumatic stress disorder, no matter the trauma that caused it. Provides information, support, and advice for people suffering from PTSD and C-PTSD → Visit <https://www.ptsduk.org/> or contact: <https://www.ptsduk.org/contact-us/>

Self-Harm & Suicide

Papyrus UK: A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their core beliefs are that suicide is preventable, and that those with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide → Call 01925 572 444 (main head office) or email admin@papyrus-uk.org or visit <https://www.papyrus-uk.org/>

YoungMinds: Provides information, advice, support, resources, and signposting for young people, professionals who work with young people, and parents of young people, who are struggling with, or have struggled with, self-harm → Contact: <https://www.youngminds.org.uk/about-us/contact-us/> or visit <https://www.youngminds.org.uk>

Sexual Health

SH.UK: Offers a range of free sexual health services, such as STI testing, treatment, and contraception across the UK. Simply register then complete an online consultation to order a free STI test kit. Can search for services by local area → More information <https://www.sh.uk/>

Your Sexual Health Matters: Offers information, signposting, and advice on sexual health matters. Also provides services such as contraception, STI testing, pregnancy tests, and virtual consultations with Sexual Health Practitioners → Call 0800 328 3383 or for more information visit <https://www.yoursexualhealthmatters.org.uk/>



Substance Misuse

Narcotics Anonymous: An international, community-based, non-profit fellowship of men and women for whom drugs had/have been a major problem. Allows people who have struggled with substance misuse to meet regularly and support each other → Call 0300 999 1212 or visit www.ukna.org

Re-solv: A national charity solely dedicated to the prevention of solvent and volatile substance abuse (VSA). Offers support and information → Call 01785 817885 (M-F 9-5) or visit www.re-solv.org

Women's Services

Hope in the Heart: A UK-based social enterprise that seeks to improve mental health and wellbeing and inspire positive change in individuals, communities and the wider world through creative workshops, training, resources and events. Their workshops aim to create a safe, empathetic space for women with lived experience of all kinds to make connections and explore the strengths and skills challenges of lived experience of mental health can bring, in order to facilitate improved mental and emotional wellbeing. Based in Plymouth and South London → Call 07792 604132 or email tam@hopeintheheart.org ; to see workshops: <http://www.hopeintheheart.org/workshop-dates.html> or visit <http://www.hopeintheheart.org>

Refuge: Provides a 24/7 National Domestic Abuse helpline for women experiencing domestic abuse, as well as lots of resources, support, a live chat (M-F 3-10pm), and signposting to other services, such as specialist refuge accommodation. Also provides community and advocacy support. Has a quick exit button → Call 0800 2000 247 or visit <https://refuge.org.uk/>

Rights of Women: A women's charity working to help women through the law. Their vital services aim to provide women with the legal advice and information they need to understand and use the law and their legal rights. RoW also work to improve the law for women and increase women's access to justice → Email info@row.org.uk or visit <https://rightsofwomen.org.uk/contact-us/>

Strut Safe: A volunteer-operated and non-judgemental, UK-wide phone support line. Volunteers stay on the phone with you until you arrive safely at your destination, no matter where you are going or where you have come from. Stand in solidarity with marginalised people and are unaligned with the police. Provide kindness and reassurance to anyone who needs the service. Open Mon-Sat 7pm-3am and Sun 7pm-1am → Call 0333 335 0026 or visit <https://strutsafe.org/>

Women's Aid: A grassroots foundation working together to provide life-saving women's services in the UK, and to build a future where domestic abuse is not tolerated. Their ultimate aim is to ensure women are believed, know abuse isn't their fault, and that their experiences are valid & understood. Also provides a directory of similar services across different regions → Email helpline@womensaid.org.uk (information and support relating to DA/DV), or email info@womensaid.org.uk (general enquiries). Directory of services: www.womensaid.org.uk/domestic-abuse-directory Women's aid website: <https://www.womensaid.org.uk/>

Young Adult Support

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 Dorset and Somerset. 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>



Papyrus UK: A UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. Their core beliefs are that suicide is preventable, and that those with lived experience of suicide have a valuable and unique contribution to make to the wider conversation around suicide → Call 01925 572 444 (main head office) or email admin@papyrus-uk.org or visit <https://www.papyrus-uk.org/>

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, but covers all of the 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/>

Strut Safe: A volunteer-operated and non-judgemental, UK-wide phone support line. Volunteers stay on the phone with you until you arrive safely at your destination, no matter where you are going or where you have come from. Stand in solidarity with marginalised people and are unaligned with the police. Provide kindness and reassurance to anyone who needs the service. Open Mon-Sat 7pm-3am and Sun 7pm-1am → Call 0333 335 0026 or visit <https://strutsafe.org/>

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>

YoungMinds: Provides information, advice, support, resources, and signposting for young people, professionals who work with young people, and parents of young people, who are struggling with, or have struggled with, self-harm → Contact: <https://www.youngminds.org.uk/about-us/contact-us/> or visit <https://www.youngminds.org.uk>