



Devon & Cornwall Service Directory – West Devon June 2024

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

APPENDIX (by type of service)

Activities, Clubs, Events, & Hobbies; Advocacy; Alcohol Misuse; Anxiety; Asylum Seekers & Refugees; Autism & ADHD; Benefits; Bereavement; Bipolar Disorder; Carers; Children & Teenagers; Community Support; Counselling Services; Criminal Justice; Crisis Support; Debt & Money Management; Depression; Domestic & Sexual Abuse and Violence; Eating Disorders; Elderly Adult Support; Employment & Education; Families; Food Services (e.g. Foodbanks); Gambling; Health & Wellness; Housing & Homelessness; Learning Disabilities & Special Education Needs; Legal Aid; LGBTQ+; Marriage & Relationships; Mental Health; Men's Services; Parents & Pregnancy; Personality Disorders; Physical Disabilities; Psychosis; PTSD; Self-Harm & Suicide; Sexual Health; Substance Misuse; Women's Services; Young Adult Support.

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



WEST DEVON

Activities, Clubs, Events, & Hobbies

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

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in West Devon, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals who support them → Call 01392 677067 or email dpn-tr.drlc@nhs.net or for West Devon courses <https://devonrlc.co.uk/courses/categories/in-person-course/west-devon/>

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

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

National Childbirth Trust: A membership charity that aims to connect, inform, and support parents through a wide range of support, guidance, activities, and resources, including antenatal and postnatal courses, classes, workshops, and community events. Local activities and meet-ups range from feeding support groups, nearly new sales, baby first aid, parent and baby groups, and community support groups. Also offer a wide range of antenatal and postnatal classes and workshops. Devon branches based in Plymouth and West Devon → Call 0300 330 0700 or contact via <https://www.nct.org.uk/about-us/contact-us> or visit <https://www.nct.org.uk/local-activities-meet-ups> for activities and <https://www.nct.org.uk/courses-workshops> for antenatal and postnatal classes

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

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392



682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Rotary Club Okehampton: A service that offers gardening as well as arts and crafts packs, to encourage people to undertake a hobby and try new things → For more information call 07782 222404

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

Significant Seams: Provides creative activities using textiles and craft for support and wellbeing, for people in the local communities → More information www.significantseams.org.uk

Tavistock Scrapstore: A service that provides crafts, activities, and an opportunity for people in Tavistock to get together and have a chat. Open Tues, Thurs, Fridays and Saturdays 11-2 → Email tavyscrapstore@gmail.com or visit www.tavistockscrapstore.org

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 Devon, 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 visit <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Advocacy

Age Concern Okehampton Advocacy: Offers advocacy support for older people who need to be represented when dealing with other people, care homes, agencies, or council authorities. Completely free service → Phone number does not currently work, however more information available <https://housingcare.org/service/ser-info-5265-age-concern-oke>

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

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

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

Paladin Advocates: Offers specialist support to clients and their families, through the maze of health and social care provision. Also able to act as professional Attorneys for Health & Welfare and Property & Finance, and personalised care provision. Strive to implement and achieve clients' wishes and needs → Call 01822 610303 or more information www.paladinadvocates.com



Alcohol Misuse

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as alcohol misuse → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.org.uk

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

RISE Recovery Okehampton: Aims to provide drug and alcohol support in Okehampton, and to help people to stop using the substance that is causing people problems. They work with people at a pace they're comfortable with → Call 01837 659476 or email alcoholreferraldevon@addaction.org.uk or www.batodfoundation.org.uk/rise-recovery-okehampton

Anxiety

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

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

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

Asylum Seekers & Refugees

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

Autism & ADHD

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

Okehampton Autism/ADHD support group: A monthly support group for parents and carers of school-aged children with autism or ADHD (Thursdays 10-11.30am at Okehampton College)



Community). Suggested donation of £2 per meeting → Call 07808 523111 or email info@communitylinkssw.co.uk or <https://www.communitylinks-sw.co.uk/events/>

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

Benefits

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

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

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

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

Paladin Advocates: Offers financial help, advice, and assistance for people (and their families) who have fallen ill and are no longer able to take care of themselves. Assists with securing and reviewing Personal Healthcare budgets, benefit support (including PIP), and support with financial assessments → Call 01822 610303 or more information www.paladinadvocates.com/services/financial-funding/

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

Wis£r money: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across West Devon, and operates under a formal partnership agreement Wisermoney are



funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including benefits → Email wisermoney@navigatecharity.org.uk or visit <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Bereavement

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

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

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

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

Bipolar Disorder

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

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

Carers

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



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

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

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/>

Okehampton Autism/ADHD support group: A monthly support group for carers of school-aged children with autism or ADHD (Thursdays 10-11.30am at Okehampton College Community). Suggested donation of £2 per meeting → Call 07808 523111 or email info@communitylinkssw.co.uk or <https://www.communitylinks-sw.co.uk/events/>

Okehampton (Mental Health) Peer Support Group: (Part of Relate Devon) Carers of adults with mental health issues are welcome to join in with this voluntary peer support group. Meets every Wednesday 1-3pm at the Ockment Centre → Call or text 07955 848935 or more information <https://recoverydevon.co.uk/2017/okehampton-mental-health-peer-support-group/>

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

Children/Teenagers

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

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

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

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



Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

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

National Childbirth Trust: A membership charity that aims to connect, inform, and support parents through a wide range of support, guidance, activities, and resources, including antenatal and postnatal courses, classes, workshops, and community events. Provides lots of information and research on health, child development, and caring for your child, as well as peer support programmes. Devon branches based in Plymouth and West Devon → Call 0300 330 0700 or contact via <https://www.nct.org.uk/about-us/contact-us> or visit <https://www.nct.org.uk/baby-toddler>

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

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

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

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

Community Support

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call



03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

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

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

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

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

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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 West Devon. They also provide financial education and training for businesses,



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

Okehampton (Mental Health) Peer Support Group: (Part of Relate Devon) Adults with mental health issues, and their companions/carers are welcome to join in with this voluntary peer support group. Meets every Wednesday 1-3pm at the Ockment Centre → Call or text 07955 848935 or more information <https://recoverydevon.co.uk/2017/okehampton-mental-health-peer-support-group/>

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 enquirie) or email info@rethink.org or visit <https://www.rethink.org/>

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

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

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 Devon, and operates under a formal partnership agreement Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including community development → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Counselling Services

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

Heather Cowie Counselling: An independent counsellor based in Tavistock who holds an Advanced Diploma in Integrative Counsellor, and is registered with the BACP. Heather Cowie Counselling takes the individual and their circumstances into account, and blends elements of different approaches to help individuals explore their problems. Heather incorporates elements of Person-centred, Internal Family Systems, Narrative Therapy, and CBT into her sessions. Offers a safe, confidential, and non-judgemental environment. Telephone, online, and face-to-face counselling provided, with sessions typically being weekly and lasting 50 minutes. Face-to-face sessions take place at the Wellness Rooms, Brook Street, Tavistock. Sessions cost £45 per session; initial telephone consultation offered → Call 07724 558374 or email heathercowiecounsellor@gmail.com or visit www.heathercowie.co.uk



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

Relate: Provides affordable counselling across West Devon, offering a range of counselling services (including relationship, family, and for children and young people). Relies on client contributions to continue to provide a charitable counselling service. Average length of sessions is 6-8 weeks, although this depends on the individual. No minimum number of sessions needed. Booking initial consultation recommended → Call 0300 7729681 or email reception.exeter@relate.org.uk or more information <https://www.relateplymouth.co.uk/centre/exeter/venues/okehampton>

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

Sunrise Soul Therapies: A counselling service based in Tavistock that offers a range of different therapies – Sound Therapy, Online Sound Therapy, and Reiki Therapy (in Launceston). These types of therapies are very powerful tools for helping with stress, anxiety, and overall health and wellness. Sessions range from 60-90 minutes and range between £5-£30 → Email sunrisest1@outlook.com or contact via <https://www.sunrisesoul.org/blank-2> or more info <https://www.sunrisesoul.org>

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

Criminal Justice

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

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

Crisis Support

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



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/>

Debt & Money Management

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

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

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

Paladin Advocates: Offers financial help, advice, and assistance for people (and their families) who have fallen ill and are no longer able to take care of themselves. Assists with securing and reviewing Personal Healthcare budgets, benefit support (including PIP), and support with financial assessments → Call 01822 610303 or more information www.paladinadvocates.com/services/financial-funding/

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 Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including debt and money management → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Depression

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as depression → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.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 depression. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>



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

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

Domestic & Sexual Abuse and Violence

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

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

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

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

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as domestic abuse → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.org.uk

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

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



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

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

Eating Disorders

Eating Disorder Service Plymouth: Offers advice and or support to professionals via phone or email, who wish to make a referral to their service on a client's behalf (covers Plymouth and West Devon) → Call 01752 228027 or email general.admin@eatingdisorderserviceplymouth.co.uk or more information <https://www.eatingdisorderserviceplymouth.co.uk/>

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

Elderly Adult Support

Age Concern Okehampton Advocacy: Offers advocacy support for older people who need to be represented when dealing with other people, care homes, agencies, or council authorities. Completely free service → Phone number does not currently work, however for more information visit <https://housingcare.org/service/ser-info-5265-age-concern-oke>

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

Employment & Education

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

Gifted Women: Amongst other services, offers an employability programme that links up with local employers to women based in Tavistock, which aims to provide them with meaningful work experience placements tailored to women's strengths and ambitions → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

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



Families

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to the families, friends, and partners of anyone aged 13+ who has experienced, or been affected by, sexual violence, sexual assault, or childhood sexual abuse in Devon. Available online, in person, and by phone on Mondays, Wednesdays, and Fridays, 6-9pm. Can leave a message, name, and safe contact number outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or visit <https://devonrapecrisis.org.uk>

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting families of individuals hoping to learn about mental health and recovery. A wide range of online and in-person courses are also offered, for anyone aged over 18 (including family members, friends, and professionals supporting individuals). Based in West Devon but open to all → Call 01392 677067 or email 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 or www.homestart-southandwestdevon.org.uk

Jeremiah's Journey: Plymouth-based charity providing free support to children, young people, and parents/carers who have/are about to experience bereavement of a loved one. Aims to ensure service users in Ivybridge & immediate surrounding areas are supported → Call 01752 424348 or more information <https://jeremiahsjourney.org.uk/> **children:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/children/> **teenagers:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/teenagers/> **parents:** <https://jeremiahsjourney.org.uk/about-us/what-we-do/parents/>

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

Okehampton Autism/ADHD support group: A monthly support group for parents of school-aged children with autism or ADHD (Thursdays 10-11.30am at Okehampton College Community). Suggested donation of £2 per meeting → Call 07808 523111 or email info@communitylinkssw.co.uk or <https://www.communitylinks-sw.co.uk/events/>

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

Relate: Provides affordable counselling (donations-based), in a safe & calm environment, across 6-8 sessions, for families in West Devon experiencing relationship difficulties, and support around divorce. Sessions typically fortnightly → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/family-counselling>



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

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

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

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 West Devon. To find your nearest Community Fridge visit <https://www.communityfridgemap.org.uk> → Call 020 3701 7543 or email them at hello@hubbub.org.uk or visit <https://hubbub.org.uk/community-fridge-network>

Feeding Devon: A partnership project engaging county-wide with innovative stakeholder organisations – from national and local government initiatives to community fridges and voluntary kitchens – all working to find sustainable solutions to help Devon people in need out of food and fuel poverty. Feeding Devon is a passionate and dedicated network of more than 30 organisations – including food banks, food aid charities, community groups and voluntary organisations – committed to ending hunger in their local communities. Based in Newton Abbot, but provides food banks all across Devon, including Tavistock and Horrabridge → Call 01224 433 361 or 07850 587 424 or email info@feedingdevon.org.uk or visit <https://feedingdevon.org.uk/>

Okehampton Food Bank: Operates from Okehampton Baptist Church. Their vision is an Okehampton where everyone has enough to eat because, freedom from hunger is critical to the future economic, social, and emotional health of the local community → Call 074838 77378 (W-F) or email contact@okehamptonfoodbank.co.uk or <https://okehamptonfoodbank.co.uk/>

Gambling

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

Health & Wellness

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



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

Housing & Homelessness

Devon Home Choice (West Devon): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01822 813600 or email devon.homechoice@swdevon.gov.uk more info <https://www.devonhomechoice.com/contact-us-2>

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

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

Learning Disabilities & Special Education Needs

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

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

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

Legal Aid

Paladin Advocates: Amongst their services, Paladin Advocates provide information and advice around legal issues, including Community Care Law, Dementia Law, and more → Call 01822 610303 or more information www.paladinadvocates.com/about-us/what-we-do/

LGBTQ+

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



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

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

Marriage & Relationships

Relate: Provides (donations-based) relationship counselling in West Devon for anyone aged 16+, regardless of relationship status. Aims to help couples work through their problems, in a caring and supportive environment → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relateplymouth.co.uk/counselling-services/relationship-counselling>

Mental Health

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

Mental Health Assessment Team: Based in South 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/>

NHS Perinatal Mental Health Service: Dedicated to working with women in pregnancy and new mums who are concerned about their emotional or mental wellbeing. The service is currently available to women planning to have their babies at the following locations: The Centre for Women's Health at the Royal Devon and Exeter Hospital; The Women's Health Unit, Torbay Hospital; The Ladywell Unit, North Devon District Hospital; Derriford Hospital, Plymouth → Call 01822 813 070 or email dpt.perinatalteamwestdevon@nhs.net or visit their website <https://www.dpt.nhs.uk/locations/perinatal-mental-health-service-south-hams-and-west-devon>

Okehampton (Mental Health) Peer Support Group: (Part of Relate Devon) A voluntary group for adults who have any mental health issue; their companions and carers are also welcome. Meets every Wednesday 1-3pm at the Ockment Centre → Call or text 07955 848935 or more information <https://recoverydevon.co.uk/2017/okehampton-mental-health-peer-support-group/>

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

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and



issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

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 Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including mental health difficulties → 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>

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

Parents & Pregnancy

NHS Perinatal Mental Health Service: Dedicated to working with women in pregnancy and new mums who are concerned about their emotional or mental wellbeing. The service is currently available to women planning to have their babies at the following locations: The Centre for Women's Health at the Royal Devon and Exeter Hospital; The Women's Health Unit, Torbay Hospital; The Ladywell Unit, North Devon District Hospital; Derriford Hospital, Plymouth → Call 01822 813 070 or email dpt.perinatalteamwestdevon@nhs.net or visit their website <https://www.dpt.nhs.uk/locations/perinatal-mental-health-service-south-hams-and-west-devon>

Personality Disorders

Psychology Today: A directory of counsellors that offer support for people with personality disorders in West Devon → <https://www.psychologytoday.com/gb/counselling/eng/okehampton?category=borderline-personality>

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



Okehampton District Community Transport Group: A community led service (Registered Charity: 1024617), supported by DCC and West Devon Borough Council, committed to providing access to transport for the local community, especially for those who find it difficult to use public transport, the elderly, and those who are rurally isolated → Call 01837 55000 (M-F 8.30-4), 07484 525 577 (out of hours) or email office@odctg.oc.uk or visit www.odctg.co.uk

Psychosis

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

Rethink Mental Illness: Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Provides information, research, resources, and signposting to support for those experiencing psychosis → <https://www.rethink.org/search-results?q=psychosis>

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

PTSD

Psychology Today: A directory of counsellors and therapists in the Okehampton area that offer support for PTSD sufferers. Other areas can also be searched → Visit <https://www.psychologytoday.com/gb/counselling/eng/okehampton?category=trauma-and-ptsd>

Self-Harm & Suicide

Self-Injury Support: A UK-wide self-harm and self-injury charity offering direct support, reliable information, expert training, and specialist consultancy. Provided for women of any age or background affected by self-injury, whether their own, or that of a friend/family member → Call 0808 800 8088 (Tu + Th, 7-9.30pm) or email tessmail@selfinjurysupport.org.uk or for more information visit <https://www.okehamptonmedicalcentre.co.uk/depression-anxiety-stress.php#gsc.tab=0>

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>

Relate: Provides (donations-based) counselling for people in West Devon experiencing issues with their sexual wellness & health (including dysfunctions and loss of interest). Uses a 3-stage process to establish whether someone will benefit from this type of counselling (includes an initial consultation). All sessions are fully confidential → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/sex-therapy>



Substance Misuse

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as substance misuse/addiction → Call 01937 851240 or email admin@gilead.org.uk or visit www.gilead.org.uk

Rehab 4 Addiction: Offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England, including a confidential helpline. Help to 'make sense' of the complex nature of addiction. Also provides mental health support → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <https://www.rehab4addiction.co.uk>

Women's Services

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

Gifted Women: Supports Tavistock-based women, who are referred to GW by other organisations to take part in this trauma-informed programme of employability training and confidence building. Aims to provide discovery and personal growth for women, in a supportive environment → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

Gilead Foundations Charity: A Christian faith-based Women's Centre, providing a supported living service on a farm in Devon, for women who have experienced issues such as alcohol misuse/addiction, substance misuse, domestic abuse, and depression → Call 01937 851240 or email admin@gilead.org.uk or more information www.gilead.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 meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

National Childbirth Trust: A membership charity that aims to connect, inform, and support parents through a wide range of support, guidance, activities, and resources, including antenatal and postnatal courses, classes, workshops, and community events. NCT aims to bring people together to share information and experiences of pregnancy, birth, and life with a new baby, in order to help parents feel confident, connected, and safe. Also offers peer support programmes for parents who may be under-served by society or who are experiencing challenges with mental health, social isolation, or other unmet needs. Their website also hosts many articles on a wide range of topics relating to pregnancy, birth, and early childhood/infancy. Devon branches based in Plymouth and West Devon → Call 0300 330 0700 or contact via <https://www.nct.org.uk/about-us/contact-us> or visit <https://www.nct.org.uk/>

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

Self-Injury Support: A UK-wide self-harm and self-injury charity offering direct support, reliable information, expert training, and specialist consultancy. Provided for women of any age or background affected by self-injury, whether their own, or that of a friend/family member → Call 0808 800 8088 (Tu



+ Th, 7-9.30pm) or email tessmail@selfinjurysupport.org.uk or visit <https://www.okehamptonmedicalcentre.co.uk/depression-anxiety-stress.php#gsc.tab=0>

Young Adult Support

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

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

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

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

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

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

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

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

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon, including Devon. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer training and other support sessions. They have a



database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

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

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

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

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

THE 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>