



Devon & Cornwall Service Directory – Devon & Cornwall – July 2026

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 or visit www.devoncornwalldirectory.com regarding any queries/enquiries.

APPENDIX (by type of service)

Activities & Community; Advocacy; Alcohol Misuse; Anxiety; Asylum Seekers & Refugees; Autism & ADHD; Benefits; Bereavement & Loss; Bipolar Disorder; Brain Injury; Carers; Children & Young People (0-16); Counselling Services; Criminal Justice; Crisis Support; Debt & Money Management; Dementia; Depression; Domestic & Sexual Abuse; Eating Disorders; Elderly Adult Support; Employment, Education & Training; Families; Food Support (e.g. Foodbanks); Gambling; Health & Wellbeing; Housing & Homelessness; Learning Disabilities & SEN; 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; Trauma; Women's Services; Young Adult Support (16+).

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



DEVON (all regions) & CORNWALL

Activities & Community

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

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

BroProject CIC: A community of men based in Devon who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities. Runs lots of activities and events across Devon. All activities are completely free, and include gym sessions, martial arts, golfing, and creative activities. Also run various events throughout the year → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/> or info on activities here <https://www.broproject.org.uk/activities> and events here <https://www.broproject.org.uk/events>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR is dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help children and young people to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, counselling, and resources for abuse survivors → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/events>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or <https://www.catdevon.org.uk/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved physical and mental health through engaging and creative activities. → Email them at hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>

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, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in South Hams, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals → Call 01392 677 067 or email dpn-tr.drlc@nhs.net <https://local.dualdiagnosis.org.uk/organisations/united-kingdom/devon/exeter/devon-recovery-learning-community-drlc/>

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>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of services, including support groups. Groups are searchable by areas in Cornwall → Contact via <https://georgiasvoice.co.uk/contact-us/> or for more information <https://georgiasvoice.co.uk/help-and-support/groups/>

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/>

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 www.homestart-southandwestdevon.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

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, such as Wellbeing Walks → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>



Magic Carpet: Brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups. They make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton → Call 01392 205 800, email magiccarpet@eci.org.uk or visit <https://www.eci.org.uk/projects/magic-carpet>

MHA Cornwall: Support over 55's to Live Later Life Well. We run groups, clubs, activities and outings, a monthly Saturday Coffee Morning in Saltash and 2 monthly supported outings (Based in Saltash and Camborne). They support older people via Telephone and Face-to-Face befriending services which are free to their members. They also run a wide range of groups including coffee mornings, weekly friendship groups, and a memory café → Call 07547 657 543 or email cornwall@mha.org.uk or visit <https://mha.org.uk/care-support/community-groups-activities>

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

Navigate: (Part of the WisE money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across North Devon, Torridge, West Devon, and Mid 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, email enquiries@navigatecharity.org.uk or www.navigatecharity.org.uk

No Masks Required Group: Run by WayMakers Devon, this small, friendly social group is open to 14-19 year old girls with autism, and to those assumed to be female at birth (AFAB). It offers weekly peer support, fun activities, social connections, visiting speakers with lived experience, and occasional outings. → Call 07309 563563, email alex@waymakers.co.uk or visit <https://waymakers.co.uk/groups/>

Open Door Exmouth: A multi-service charity delivering support and building community across the age-groups. They are passionate about combating isolation and poverty, developing skills, promoting positive mental health and wellbeing, and compassionately supporting those most in need in our town. Provides a wide range of support, including activities, events, and groups → Call 01395 224 218 or email info@opendoorexmouth.org.uk or visit <https://opendoorexmouth.org.uk/#>

Operation Emotion: A Plymouth-based charity that offers community support, such as programmes and peer-led groups (e.g. Education Recovery), for men who have experienced sexual abuse. Covers other regions of Devon for those willing to travel → Call 07539 810096 or 07837 321514 or email opem@pm.me or for types of support offered <https://operationemotion.co.uk/weekly-support> or visit <https://operationemotion.co.uk/education-recovery>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing a wide range of support, including support groups. Covers South-east Cornwall also → Call 01752 246788 or email them via contact@pregnancycrisiscare.co.uk or <https://pregnancycrisiscare.org.uk/pregnancy-crisis-care-services/>



Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the Exeter and wider Devon area. Activities offered include cooking, arts, music, and exercise. Also runs groups such as the Book Club for those interested → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Rock Choir: The UK's original and award-winning, local, contemporary choir experience. Allows members to build new friendships and experience unique events. Also provides opportunities to engage with your local community and support local & national charities. Open to people of all ages → For your nearest Rock Choir in Devon or Cornwall, 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, including Cornwall. Sessions cost £5 per person. Cornwall sessions run every Thursday, 6.30-7.30pm, at the Dracaena Centre in Falmouth → 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>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. Their mission is to bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing amongst children and families. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

Southwest Autism Support Services: Provides a range of community-based services and support, aimed at providing activities within local communities and settings, for young people on the autistic spectrum (and for their families). Covers all Devon regions → Email southwestautism@gmail.com or visit www.southwestautismsupport.com

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>

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services. Also provides community engagement and support services → Call the main office on 01208 76466 (M-F 9-5) or email admin@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/our-services>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including criminal justice support. Together and Reach still exist as



separate organisations under the Waythrough umbrella → Call 01325 731 160 or email nfo@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, holiday clubs, children's parties, training opportunities, 1-1 advisor sessions, plus much more → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.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 North, Mid, and 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 workshops, training, and events → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Advocacy

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including advocacy → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicectnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicectnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

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/>

Devon & Torbay Advocacy Service: Provided by Rethink Advocacy, DTAS provides many of the statutory advocacy services within the Devon Advocacy Consortium as one of the providers, including Devon and Torbay Independent Mental Health Advocacy (IMHA) Service and Devon and Torbay Independent Care Act Advocacy (ICAA) Service. Their advocates work in partnership with the people they support. They take action to help people say what they want, secure their rights, represent their interests, and obtain services they need. They promote social inclusion, equality, and social justice → To refer to any DAC advocacy service, please contact their Single Point of Contact on 01392 833 277 (M-F 9-5) or email devonadvocacy@livingoptions.org or <https://www.rethinkadvocacy.org.uk/our-services/south-west-england/devon-torbay-advocacy-service/>

Healthwatch Devon: the independent consumer champion for health and social care. With a team of Healthwatch Champions working across the county, they provide specialist support, guidance and advice in all aspects of health and social care. The champions will help clients resolve any health and social care enquiries → Call 0800 520 0640 (M-F 10-4) or visit <https://www.hwdpt.org/devon>

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



Shelter (Cornwall/Devon): A charity that works to alleviate the distress caused by homelessness and bad housing. They do this by giving advice, information and advocacy to people in housing need. Also provides support and advice around benefits → Call 0344 515 2300 (M-F 9-5; Cornwall) or 0344 515 2399 (Devon), or email info@shelter.org.uk or visit http://england.shelter.org.uk/get_advice/

Alcohol Misuse

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support and guidance around alcohol misuse. Based in Cornwall → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues, including alcohol misuse. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

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

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including for those with addiction/alcohol misuse issues. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their families → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/>

Anxiety

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health, including issues with anxiety, through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and



leadership support, and support around anxiety. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to both adolescents and adults on a wide range of issues, including anxiety. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-kholsa.co.uk/>

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

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/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including anxiety. Covers Devon and Cornwall → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

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 <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

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 → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including immigration and refugee advice → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicecornwall.org.uk or to find specific services and drop-ins visit <https://citizensadvicecornwall.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

Devon and Cornwall Refugee Support: A service that provides advice, support, education, IT facilities and a friendly communal space for asylum seekers in the region. Their vision is to have a fair, humane and safe asylum experience for all. DCRS has a dedicated team of co-ordinators, caseworkers, over 45 volunteers, and a Board of Trustees, who ensure that asylum seekers can seek sanctuary whilst the UK government decides on their claim. → Call 07823 495931 or email hub@dcrs-plymouth.org or more information <https://dcrs-plymouth.org>

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

Autism & ADHD

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

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

Southwest Autism Support Services: 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 visit www.southwestautismsupport.com

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868 550 or <https://www.unitedresponse.org.uk/support-area/devon/>



Benefits

Action For Children: This service provides advice for users of Children's Centres in Devon. It can give families a free benefit check, help with claiming and guidance on financial management. It can also help parents understand how getting a job or changing the hours they work would affect their income and benefits → Professional's referral form here <https://form.jotform.co/31975136268866> or for further information visit <https://www.devon.gov.uk/eys/how-do-i-contact-my-nearest-family-hub/>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including benefits, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region available <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including benefits → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadviceetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadviceetnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

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

Macmillan Welfare Benefits Project: Citizens Advice Torridge, North, Mid & West Devon have a specialist Welfare Benefits Team funded by Macmillan Cancer Support and we have recently expanded our service to cover the whole of Devon in partnership with Citizens Advice Exeter, Citizens Advice Plymouth and Citizens Advice Torbay. Their expert team of advisors can support clients with life limiting illnesses and can assist with benefit and grant applications, form filling and referrals to other trusted partner agencies → Call 0808 175 4505, make a referral: <https://citizensadviceetnmwd.org.uk/macmillan/> or visit <https://citizensadviceetnmwd.org.uk/our-projects/>

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

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid



Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadviceetnmwd.org.uk/our-projects/>

Shelter (Cornwall/Devon): A charity that works to alleviate the distress caused by homelessness and bad housing. They do this by giving advice, information and advocacy to people in housing need. Also provides support and advice around benefits → Call 0344 515 2300 (M-F 9-5; Cornwall) or 0344 515 2399 (Devon), or email info@shelter.org.uk or visit http://england.shelter.org.uk/get_advice/

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 North Devon, West Devon, and Mid 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 → For more information email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Bereavement & Loss

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

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support and guidance for bereavement through their Life after Loss project. Based in Cornwall → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/life-after-loss/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

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>

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including bereavement → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

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/>

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

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>

Brain Injury

Community Neurological Rehabilitation Team: A community team of therapists who work with people who have sustained an acquired brain injury. Their team includes occupational therapists, physiotherapists, speech and language therapists, assistant practitioners, and rehab support workers. They also have links with the Clinical Neuro-Psychology Team. Provides assessment, support plans, treatment goals, activities, and tailored support, plus specialist therapeutic input. Based in both Paignton at Paignton Health and Wellbeing Centre, Church Street, TQ3 3AG and Teignbridge at Newton Abbot Community Hospital, Tower Unit, TQ12 2TS → **Torbay Team:** 01803 547 157 (M-F 8.30-4.30); **Teignbridge Team:** 01626 324 510 (M-F 8.30-4.30) or for more information visit <https://www.torbayandsouthdevon.nhs.uk/services/community-neurological-rehabilitation-team/>



Headway Devon: A local charity dedicated to improving life after brain injury. They provide essential services across Devon & Torbay for people with acquired brain injuries, their families, and carers. They support individuals with brain injuries (& loved ones) to come to terms with what has happened, and overcome their disabilities. They also provide support and advice to their families and carers → Call 01392 211 822 or email info@headwaydevon.org.uk or visit <https://headwaydevon.org.uk/>

Carers

Age UK Devon: Offers tailored support for unpaid carers across the county, including regular respite visits, free benefit checks, and emotional support. Their services aim to provide a much-needed break for caregivers while ensuring older, vulnerable individuals receive quality assistance at home → Call 0333 241 240 or email infoandadvice@ageukdevon.org.uk

Alzheimer's Society (Cornwall): Their dementia support service is here to give you personalised help and advice face to face, over the phone or in writing. Depending on your needs, they can offer you information and signposting or ongoing support regardless of whether you are worried about your memory, have a diagnosis of dementia or are a carer, family or friend. Their expert team will listen, answer your questions, and connect you to the support you need → Call 01872 277 963 (M-F 9-5) or email cornwall@alzheimers.org.uk or visit <https://www.alzheimers.org.uk/find-support-near-you> (type in 'Cornwall').

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. They help carers to understand the impact of abuse and trauma on a child or adult, and the changes that may occur as they participate in therapy and psycho-education support. Provides support, guidance, and signpost for carers of those who have been abused, including therapy and counselling. Carers can also make referrals to CLEAR on their child's behalf → Call 01872 261147 or email admin@clearsupport.net or for more information on children/young people visit <https://clearsupport.net/children-and-young-people> or for adults visit <https://clearsupport.net/adults>

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 Memory Café Consortium: A membership organisation which aims to support memory cafes across Devon to provide a quality service to people living with dementia and their carers. Their mission is to provide our members with quality information, guidance and training on running memory cafes, and also opportunities to meet, learn and share with each other. Has many cafes all across Devon → Email jane@dmcc.org.uk or visit www.dmcc.org.uk or <https://dmcc.org.uk/find-a-memory-cafe/> to find a café in your specific area.

DIAS (Devon Information Advice and Support): Provides information, advice and resources for carers about the special education needs and learning difficulties of children they work with, as well as how to support their children express their needs → Call 01392 383080 or email devonias@devon.gov.uk or visit <https://devonias.org.uk/information/>

DICE (Barnardos Exceed Service): Provides information, support and training/programmes for carers of children and young people aged 11-18 years who have experienced online dangers and who may be at risk of/have been exposed to exploitation. Covers all of Devon → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

Fostering Devon: A Devon-wide service which is uniquely placed to help people (over 21) become foster carers. They operate as a strictly not-for-profit service, meaning their focus is entirely on the foster



children and the best interests of prospective foster parents. Also runs events to promote awareness of fostering/foster care, support for carers, training for foster parents, and support for young people → Call 0345 155 1077 or email foster@devon.gov.uk or visit <https://www.fosteringdevon.org.uk/> or foster care support <https://www.fosteringdevon.org.uk/carers-support/>

Headway Devon: A local charity dedicated to improving life after brain injury. They provide essential services across Devon & Torbay for people with acquired brain injuries, their families, and carers. They support individuals with brain injuries (& loved ones) to come to terms with what has happened, and overcome their disabilities. They also provide support and advice to their families and carers → Call 01392 211 822 or email info@headwaydevon.org.uk or visit <https://headwaydevon.org.uk/>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources for carers. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to carers 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://citizensadviceetnmwd.org.uk/our-projects/>

TALKWORKS (Depression and Anxiety Service): 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>

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their carers → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/>

Children & Young People (0-16)

Action For Children: This service provides advice for users of Children's Centres in Devon. It can give families a free benefit check, help with claiming and guidance on financial management. It can also help parents understand how getting a job or changing the hours they work would affect their income and benefits → Professional's referral form here <https://form.jotform.co/31975136268866> or for further information visit <https://www.devon.gov.uk/eycs/how-do-i-contact-my-nearest-family-hub/>

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



Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support, workshops training, and RSHE and PSHE programmes for schools → Contact via <https://big-sis.co/contact> or visit <https://big-sis.co/>

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

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. They aim to help children and young people to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support for children aged 0-17, including 1-to-1 (BACP-Accredited) range of trauma focused and creative therapies. Everyone who comes into their Children and Young People's Service should be referred by an organisation or parent/carer → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/children-and-young-people>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages, including children, and backgrounds in their journey towards improved physical and mental health through engaging and creative activities. → Email them at hello@creativehealthsouthwest.com or visit their website <https://creativehealthsouthwest.com/>

Devon & Cornwall Sexual Assault 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; for those assaulted in Cornwall, they will be seen in the specialist centre in Truro. 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 for **Devon:** <https://sarchelp.co.uk/childrens-service/> or **Cornwall:** <https://sarchelp.co.uk/truro-sarc/>

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 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/>

DIAS (Devon Information Advice and Support): Provides accessible and advice for children and young people with special educational needs and disabilities, and signpost them to other services and



organisations → Call 01392 383080 or email devonias@devon.gov.uk or more information <https://devonias.org.uk/children-young-people/>

DICE (Barnardos Exceed Service): Provides information, support and training/programmes for carers and parents of children and young people aged 11-18 years who have experienced online dangers and who may be at risk of/have been exposed to exploitation. Covers all of Devon → Email dice@barnardos.org.uk or for more info visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

FearFree (Devon): An organisation who provides support to people who are currently experiencing, or who have previously experienced, domestic abuse (regardless of how long ago the abuse took place). They can also offer support around returning to education and employment. Also provides an Interpersonal Trauma Response Service in GP surgeries across Devon, which accepts both child and adult referrals → Call 0300 124 0927 (9-5) or email **for referrals:** support@fearfree.org.uk or **sexual violence support** SVTS@fearfree.org.uk or **general enquiries:** Call 01225 777 724 or email admin@fearfree.org.uk or visit <https://www.fearfree.org.uk/>

Fostering Devon: A Devon-wide service which is uniquely placed to help people (over 21) become foster carers. They operate as a strictly not-for-profit service, meaning their focus is entirely on the foster children and the best interests of prospective foster parents. Also provides guidance and support for young people aged 6-15 → Call 0345 155 1077 or email foster@devon.gov.uk or for more information visit <https://www.fosteringdevon.org.uk/> or <https://www.fosteringdevon.org.uk/support-for-young-people/> (support for 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/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

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/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for children and young people → Email support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/youth-support> for more information

Live Wire: A service (based in Saltash) for young people aged 10-21 who want to learn to make music or learn music technology as part of a youth club. Also offers free musical tuition, and other programmes and activities → Email info@livewireyouth.com or www.livewireyouth.com

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to teenagers on a wide range of issues, including anxiety, depression, panic attacks, phobias, and relationship difficulties. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or



consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-khosla.co.uk/>

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

No Masks Required Group: Run by WayMakers Devon, this small, friendly social group is open to 14-19 year old girls with autism, and to those assumed to be female at birth (AFAB). It offers weekly peer support, fun activities, social connections, visiting speakers with lived experience, and occasional outings. → Call 07309 563563, email alex@waymakers.co.uk or visit <https://waymakers.co.uk/groups/>

Normal Magic CIC: A group of professionals with backgrounds in Mental Health Nursing, Occupational Therapy, Teaching, Clinical Psychology and Consultant Psychiatry, who aim to demystify and destigmatise mental health, and raise awareness of mentally healthy living, loving, and learning. Works closely with children & young people, families, schools, and related professionals. Covers East & West Devon and Exeter → Email team@normalmagic.co.uk or visit www.normalmagic.co.uk

Open Door Exmouth: Their Youth Services exist to provide inclusive and friendly spaces where young people can access support, build relationships, and develop the skills they need to navigate life's challenges. ODE recognise the unique struggles that young people face today – such as mental health issues, loneliness, and societal pressures. Aim to empower young individuals by fostering confidence, resilience, & a sense of belonging → Call 01395 224 218 or email info@opendoorexmouth.org.uk or visit <https://opendoorexmouth.org.uk/our-services/youth-services/>

Patchwork House (Part of Family Hub Torbay): Provides a safe space for women and children who have experienced domestic abuse, offering non-judgemental and confidential support, guidance, and signposting. Based at 103 Winner Street, Paignton, TQ3 3BP and 189 Union Street, Torquay, TQ1 4BY. Also provides a Food Pantry, which is open Mon & Tues, 10am-12pm → Email info@thepatchworkhouse.com or visit <https://torbayfamilyhub.org.uk/topic/patchwork-house/>

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://citizensadviceetnmwd.org.uk/our-projects/>

Routeways: A charity aimed at supporting children, young people, families, and communities to overcome barriers caused by disadvantage, through regular activities and group support. Covers D&C, as well as Somerset and Dorset. Plymouth offices in Beckly Centre and Devonport Park Activity Centre → Call 01752 300700 or email Enquiries@routeways.org.uk or <http://www.routeways.org.uk/>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. Their mission is to bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing amongst children and families. They provide a



wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

Southwest Autism Support Services: 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 visit 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/>

The Wave Project: A project in Cornwall that aims to improve children's mental health and wellbeing through their award-winning Surf Therapy programme. Surf Therapy is an evidence-based programme that promotes inclusion, and enables children and young people to build confidence and overcome anxiety barriers through surfing. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email them at info@waveproject.co.uk or contact them via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides activities, parties, and special celebration events for children and families → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/childrens-parties>

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 xploreouthdevon@gmail.com or <https://www.lgbtqyouthdevon.org.uk/young-people>

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their families → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/>

Counselling Services

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Provides a wide range of therapies and counselling (all BACP accredited) to people of all ages who have been affected by any type of abuse or trauma. Delivers 1-to-1 and group interventions. Funding and cost of sessions is dependent on individual circumstances. Adults must complete a referral form to access CLEAR's services; children and young people (aged 0-17) need to be referred to the service by an organisation, parent, or carer → Call 01872 261147 or email admin@clearsupport.net or for adults visit <https://clearsupport.net/adults> or for children visit <https://clearsupport.net/children-and-young-people> or for counselling/therapy info visit <https://clearsupport.net/mission/therapeutic-approaches>

Counselling Directory: A free directory of all available counselling services and therapists in Devon and Cornwall → Visit <https://www.counselling-directory.org.uk/search.php?search=Devon> or <https://www.counselling-directory.org.uk/search.php?search=Cornwall>



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 South Hams, West Devon, and Teignbridge. Main office is based at Pearl Assurance House Brook Street Tavistock Devon PL19 0BN → Call 01822 258018 or visit <https://www.counsellorssouthwest.org/>

Devon Therapy Services: Provides counselling for a wide range of issues, such as abuse, ADHD, anxiety, autism, bereavement, depression, OCD, and PTSD. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary. Based in Exeter (Second Floor, 6 Northernhay Place, EX4 3QJ) and Torbay (38a Fore Street, St Marychurch, Torquay, TQ1 4LX) → Call 07572 432391 or email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/>

Hope for Harm: A service for adults (aged 18+) who self-harm as a way of coping with overwhelming emotional and/or psychological pain. Hope for Harm offers a professional and specialist service of up to 18 (BACP Accredited) counselling/therapy sessions where they help individuals explore past/present situations that may have led to someone self-harming. Also helps to teach skills such as distress tolerance and emotional regulation. Hope for Harm tailors a therapeutic plan that is unique to each individual. Individuals can refer to themselves to the service → Call 01872 261147 or email referrals@clearsupport.net to send referral forms or for enquiries, or for general enquiries email admin@clearsupport.net or visit <https://clearsupport.net/adults/hope-for-harm>

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

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

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including anxiety, depression, panic attacks, phobias, and relationship difficulties. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-kholsa.co.uk/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including counselling for a wide range of issues. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide



range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing counselling on a wide range of issues, such as pregnancy choices counselling, post-abortion counselling, and baby loss counselling. Covers South-east Cornwall also → Call 01752 246788 or email them via contact@pregnancycrisiscare.co.uk or visit <https://pregnancycrisiscare.org.uk/pregnancy-crisis-care-services/>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including anxiety, depression, self-harm, health & wellness, and mental health. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online and in-person sessions → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Sunrise Soul Therapies: A counselling service based in Tavistock that offers Reiki Therapy sessions in Launceston, Cornwall. Also offers online Sound Therapy sessions, which are open to all. 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 visit <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/>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including counselling for victims of sexual assault. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

Criminal Justice

CASS+: Offers free advice and support to anyone going through the courts in Devon & Cornwall (including Plymouth), including to vulnerable people at risk of, or have been processed through, the Criminal Justice System (CJS) (especially those not eligible for Legal Aid). Open to both victims and offenders, and to individuals or their loved ones seeking advice → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or <https://www.cassplus.org/>

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including law and criminal justice → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicetnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).



Devon and Cornwall Victim Support: A 24/7 service (through their free live chat) that provides emotional and practical help to people who have been affected by crime in Devon and Cornwall. They are an independent charity who individuals can contact for support, regardless of whether they've contacted the police, and no matter how long ago the crime took place. Provides information, support, and signposting, as well as help filling out compensation forms and helping to make your home more secure, and providing personal alarms for free → Call your local Victim Support team on 0300 303 0554 (9am-6pm M-F) or call Support line for free outside of these hours on 0808 1689 111 or visit <https://www.victimsupport.org.uk/resources/devon-and-cornwall/#:~:text=to%20get%20support.-,Call%20your%20local%20Victim%20Support%20team%20in%20Devon%20and%20Cornwall,quest%20support%20via%20our%20website.>

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) → **North & West Devon:** 01271 388 150 **South, Central & East Devon:** 01392 384 978 (M-Th 9am-5pm; F 9am-4pm) or email devonyjs@devon.gov.uk or for more information visit <https://www.devon.gov.uk/children-families-education/child-family-support/young-people/youth-justice-service/>

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 more information available on their website <https://www.rehab4addiction.co.uk/addiction-treatment>

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services. Also provides support with criminal justice for women who want to rebuild their lives after being in prison, such as with their housing, financial, and emotional needs → Call 07510 079832 or email sue.gilbert@womenscentrecornwall.org.uk or visit their criminal justice webpage <https://www.womenscentrecornwall.org.uk/open-service-and-mentoring>

Crisis Support

Cornwall Mental Health Alliance: Comprises organisations ranging from wellbeing promotion to crisis intervention and recovery support, working with children, young people, and adults. Our alliance is a space for insight sharing, discussions and collaboration, working to develop and champion mental health provision across Cornwall and the Isles of Scilly → Email or for more information visit <https://www.ctcinfohub.org/cornwall-mental-health-alliance/>

Devon Domestic Abuse Service: Signposts people to crisis support if/when in immediate danger/ domestic abuse crisis situation. If unable to speak, dial 999 then press 55 when prompted. This will alert the police when you need help → For more information visit <https://www.bpag-encompass.org.uk/projects/brave-spaces/>

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/>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of services, including crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.uk/help-and-support/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and crisis support. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

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/>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including crisis support for victims of sexual assault. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including crisis support and signposting. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/need-urgent-help/>

Debt & Money Management

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including debt and money management → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services <https://citizensadvicetnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

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 <https://www.bpag-encompass.org.uk/project-categories/money-and-debt/>



Household Support Fund: (Part of Citizens Advice South Hams) Devon County Council's Household Support Fund provides energy vouchers to residents of Devon County*. These vouchers can be used to help cover the cost of gas and/or electricity, with no repayment required and no impact on benefit entitlements. The fund is managed by Citizens Advice Devon, and local offices are available to offer support and discuss your individual circumstances. They can also provide additional energy-saving advice to help you save even more → South Hams/Teignbridge residents call 0808 278 7948 or find your nearest drop-in here: <https://southhamscab.org.uk/get-advice/in-person/> Devon residents visit <https://southhamscab.org.uk/projects/>

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

Pension Wise: Helps those over 50 with a defined contribution pension to understand their options. Free appointments offered, including online appointments. Open M-F 9-5 → For telephone appointments call 0800 138 3944, for face-to-face appointments call 0800 138 1585 or visit <https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/book-a-free-pension-wise-appointment?source=pw>

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 North, West, and Mid 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/>

Dementia

Alzheimer's Society (Cornwall): Their dementia support service is here to give you personalised help and advice face to face, over the phone or in writing. Depending on your needs, they can offer you information and signposting or ongoing support regardless of whether you are worried about your memory, have a diagnosis of dementia or are a carer, family or friend. Their expert team will listen, answer your questions, and connect you to the support you need → Call 01872 277 963 (M-F 9-5) or email cornwall@alzheimers.org.uk or visit <https://www.alzheimers.org.uk/find-support-near-you> (type in 'Cornwall').

Devon Memory Café Consortium: A membership organisation which aims to support memory cafes across Devon to provide a quality service to people living with dementia and their carers. Their mission is to provide our members with quality information, guidance and training on running memory cafes, and also opportunities to meet, learn and share with each other. Has many cafes all across Devon → Email jane@dmcc.org.uk or visit www.dmcc.org.uk or <https://dmcc.org.uk/find-a-memory-cafe/> to find a café in your specific area.

Devon Memory Service (Torbay, South and West Devon): Following a referral from your GP, we will assess you to try to find out why you are having memory problems and if it could be the early stages of a dementia - such as Alzheimer's disease. Whatever the diagnosis, we will give you the information, support and treatment that you need to help you to live well and independently → Call 01803 396 520



or email dpn-tr.SouthDevonMemoryService@nhs.net or for more info <https://www.dpt.nhs.uk/service-details/service/devon-memory-service-9/> (Barnstaple, Exeter, Torbay).

MHA Cornwall: Support over 55's to Live Later Life Well. We run groups, clubs, activities and outings, a monthly Saturday Coffee Morning in Saltash and 2 monthly supported outings (Based in Saltash and Camborne). They support older people via Telephone and Face-to-Face befriending services which are free to their members. They also run a memory café → Call 07547 657 543 or email cornwall@mha.org.uk or visit <https://mha.org.uk/care-support/community-groups-activities>

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

Depression

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around depression. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

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/>

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including depression. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-khosla.co.uk/>

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

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: 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 referrals from professionals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Domestic & Sexual Abuse

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/>

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 → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

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

CASS+: A charity that provides information, advice, and support for a wide range of issues, including domestic abuse, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153; Newton Abbot 01626 337214; Bodmin 01208 78003 or contact details for each region available here <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. They are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help adults to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, services, resources, and signposting. Also provides a range of 1-to-1 counselling and therapy for adults affected by sexual abuse, sexual violence, and traumatic crime, at any point in their lives → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/adults>

Devon & Cornwall Sexual Assault 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; for those assaulted in Cornwall, they will be seen in the specialist centre in Truro. 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 for **Devon:** <https://sarchelp.co.uk/childrens-service/> or **Cornwall:** <https://sarchelp.co.uk/truro-sarc/>

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 Alliance: An organisation dedicated to eradicating domestic abuse through collaborative efforts and community engagement. Their mission is to provide a safe haven for those affected, offering resources and support to rebuild lives. They envision a future where domestic abuse is no longer a hidden issue but a community priority, tackled with compassion and determination. Open M-F, 9-5 → Call 08082 816 161 or email hello@ddaa.org.uk or visit www.ddaa.org.uk/

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/>

DICE (Barnardos Exceed Service): Provides information, support and training/programmes for carers and parents of children and young people aged 11-18 years who have experienced online dangers and who may be at risk of/have been exposed to exploitation. Covers all of Devon → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

FearFree (Devon): An organisation who provides support to people who are currently experiencing, or who have previously experienced, domestic abuse (regardless of how long ago the abuse took place). They can also offer support around returning to education and employment. Also provides an Interpersonal Trauma Response Service in GP surgeries across Devon, which accepts both child and adult referrals → Call 0300 124 0927 (9-5) or email **for referrals:** support@fearfree.org.uk or **sexual violence support** SVTS@fearfree.org.uk or **general enquiries:** Call 01225 777 724 or email admin@fearfree.org.uk or visit <https://www.fearfree.org.uk/>

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

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

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

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including sexual and physical abuse. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-khosla.co.uk/>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate and using a trauma-informed approach. 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 <https://operationemotion.co.uk/contact>

Patchwork House (Part of Family Hub Torbay): Provides a safe space for women and children who have experienced domestic abuse, offering non-judgemental and confidential support, guidance, and signposting. Based at 103 Winner Street, Paignton, TQ3 3BP and 189 Union Street, Torquay, TQ1 4BY. Also provides a Food Pantry, which is open Mon & Tues, 10am-12pm → Email info@thepatchworkhouse.com or visit <https://torbayfamilyhub.org.uk/topic/patchwork-house/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support with domestic and sexual violence and abuse through their Aquila project. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/aquila-project/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

RISE (Part of FearFree Devon): Supports individuals to develop skills and confidence by giving them access to education, training and employment opportunities through personalised action plans and 1-1/group sessions. Referrals are open to any individual who has experienced domestic abuse & sexual violence, any individual who has caused harm through domestic abuse, and any young person aged 15+ who is not currently in any form of education, employment, or training, who has experienced domestic abuse in the home. Covers the whole of Devon, including Torbay and Plymouth → Call 0300 124 0927 (open 9-5) or email support@fearfree.org.uk (referrals) or SVTS@fearfree.org.uk (sexual violence support), or admin@fearfree.org.uk (general enquiries) or for more information visit <https://www.fearfree.org.uk/rise/>

Safer Devon: Provides information, advice, signposting, and a mini-directory of support services for those facing domestic and sexual violence and abuse. Also includes information on the different types of abuse and information about The Interpersonal and Gender-Based Violence and Abuse Strategic Needs Assessment → Visit <https://saferdevon.co.uk/domestic-sexual-violence-abuse/>



Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including domestic abuse → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

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

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected and empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services → Call the main office on 01208 76466 (M-F 9-5) or email admin@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk>

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including advice, support, information, and signposting. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including domestic abuse support (both victim and perpetrator support). Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Eating Disorders

Devon & Cornwall Food Action: A registered charity, run almost entirely by a brilliant volunteer workforce, that strives to eradicate food poverty in Plymouth, Devon and Cornwall. DCFA is not a foodbank; they work with food producers and supermarkets to redistribute surplus food to those in need. They supply a number of services, community organisations and groups → Call 07510 779235 or email info@devonandcornwallfoodaction.org or visit <https://devonandcornwallfoodaction.org/>

Devon Therapy Services: Provides counselling on different types of eating disorders, such as bulimia, anorexia, and binge eating. BACP accredited therapists and counsellors. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary. Based in Exeter (Second Floor, 6 Northernhay Place, EX4 3QJ) and Torbay (38a Fore Street, St Marychurch, Torquay, TQ1 4LX) → Call 07572 432391, email info@devontherapyservices.co.uk or for more information visit <https://devontherapyservices.co.uk/eating-disorder-counselling/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around eating disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com



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

Devon County Council: Supports older adults to remain independent, and also provides advice and guidance on support at home, housing options, equipment & adaptations, home safety, health and wellbeing, and money management, plus more → Visit <https://www.devon.gov.uk/adult-social-care/care-and-support/older-adults-65/>

MHA Cornwall: Support over 55's to Live Later Life Well. We run groups, clubs, activities and outings, a monthly Saturday Coffee Morning in Saltash and 2 monthly supported outings (Based in Saltash and Camborne). They support older people via Telephone and Face-to-Face befriending services which are free to their members. They also run a wide range of groups including coffee mornings, weekly friendship groups, and a memory café → Call 07547 657 543 or email cornwall@mha.org.uk or visit www.mha.org.uk

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

Pension Wise: Helps those over 50 with a defined contribution pension to understand their options. Free appointments offered, including online appointments. Open M-F 9-5 → For telephone appointments call 0800 138 3944, for face-to-face appointments call 0800 138 1585 or visit <https://www.moneyhelper.org.uk/en/pensions-and-retirement/pension-wise/book-a-free-pension-wise-appointment?source=pw>

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

The Women's Centre Cornwall: A women's charity that offers empowering support to women and girls living with the impact of sexual and domestic abuse, with over 27 years' experience. Their vision is a world in which women and girls are safe, respected & empowered to fulfil their potential free from violence, inequality and oppression. Their centre is based in Bodmin and they provide empowering support to women and girls across Cornwall, Devon, Dorset, and HMP Eastwood Park through a wide range of projects and services. Also supports older women through their #NeverTooLate project → Call the main office on 01208 76466 (M-F 9-5) or email admin@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/our-services>

Employment, Education & Training

CASS+: A charity that provides information, advice, and support for a wide range of issues, including employment and education, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or



contact details for each region available here <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including employment advice → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicetnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

CLEAR: Provides a wide range of training programmes for both trauma survivors and professionals working in the health & social care sector → Email training@clearsupport.net or for more information visit <https://clearsupport.net/prevention-and-education/our-courses?iij=1752950625635>

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 South Hams, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals → Call 01392 677 067 or email dpn-tr.drlc@nhs.net <https://local.dualdiagnosis.org.uk/organisations/united-kingdom/devon/exeter/devon-recovery-learning-community-drlc/>

FearFree (Devon): An organisation who provides support to people who are currently experiencing, or who have previously experienced, domestic abuse (regardless of how long ago the abuse took place). They can also offer support around returning to education and employment. Also provides an Interpersonal Trauma Response Service in GP surgeries across Devon, which accepts both child and adult referrals → Call 0300 124 0927 (9-5) or email **for referrals:** support@fearfree.org.uk or **sexual violence support** SVTS@fearfree.org.uk or **general enquiries:** Call 01225 777 724 or email admin@fearfree.org.uk or visit <https://www.fearfree.org.uk/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around employment and education. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of employment and education opportunities, signposting, and resources for young adults → Email support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/youth-support>

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/>

RISE (Part of FearFree Devon): Supports individuals to develop skills and confidence by giving them access to education, training and employment opportunities through personalised action plans and 1-1/group sessions. Referrals are open to any individual who has experienced domestic abuse & sexual violence, any individual who has caused harm through domestic abuse, and any young person aged 15+ who is not currently in any form of education, employment, or training, who has experienced domestic abuse in the home. Covers the whole of Devon, including Torbay and Plymouth → Call 0300 124 0927 (open 9-5) or email support@fearfree.org.uk (referrals) or SVTS@fearfree.org.uk (sexual violence support), or admin@fearfree.org.uk (general enquiries) or for more information visit <https://www.fearfree.org.uk/rise/>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. They also give professional talks, often with a marine and maritime focus. Their mission is to bring exciting science and engineering outreach to instil passion, awe, knowledge, understanding and respect for the world around us. They also aim to improve individual, community, and environmental health and wellbeing. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

The Wave Project: A project in Cornwall that aims to improve children's mental health and wellbeing through their award-winning Surf Therapy programme, which helps to build their confidence and overcome their anxiety barriers. Also partners with local schools to offer specialist education programmes to enable pupils to learn outside the classroom. Education programmes include the Beach School, Surf Back to School, and Wave Rangers projects. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email info@waveproject.co.uk or contact via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk/education-programmes/

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including support with employment and skills-building. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, training opportunities, 1-1 advisor sessions, plus much more → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

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

Families

Action For Children: This service provides advice for users of Children's Centres in Devon. It can give families a free benefit check, help with claiming and guidance on financial management. It can also help



parents understand how getting a job or changing the hours they work would affect their income and benefits → Professional's referral form here <https://form.jotform.co/31975136268866> or for further information visit <https://www.devon.gov.uk/eycs/how-do-i-contact-my-nearest-family-hub/>

Alzheimer's Society (Cornwall): Their dementia support service is here to give you personalised help and advice face to face, over the phone or in writing. Depending on your needs, they can offer you information and signposting or ongoing support regardless of whether you are worried about your memory, have a diagnosis of dementia or are a carer, family or friend. Their expert team will listen, answer your questions, and connect you to the support you need → Call 01872 277 963 (M-F 9-5) or email cornwall@alzheimers.org.uk or visit <https://www.alzheimers.org.uk/find-support-near-you> (type in 'Cornwall').

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 → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including family issues, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of services including family support → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicetnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. They help families to understand the impact of abuse and trauma on a child, and the changes that may occur as they participate in therapy and psycho-education support. Provides support, guidance, and signpost for families of those who have been abused, including family therapy. Parents can also make referrals to CLEAR on their child's behalf → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/children-and-young-people>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable



changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or <https://www.catdevon.org.uk/>

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/>

DIAS (Devon Information Advice and Support): Provides information, advice and resources for parents about their children's special education needs and learning difficulties, as well as how to support their children express their needs → Call 01392 383080 or email devonias@devon.gov.uk or visit <https://devonias.org.uk/information/>

DICE (Barnardos Exceed Service): Provides information, support and training/programmes for families of children and young people aged 11-18 years who have experienced online dangers and who may be at risk of/have been exposed to exploitation. Covers all of Devon → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

Headway Devon: A local charity dedicated to improving life after brain injury. They provide essential services across Devon & Torbay for people with acquired brain injuries, their families, and carers. They support individuals with brain injuries (& loved ones) to come to terms with what has happened, and overcome their disabilities. They also provide support and advice to their families and carers → Call 01392 211 822 or email info@headwaydevon.org.uk or visit <https://headwaydevon.org.uk/>

Home Start: 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, and to help them create the best outcomes for their children. Range of parent support services offered, including support programmes and peer support services → Call 07307 873163 or email homestart.shpt@gmail.com or visit homestart.shpt@gmail.com or visit www.homestart-southandwestdevon.org.uk/

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



Normal Magic CIC: A group of professionals with backgrounds in Mental Health Nursing, Occupational Therapy, Teaching, Clinical Psychology and Consultant Psychiatry, who aim to demystify and destigmatise mental health, and raise awareness of mentally healthy living, loving, and learning. Works closely with children & young people, families, schools, and related professionals. Covers East & West Devon and Exeter → Email team@normalmagic.co.uk or visit www.normalmagic.co.uk

Patchwork House (Part of Family Hub Torbay): Provides a safe space for women and children who have experienced domestic abuse, offering non-judgemental and confidential support, guidance, and signposting. Based at 103 Winner Street, Paignton, TQ3 3BP and 189 Union Street, Torquay, TQ1 4BY. Also provides a Food Pantry, which is open Mon & Tues, 10am-12pm → Email info@thepatchworkhouse.com or visit <https://torbayfamilyhub.org.uk/topic/patchwork-house/>

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://citizensadviceetnmwd.org.uk/our-projects/>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. They provide a wide range of Science and Engineering outreach and support projects across all of Devon, for children and families → Email jjackson@seadreameducation.com or for more information visit <https://www.seadreameducation.com>

Southwest Autism Support Services: 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 of Devon → Email southwestautism@gmail.com or visit www.southwestautismsupport.com

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 (and Cornwall), 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/>

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their families/carers → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including support for families. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>



Food Support (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 Devon and Cornwall. 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 Ivybridge, Bovey Tracey, Tavistock, Horrabridge, and Sherford → Call 01224 433 361 or 07850 587 424 or email info@feedingdevon.org.uk or visit <https://feedingdevon.org.uk/>

Patchwork House (Part of Family Hub Torbay): Provides a safe space for women and children who have experienced domestic abuse, offering non-judgemental and confidential support, guidance, and signposting. Based at 103 Winner Street, Paignton, TQ3 3BP and 189 Union Street, Torquay, TQ1 4BY. Also provides a Food Pantry, which is open Mon & Tues, 10am-12pm → Email info@thepatchworkhouse.com or visit <https://torbayfamilyhub.org.uk/topic/patchwork-house/>

Provide Devon: A Christian charity that provides food and other essentials to local people facing crisis point. Using a combination of fresh produce and donated food from retailers, businesses and the local community, a food parcel can be provided to referral agents within hours (cannot accept self-referrals). They aim to give individuals, the majority of which are children and young people, immediate relief from hunger when they have no other options available → Email info@providedevon.org.uk or visit <https://providedevon.org.uk/>

Saltash Foodbank: Supported by The Trussell Trust, Saltash Foodbank provides three days' nutritionally balanced emergency food to local people referred to them in crisis. They work within a nationwide network of foodbanks, to combat poverty and hunger across the UK → Call 0800 144 8848 to speak to Citizens Advice Cornwall to request a foodbank voucher, or for more info visit <https://saltash.foodbank.org.uk/> or call 0800 328 2124.

Gambling

The South West Gambling Service: Open to anyone living in the South West and registered with a GP, SWGS provides free confidential support to those affected by gambling addiction. People can refer themselves directly to the service → Call 0330 022 3175 (M-F 9am-7pm) or fill out the referral form https://sw-gambling.cogassess.co.uk/pages/SW_Self_Referral_Start or for more information visit their website <https://www.awp.nhs.uk/our-services/az-services/south-west-gambling-service>

Health & Wellbeing

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon



works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's health and wellness through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including health and wellness, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details for each region <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including health and wellness → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicetnmwd.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of health and wellbeing needs. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.org.uk/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved physical and mental health through engaging and creative activities. → Email them at hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>

Healthwatch Devon: the independent consumer champion for health and social care. With a team of Healthwatch Champions working across the county, they provide specialist support, guidance and advice in all aspects of health and social care. The champions will help clients resolve any health and social care enquiries → Call 0800 520 0640 (M-F 10-4) or visit <https://www.hwdpt.org/devon>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around health and wellness. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com



Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, such as Wellbeing Walks and exercise classes → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

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, including Cornwall. Sessions cost £5 per person. Cornwall sessions run every Thursday, 6.30-7.30pm, at the Dracaena Centre in Falmouth → 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>

Seadream Education CIC: Established in 2017, Seadream have been steadily growing in the education and immersive tech sectors. They design, create and deliver bespoke sessions and resources for public organisations such as museums, libraries, and for family festivals and education centres. They also aim to improve individual, community, and environmental health and wellbeing. They provide a wide range of Science and Engineering outreach and support projects across all of Devon → Email jjackson@seadreameducation.com or visit <https://www.seadreameducation.com>

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including health and wellness → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

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

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

CASS+: A charity that provides information, advice, and support for a wide range of issues, including housing and homelessness, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>



Citizens Advice Torridge, North, Mid and West Devon: Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including housing → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicecornwall.org.uk or to find specific services and drop-ins visit <https://citizensadvicecornwall.org.uk/our-services/> (covers a wide range of areas across Mid, North, and West Devon).

Devon Home Choice: Allows Devon residents to search and apply for council and housing association homes across Devon, including East Devon, Exeter, Mid Devon, North Devon, Plymouth, South Hams, Teignbridge, Torbay, Torridge, and West Devon → **Contact details – East Devon:** 01395 517 469 or devonhomechoice@eastdevon.gov.uk **Exeter:** 01392 265 889 **Mid Devon:** 01884 255 255 or devonhomechoice@middevon.gov.uk **North Devon:** 01271 388 870, or email their team at customerservices@northdevon.gov.uk **West Devon:** 01822 813 600 or email them at devon.homechoice@swdevon.gov.uk or <https://www.devonhomechoice.com/contact-us-6>

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

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of housing advice, info, signposting, and resources for young adults → Email them at support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/youth-support>

Shekinah: Devon & Cornwall-based charity that provides opportunities for those in recovery/seeking recovery from homelessness (also assist with drug and alcohol issues, offending behaviours, and mental health) → Call 01752 203480 or email reception@shekinah.co.uk or www.shekinah.co.uk

Shelter (Cornwall/Devon): A charity that works to alleviate the distress caused by homelessness and bad housing. They do this by giving advice, information and advocacy to people in housing need. Also provides support and advice around benefits → Call 0344 515 2300 (M-F 9-5; Cornwall) or 0344 515 2399 (Devon), or email info@shelter.org.uk or visit http://england.shelter.org.uk/get_advice/

The Women's Centre Cornwall: Amongst many other services and support, TWCC can provide support, information, and signposting for women who are leaving prison with their housing and accommodation needs → Call 07510 079832 or email sue.gilbert@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/open-service-and-mentoring>

Learning Disabilities & SEN

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/>

Community Learning Disability Team: Multiple teams across Devon. The CLDTs offer specialised health and social care support for adults (18+) with learning disabilities, including personalised care planning, intensive assessment, and access to therapies. Teams based in Barnstaple, Tiverton, Exeter, Honiton, Newton Abbot, Totnes, Torquay, and Paignton → For full contact details visit <https://www.dpt.nhs.uk/service-details/service/learning-disability-intensive-assessment-and-treatment-service-75/>

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>

DIAS (Devon Information Advice and Support): Provides accessible and advice for children and young people aged 0-25 with special educational needs and disabilities, and signpost them to other services and organisations → Call 01392 383080 or email devonias@devon.gov.uk or more information <https://devonias.org.uk/children-young-people/>

Heal Your Confidence CIC: Provides holistic and personalised online support for people with learning difficulties, such as dyslexia and dyspraxia. Support offered includes screenings, 1-1 support, and coaching → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Magic Carpet: Brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups. They make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton → Call 01392 205 800, email magiccarpet@eci.org.uk or visit <https://www.eci.org.uk/projects/magic-carpet>

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

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

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

The Women's Centre Cornwall: Amongst many other types of support, TWCC offers support and empowerment for women with learning disabilities, neurodiversity, and autism through their DIVAS Project. The DIVAS are a group of women who fight to be treated fairly and with respect, and get their



voices heard → Call Dina on 07398 893242 or email dina.holder@womenscentrecornwall.org.uk or visit <https://www.womenscentrecornwall.org.uk/divas>

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

Whiz Kids: A training provider based in Plymouth (but covers Devon & Cornwall) that provides career workshops, activities, careers workshops & events, training opportunities, 1-1 advisor sessions, plus much more, for children, families, and people with learning disabilities → Call 01752 560360 or email info@wkuk.org or visit <https://www.wkuk.org/>

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their families. Supports care leavers and young people aged up to 22 years old with special education needs/disabilities → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/>

Legal Aid

CASS+: A charity that provides legal aid to both victims and offenders in the Devon & Cornwall area, including those at risk of being processed, or have been processed through, the Criminal Justice System → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

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Shelter (Cornwall/Devon): A charity that works to alleviate the distress caused by homelessness and bad housing. They do this by giving advice, information and advocacy to people in housing need. Also provides legal advice → Call 0344 515 2300 (M-F 9-5; Cornwall) or 0344 515 2399 (Devon), or email info@shelter.org.uk or visit http://england.shelter.org.uk/get_advice/

LGBTQ+

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support, workshops training, and RSHE and PSHE programmes for schools → Contact via <https://big-sis.co/contact> or visit <https://big-sis.co/>



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 xploreouthdevon@gmail.com or visit <https://www.lgbtyouthdevon.org.uk/young-people>

Marriage and Relationships

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

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including relationship difficulties. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-kholsa.co.uk/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing couples counselling and psychotherapy in Plymouth (and wider Devon/Cornwall area). Their team of specialists use different approaches to adapt to people's situations. Offer support on a wide range of issues. Can provide Zoom/face-to-face support. Individual sessions cost £50; couples sessions cost £65. Some discounts available → Call 01752 266000 or email plymouthcounselling@gmail.com or more information <https://plymouthcounselling.com/>

Mental Health

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support, workshops training, and RSHE and PSHE programmes for schools → Contact via <https://big-sis.co/contact> or visit <https://big-sis.co/>

BroProject CIC: A community of men based in Devon (including Torquay) who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities. Runs lots of activities and events across Devon. All activities are completely free, and include gym sessions, martial arts, golfing, and creative activities → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/>



CASS+: A charity that provides information, advice, and support for a wide range of issues, including mental health, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth 01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>

Creative Arts Therapy Devon CIC: A friendly, diverse, and experienced group of therapists in Devon that offer a holistic approach through a variety of creative arts therapies, with the aim of addressing a wide range of mental health and emotional difficulties. They also aim to achieve positive and sustainable changes for whoever accesses their services. Open to individuals, families, and local communities → Call 07944 991208 or email info@catdevon.org.uk or visit <https://www.catdevon.org.uk/>

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved mental health through engaging and creative activities. → Email hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>

Core (Community) Mental Health Teams: Part of Devon Partnership Trust. DPT's core (community) mental health teams focus on your early contact with their mental health services to give you the best chance of getting better and supporting your recovery. Their aim is to work together with you to support you with your mental health needs to enable you to return to manageable levels of activity and independence. People can be referred to this service by their GP or another health professional; you will then be offered an initial assessment in one of their health & wellbeing clinics in Exeter, Torbay, or Barnstaple. Core CMHTs are based in Barnstaple, Bideford, Crediton, Exeter, Honiton, Ivybridge, Newton Abbot, Paignton, Tavistock, Tiverton, and Totnes → For full list and contact details, visit <https://www.dpt.nhs.uk/service-details/service/core-community-mental-health-teams-10/>

Cornwall Mental Health Alliance: Comprises organisations ranging from wellbeing promotion to crisis intervention and recovery support, working with children, young people, and adults. Our alliance is a space for insight sharing, discussions and collaboration, working to develop and champion mental health provision across Cornwall and the Isles of Scilly → Email or for more information visit <https://www.ctcinfohub.org/cornwall-mental-health-alliance/>

Devon & Torbay Advocacy Service: Provided by Rethink Advocacy, DTAS provides many of the statutory advocacy services within the Devon Advocacy Consortium as one of the providers, including Devon and Torbay Independent Mental Health Advocacy (IMHA) Service. Their advocates work in partnership with the people they support. They take action to help people say what they want, secure their rights, represent their interests, and obtain services they need. They promote social inclusion, equality, and social justice → To refer to any DAC advocacy service, please contact their Single Point of Contact on 01392 833 277 (M-F 9-5) or email devonadvocacy@livingoptions.org or <https://www.rethinkadvocacy.org.uk/our-services/south-west-england/devon-torbay-advocacy-service/>

Devon Mental Health Alliance (DMHA): Launched in 2022 as part of the Community Mental Health Framework, the Alliance brings together five voluntary, community and social enterprise (VCSE) organisations working alongside statutory partners — Devon Partnership NHS Trust and Livewell Southwest — to deliver more connected, person-centred mental health support for people across the county → Visit <https://www.mentalhealthdevon.co.uk/>

Devon Mind: An independent mental health charity affiliated with Mind. They provide advice, information, and support to empower anyone living in Devon who may be experiencing a mental health problem. They also campaign to improve local support services, raise awareness, and promote the understanding of mental health across Devon → Call 01752 512 280 or email hello@devonmind.com or visit <https://www.devonmind.com/about/our-story>



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 South Hams, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals → Call 01392 677 067 or email dpn-tr.drlc@nhs.net <https://local.dualdiagnosis.org.uk/organisations/united-kingdom/devon/exeter/devon-recovery-learning-community-drlc/>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.uk/help-and-support/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around mental health. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events, including for mental health support → Email them on support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

Magic Carpet: Brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups. They make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton → Call 01392 205 800, email magiccarpet@eci.org.uk or visit <https://www.eci.org.uk/projects/magic-carpet>

Mental Health Peer Support, Devon: 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/>

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including anxiety, depression, panic attacks, phobias, and PTSD. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-kholsa.co.uk/>

Normal Magic CIC: A group of professionals with backgrounds in Mental Health Nursing, Occupational Therapy, Teaching, Clinical Psychology and Consultant Psychiatry, who aim to demystify and



destigmatise mental health, and raise awareness of mentally healthy living, loving, and learning. Works closely with children & young people, families, schools, and related professionals. Covers East & West Devon and Exeter → Email team@normalmagic.co.uk or visit www.normalmagic.co.uk

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

Open Door Exmouth: A multi-service charity delivering support and building community across the age-groups. They are passionate about combating isolation and poverty, developing skills, promoting positive mental health and wellbeing, and compassionately supporting those most in need in our town. Provides a wide range of support, including mental health support → Call 01395 224 218 or email info@opendoorexmouth.org.uk or visit <https://opendoorexmouth.org.uk/#>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support with mental health difficulties, such as depression and anxiety, and managing stress. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk>

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

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

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including mental health issues → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

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

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on



Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

The Wave Project: A project in Cornwall that aims to improve children's mental health and wellbeing through their award-winning Surf Therapy programme. Surf Therapy is an evidence-based programme that promotes inclusion, and enables children and young people to build confidence and overcome anxiety barriers through surfing. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to be a registered referral partner. Based in Newquay → Call 01637 820830, email info@waveproject.co.uk or contact <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

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 North, Mid, and 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 and issues → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Men's Services

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

BroProject CIC: A community of men based in Devon (including Torquay) who are passionate about changing the way we battle mental health. They aim to prevent mental health issues from going too far by creating fun opportunities for men to get together and do something that takes them away from the worries of everyday life. Their sessions focus on providing fun, active, and creative opportunities → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/>

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for men, including the District Men's Shed group → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or for more information visit <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>

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

Open Door Exmouth: As part of their services, Open Door Exmouth provides Men's Shed, a social space for men to share and learn practical skills, with the opportunity to work together on community projects. Established in 2014, Men's Shed provides 2 fully equipped workshops and a warm welcome to all men. Open Tues, Weds, & Thurs, 9am-4pm. Based at Clayton House, 146 Salterton Road,



Exmouth, EXB 2PD → Call Tim on 07508 602939 or email menshed@opendoorexmouth.org.uk or visit <https://opendoorexmouth.org.uk/our-services/mens-shed/>

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>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support with domestic/sexual violence/abuse, difficulty expressing emotions, managing stress, navigating relationship and family issues, depression, anxiety, mental health concerns, life transitions, bereavement, and support for overcoming addiction and harmful habits. Based in Cornwall → Call 01209 205785 or email beata@pegasusmenswellbeing.co.uk or contact <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk>

Parents & Pregnancy

Action For Children: This service provides advice for users of Children's Centres in Devon. It can give families a free benefit check, help with claiming and guidance on financial management. It can also help parents understand how getting a job or changing the hours they work would affect their income and benefits → Professional's referral form here <https://form.jotform.co/31975136268866> or for further information visit <https://www.devon.gov.uk/eycs/how-do-i-contact-my-nearest-family-hub/>

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 → Call 07463 806371 or email babybasicscornwall@gmail.com or visit <https://baby-basics.org.uk/>

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

DICE (Barnardos Exceed Service): Provides information, support and training/programmes for carers and parents of children and young people aged 11-18 years who have experienced online dangers and who may be at risk of/have been exposed to exploitation. Covers all of Devon → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

Open Door Exmouth: As part of their services, Open Door Exmouth runs a Parent Hub, which provides a welcoming café space for parents and their little ones to access support and make new friends. Established in 2021 following the pandemic, in response to parents expressing their need for safe spaces, support, and social contact. Open to any parent of a child under 18 years old. Parent Hub Café runs in term-time on Thursday mornings, 10am-12.30pm. Based at Open Door Community Hub, Church



Street, Exmouth, EX8 1PE → Call 01395 224 218 or email info@opendoorexmouth.org.uk or visit <https://opendoorexmouth.org.uk/our-services/parent-hub/>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing confidential, impartial support, counselling, and signposting (including to medical services). Based in Plymouth but also covers South-east Cornwall → Call 01752 246788 or email contact@pregnancycrisiscare.co.uk or visit <https://www.pregnancycrisiscare.org.uk/>

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

Personality Disorders

Devon Therapy Services: Provides counselling on a wide range of conditions and diagnosis, including personality disorder. BACP accredited therapists and counsellors. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary; DBT therapy primarily used for personality disorders. Based in Exeter (Second Floor, 6 Northernhay Place, EX4 3QJ) and Torbay (38a Fore Street, St Marychurch, TQ1 4LX) → Call 07572 432391, email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/personality-disorder-counselling/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around personality disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

Livewell Southwest: The Livewell Southwest teams are inclusive in supporting people with complex emotional needs/personality disorders. The Personality Disorder Complex Emotional Needs Service was developed and expanded in 2022 within Livewell Southwest and offers support and treatment for complex emotional needs/personality disorders, using NICE-recommended treatment this includes Peer Support, Dialectical Behaviour Therapy (for borderline personality disorders) and some other specialist interventions → Contact them at 01752 435 502 and ask for the Personality Disorder Complex Emotional Needs Team or visit <https://www.livewellsouthwest.co.uk/project/personality-disorders-service-pds>

Psychology Today: A directory of counsellors and therapists that offer support for those with personality disorders in South Devon → <https://www.psychologytoday.com/gb/counselling/eng/devon-county?category=borderline-personality>

Physical Disabilities

Creative Health Southwest: Formerly Pets & Picasso CIC. Embraces a holistic approach to health and wellbeing, where creativity, fun and play are at the heart of everything they do. Provides a wide range of activities, groups, and events. Our mission is to support individual of all ages and backgrounds in their journey towards improved physical health through engaging and creative activities. → Email hello@creativehealthsouthwest.com or visit <https://creativehealthsouthwest.com/>



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

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

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

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

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

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

Psychosis

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around psychosis. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

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 → For more info, visit https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/treatment-and-support/?gclid=EAlaIqobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAyAAEgLcZPD_BwE

Rethink Mental Illness: Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Provides



information, research, resources, and signposting to support for those experiencing psychosis → <https://www.rethink.org/search-results?q=psychosis>

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

PTSD

Devon Therapy Services: Provides counselling (online, telephone, and in-person sessions) for a wide range of issues, including PTSD. Aims to provide a place of safety for those suffering from PTSD, and to find structured techniques and coping strategies to help you manage your feelings and emotions. Session costs vary. Based in Exeter (Second Floor, 6 Northernhay Place, EX4 3QJ) and Torbay (38a Fore Street, St Marychurch, TQ1 4LX) → Call 07572 432391, email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/post-traumatic-stress-disorder/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around PTSD. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including PTSD. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-kholsa.co.uk/>

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including PTSD → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

TALKWORKS: A mental health service that covers most of Devon, open to anyone aged 18+ that provides support, information, and advice on PTSD → Visit <https://www.talkworks.dpt.nhs.uk/what-is-ptsd> or contact them via <https://www.talkworks.dpt.nhs.uk/get-in-touch>

Trauma Therapy Southwest: A service run by 2 specialist Trauma Therapists, that aims to relieve the distress of members of the community, emergency services, NHS & social care staff who suffer from the impact of trauma, and (complex) PTSD symptoms. Provide a psychoeducation & symptom reduction programme, in addition to 1-1 Trauma-Focused Therapy. Based in Totnes but has online sessions → Contact Harriet on 07958 329732 or email harriet.mellor@icloud.com or Call Annie on 07760 439760 or email anniwils@talktalk.net or visit www.traumatherapysouthwest.co.uk

Self-Harm & Suicide

Devon Therapy Services: Provides counselling on a wide range of conditions and diagnosis, including support with suicidal thoughts. BACP accredited therapists and counsellors. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary. Based in Exeter (Second Floor, 6 Northernhay Place, EX4 3QJ) and Torbay (38a Fore Street, St Marychurch, TQ1 4LX) → Call



07572 432 391 or email info@devontherapyservices.co.uk or for more information visit their website <https://devontherapyservices.co.uk/suicidal-thoughts-counselling/>

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.uk>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around self-harm and suicide. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

Hope for Harm: A service for adults (aged 18+) who self-harm as a way of coping with overwhelming emotional and/or psychological pain. Hope for Harm offers a professional and specialist service of up to 18 (BACP Accredited) counselling/therapy sessions where they help individuals explore past/present situations that may have led to someone self-harming. Also helps to teach skills such as distress tolerance and emotional regulation. Hope for Harm tailors a therapeutic plan that is unique to each individual. Individuals can refer to themselves to the service → Call 01872 261147 or email referrals@clearsupport.net to send referral forms or for enquiries, or for general enquiries email admin@clearsupport.net or visit <https://clearsupport.net/adults/hope-for-harm>

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including self-harm and suicide → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

Sexual Health

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

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

Truro Sexual Assault Referral Centre: A service whose staff are specially trained to support anyone who has been sexually assaulted, whether recently or in the past. Provides a wide range of support to men and women of any age, including sexual health and wellness advice. Based at a safe location in Truro Health Park → Call 0300 303 4626 or visit <https://sarchelp.co.uk/truro-sarc/> or for the Devon SARC visit <https://sarchelp.co.uk/exeter-sarc/>

Substance Misuse

CASS+: A charity that provides information, advice, and support for a wide range of issues, including substance misuse, for Devon & Cornwall residents → Phone lines open 9.30am-4.30pm; Plymouth



01752 601153 (M-F); Newton Abbot 01626 337214 (W+F); Bodmin 01208 78003 (W+Th) or contact details <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>

Pegasus - Men's Wellbeing Centre CIC: A safe and supportive space dedicated to helping men overcome life's challenges, build resilience, and achieve emotional wellbeing. Their team of professionally trained counsellors, psychotherapists, and coaches are committed to providing tailored and effective mental health services that empower men to thrive in all aspects of their lives. Provides a wide range of services and projects, including support and guidance for substance misuse. Based in Cornwall → Call 01209 205785 or email them via beata@pegasusmenswellbeing.co.uk or contact via <https://pegasusmenswellbeing.co.uk/contact-us/> or visit <https://pegasusmenswellbeing.co.uk/life-after-loss/>

Personal & Relationship Counselling: A private practice with almost 3 decades of experience in providing counselling and psychotherapy (using multiple approaches) across the wider Devon & Cornwall area. Provides counselling for a wide range of issues, including addictions. Can also provide support via Zoom if required. Sessions cost £50 per 60-minute session (some discounts available) → Call 01752 262000 or email plymouthcounselling@gmail.com or <https://plymouthcounselling.com>

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>

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain, in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including substance misuse → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of support, including activities → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including for those with addiction/alcohol misuse issues. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their families. Supports care leavers and young people aged up to 22 years old with special education needs/disabilities → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/parents/>

Trauma

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

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR is dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to help children and young people to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, counselling, and resources for abuse survivors → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/events>

FearFree (Devon): Provides an Interpersonal Trauma Response service within local GP surgeries. People can ask their GP to refer them or self-refer → Call 0300 124 0927 or email itrs@fearfree.org.uk or visit <https://www.fearfree.org.uk/refer/devon/>

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 visit homestart.shpt@gmail.com or visit www.homestart-southandwestdevon.org.uk/

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents and adults on a wide range of issues, including the after-effects of trauma. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-khosla.co.uk/>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate and using a trauma-informed approach. 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 <https://operationemotion.co.uk/contact>

TALKWORKS (NHS): Offers free talking therapies for adults aged 18+, including Eye Movement Desensitisation and Reprocessing (EMDR), which is a type of therapy specifically aimed at addressing trauma. Self-referrals accepted → Visit <https://www.talkworks.dpt.nhs.uk/>

Trauma Therapy Southwest: A service run by 2 specialist Trauma Therapists, that aims to relieve the distress of members of the community, emergency services, NHS & social care staff who suffer from the impact of trauma, and (complex) PTSD symptoms. Provide a psychoeducation & symptom reduction programme, in addition to 1-1 Trauma-Focused Therapy. Based in Totnes but has online sessions → Contact Harriet on 07958 329732 or email harriet.mellor@icloud.com or Call Annie on 07760 439760 or email anniwils@talktalk.net or visit www.traumatherapysouthwest.co.uk



Women's Services

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

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

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.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/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support for women. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for women → Email support@livewellinbraunton.co.uk or see the activities/events at <https://livewellinbraunton.co.uk/in-your-local-area> or <https://livewellinbraunton.co.uk> or the community diary <https://livewellinbraunton.co.uk/community-diary>



Patchwork House (Part of Family Hub Torbay): Provides a safe space for women and children who have experienced domestic abuse, offering non-judgemental and confidential support, guidance, and signposting. Based at 103 Winner Street, Paignton, TQ3 3BP and 189 Union Street, Torquay, TQ1 4BY. Also provides a Food Pantry, which is open Mon & Tues, 10am-12pm → Email info@thepatchworkhouse.com or visit <https://torbayfamilyhub.org.uk/topic/patchwork-house/>

Pregnancy Crisis Care: A Plymouth-based charity aimed at helping women and their partners with any pregnancy-related crisis (including unplanned pregnancies and abortions), by providing confidential, impartial support, counselling, and signposting (including to medical services). Based in Plymouth but also covers South-east Cornwall → Call 01752 246788 or email contact@pregnancycrisiscare.co.uk or visit <https://www.pregnancycrisiscare.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/>

The Women's Centre Cornwall: A women's charity based in Bodmin that offers an extensive range of support to women in Devon, Cornwall, Dorset, and HMP Eastwood Park including support and advice around benefits, housing, criminal justice, community support, support with domestic and sexual abuse & violence, and support for women with autism, learning disabilities, and neurodiversity, plus much more → Call 01208 76466 or email admin@womenscentrecornwall.org.uk or visit their website for more info <https://www.womenscentrecornwall.org.uk>

Young Adult Support (16+)

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

Big Sis CIC: A South-West UK based social enterprise that operates across Devon, that aims to support young girl's and non-binary children's mental health through impactful programmes in schools and the community. Big Sis also provides upskilling for their immediate support networks: parents, carers, youth leaders and teachers to offer improved quality of care. Also provides community support on a wide range of topics and issues, including self-esteem & confidence, puberty and boundaries & relationships → Contact via <https://big-sis.co/contact> or for more information visit <https://big-sis.co/youthandcommunitywork>

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

CLEAR: A Cornwall-based charity with a vision for a community safe and free from abuse, with opportunity to flourish after trauma. CLEAR are dedicated to the highest level of care and support for people of all ages, and all genders impacted by abuse and other emotional trauma. Their mission is to



help young adults to heal from harm caused by abuse and emotional trauma, and to prevent abuse from occurring. Provides a wide range of support, services, resources, and signposting. Also provides a range of 1-to-1 counselling and therapy for young adults affected by sexual abuse, sexual violence, and traumatic crime, at any point in their lives. CLEAR supports young adult victims and survivors of sexual abuse through person-centred counselling, trauma-focused therapy, and group activity. Their current funding from the Ministry of Justice supports people who have been affected by rape and sexual abuse at any point in their lifetime. The Office of the Police and Crime Commissioner provide funding for victims of traumatic crime. Individuals can self-fund their support at a cost of £60 per session, and must complete a referral form to access the service → Call 01872 261147 or email admin@clearsupport.net or visit <https://clearsupport.net/adults>

Devon & Cornwall Sexual Assault 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; for those assaulted in Cornwall, they will be seen in the specialist centre in Truro. 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 for **Devon:** <https://sarchelp.co.uk/childrens-service/> or **Cornwall:** <https://sarchelp.co.uk/truro-sarc/>

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) → **North & West Devon:** 01271 388 150 **South, Central & East Devon:** 01392 384 978 (M-Th 9am-5pm; F 9am-4pm) or email devonyjs@devon.gov.uk or for more information visit <https://www.devon.gov.uk/children-families-education/child-family-support/young-people/youth-justice-service/>

DICE (Barnardos Exceed Service): Provides information, support and training/programmes for carers and parents of children and young people aged 11-18 years who have experienced online dangers and who may be at risk of/have been exposed to exploitation. Covers all of Devon → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

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

Georgia's Voice: An organisation set up in honour of Georgia Lee Gallaway, who took her own life on July 6th 2020. Through the passion and hard work of the amazing team behind Georgia's Voice, the



team hopes to reduce the rate of suicide in young women (aged 18-25) in Cornwall, by helping them realise they are not alone, and that this is not the only option. Georgia's Voice offers a wide range of support and resources, including support groups, mental health support, and crisis support → Contact via <https://georgiasvoice.co.uk/contact-us/> or visit <https://georgiasvoice.co.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/> all regions covered here: <https://devonguides.org.uk/about-divisions-girlguiding-devon>

Hope for Harm: A service for young adults (aged 18+) who self-harm as a way of coping with overwhelming emotional and/or psychological pain. Hope for Harm offers a professional and specialist service of up to 18 (BACP Accredited) counselling/therapy sessions where they help individuals explore past/present situations that may have led to someone self-harming. Also helps to teach skills such as distress tolerance and emotional regulation. Hope for Harm tailors a therapeutic plan that is unique to each individual. Individuals can refer to themselves to the service → Call 01872 261147 or email referrals@clearsupport.net to send referral forms or for enquiries, or for general enquiries email admin@clearsupport.net or visit <https://clearsupport.net/adults/hope-for-harm>

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

Live Well in Braunton: A hub of information, signposting, resources, and a directory of services all across Devon. LWB works very closely with the local GP Surgery (Caen Medical Centre) to provide 1-1 support for individuals via their social prescribers. Also works alongside voluntary and statutory organisations and groups across the area to support existing projects, and help identify gaps in what is available and bringing people together to fill them. Offers a wide range of activities, clubs, workshops, and events for young adults. Also offers housing, employment, and education advice for young adults → Email them at support@livewellinbraunton.co.uk or visit <https://livewellinbraunton.co.uk/in-your-local-area> or see <https://livewellinbraunton.co.uk/youth-support>

Live Wire: A service (based in Saltash) for young people aged 10-21 who want to learn to make music or learn music technology as part of a youth club. Also offers free musical tuition, and other programmes and activities → Call 01752 or email info@livewireyouth.com or www.livewireyouth.com

Monica Kholsa Counselling: An experienced, BACP-accredited counsellor based near Totnes who provides counselling to adolescents on a wide range of issues, including anxiety, depression, panic attacks, phobias, and relationship difficulties. Whilst she is not currently taking new clients for long-term therapy, she does occasionally have spaces for shorter term work, and for supervision or consultation for those working in this field → Call 07790 413 610 or email monica@monicakholsa.co.uk or visit <https://monica-kholsa.co.uk/>

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

No Masks Required Group: Run by WayMakers Devon, this small, friendly social group is open to 14-19 year old girls with autism, and to those assumed to be female at birth (AFAB). It offers weekly peer



support, fun activities, social connections, visiting speakers with lived experience, and occasional outings. → Call 07309 563563, email alex@waymakers.co.uk or visit <https://waymakers.co.uk/groups/>

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>

RISE (Part of FearFree Devon): Supports individuals to develop skills and confidence by giving them access to education, training and employment opportunities through personalised action plans and 1-1/group sessions. Referrals are open to any individual who has experienced domestic abuse & sexual violence, any individual who has caused harm through domestic abuse, and any young person aged 15+ who is not currently in any form of education, employment, or training, who has experienced domestic abuse in the home. Covers the whole of Devon, including Torbay and Plymouth → Call 0300 124 0927 (open 9-5) or email support@fearfree.org.uk (referrals) or SVTS@fearfree.org.uk (sexual violence support), or admin@fearfree.org.uk (general enquiries) or for more information visit <https://www.fearfree.org.uk/rise/>

TALKWORKS (NHS): 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 a wide range of mental health conditions. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

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

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers three welcoming, safe, comfortable, non-judgemental and non-clinical environments (aka 'crisis cafes'). Can also provide information and emotional support for those who feel they are in a crisis or heading towards a crisis situation. Torquay hub is based in Torbay Business Centre → Torquay office: Call 07483 991848 (open 10am-6pm [virtual only] and 6pm-midnight Mon-Fri) or email devontorquay.mhm@nhs.net or more information <https://www.mhm.org.uk/the-moorings-devon>

The Wave Project: A project in Cornwall that aims to improve young adults' mental health and wellbeing through their award-winning Surf Therapy programme. Surf Therapy is an evidence-based programme that promotes inclusion, and enables children and young people to build confidence and



overcome anxiety barriers through surfing. Organisational referrers accepted; to refer a young person to one of their programmes, your organisation will need to become a registered referral partner. Based in Newquay → Call 01637 820830 or email info@waveproject.co.uk or contact via <https://www.waveproject.co.uk/contact-us/> or visit www.waveproject.co.uk

Y-SMART: (Youth – Substance Misuse, Advice, Recovery, Treatment) works and supports with young people up to the age of 18 who have issues with substance use. Provides confidential information and advice. Also aim to promote physical and mental wellbeing and reduces harm that can be associated with drug and alcohol use for young people and their families. Supports care leavers and young people aged up to 22 years old with special education needs/disabilities → Call 01392 385 637 or email y-smart@devon.gov.uk or visit <https://www.y-smart.org.uk/about/>

Young Devon: A young people's charity that aims to help young people across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing → Call 08082 810155 or email info@youngdevon.org or visit www.youngdevon.org