



Devon & Cornwall Service Directory – Exeter – 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.

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



EXETER

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>

Age UK Exeter: Runs community activities, events, and support groups for elderly adults (and their carers & families) in Exeter → Call 01392 209092 (M-F 8.30-3) or email info@ageukexeter.org.uk or more information <https://www.ageuk.org.uk/exeter/activities-and-events/activities-with-age-uk-exeter/>

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).

Exeter City of Sanctuary: Holds community events and school workshops for refugees and asylum seekers fleeing war and persecution, which aim to create a culture of welcome and safety, by bringing people and organisations together → Email info@exeter.cityofsanctuary.org (website currently offline).

Exeter Community Initiatives: A local charity that initially started up to help local people facing poverty and homelessness. Offers lots of services, including group activities for any families in Exeter with children under 5, and lots of local events → Call 01392 205800, email info@eci.org.uk or visit <https://www.eci.org.uk/>

Food Cycle Exeter: A service that provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing people together. Every Tuesday 6.30pm at The Mint Methodist Church → Email exeter@foodcycle.org.uk or visit <https://foodcycle.org.uk/location/foodcycle-exeter/>

Gamblers Anonymous (Exeter): Runs a peer support group for people experiencing issues/addictions with gambling, to allow them to share their experience, strength, and hope with each other. Meets at Palace Gate every 2nd Tuesday of each month → Call 07864 896522 (to join the group), or 0330 0940322 (more information), or <https://gamblersanonymous.org.uk/meeting/>

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

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

Jelly (Part of Exeter Community Initiatives): ECI's award winning children's charity shop selling high-quality, preloved family items including kids' and maternity clothes, books, shoes, toys, and baby



equipment. All sales and donations going directly to support our charity, Exeter Community Initiatives, Jelly is a great place for the local community to shop sustainably and affordably. Located in Fore Street, Exeter, our current opening hours are Tuesday – Sunday, 10am-4pm. Clean, good quality donations are greatly appreciated and are accepted Tuesday-Saturday between 10am -12pm → Visit <https://www.eci.org.uk/projects/jelly>

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>

Men in Sheds Exeter (New): A group where men can go to form social connections, share skills and combat loneliness. Aims to create a strong, positive community for its members. Membership is £1 on the days members attend, which goes into the refreshments fund. Operating hours are Tuesdays, Wednesdays and Thursdays, 10am-4pm. Now based at Hospiscare's warehouse in Trusham Road on the Marsh Barton trading estate → Call John on 07876 574 361 or email meninshedsexeter@gmail.com or visit <https://www.facebook.com/people/Men-in-Sheds-Exeter-New/61554150210377/>

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

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

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, including Refugee Week, a women's group, and a community garden → Call 01392 682 185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

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

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

Southwest Autism Support Services: a small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the Autistic Spectrum together with associated comorbidities. They provide a wide range of services for CYP and families on



the autism spectrum, including advice, guidance, activities, a sensory room, plus much more → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

Tiny Stars Toddler Group: A community of parents, carers, and grandparents in Exeter who meet weekly for a playgroup with their toddlers. The group meets every Tuesday 10.30am-12pm at the Rediscover Church, Unit 1 Haven Banks, Water Lane, Exeter, EX2 2BY. Open to children aged 0-4. Costs £1 per family → Email office@rediscoverchurch.com or visit the Church's website <https://www.rediscoverchurch.com/tinystars>

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 criminal justice 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/>

WELL RAVER: An Exeter-based DJ passionate about community support and mental health wellbeing & advocacy. Runs wellbeing and community events and DJ shows throughout Devon and beyond throughout the year → Email wellraver@outlook.com or visit <https://www.facebook.com/WELLRAVER/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children and young people aged 5 to 25. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities. They provide services via local authorities, organisations, schools and for families directly → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>

Advocacy

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

Exeter Community Initiatives: Amongst other services, provides advice and advocacy for people with criminal histories, and other vulnerable people (such as those experiencing homelessness) → Call 01392 205800 or email info@eci.org.uk or <https://www.eci.org.uk/>

Information Advice & Advocacy Service: (Part of Citizen's Advice Exeter) Aims to ensure free, confidential, and impartial advice, information, and advocacy for adults in Exeter communities, and to work alongside the Council's Housing Needs Team to support customers who are homeless/at risk of homelessness, and are experiencing financial/budgeting difficulties → Call 0808 278 7845 (M-F 10-4; free helpline) or visit <https://www.citizensadviceexeter.org.uk/information-advice-and-advocacy-service/>



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

Plymouth & Devon Racial Equality Council: Advocates for equality and diversity in the workplace, and works in partnership with individuals & organisations committed to race equality. Aim to build a just and fair society where everyone has equal opportunities to live and learn free from prejudice, discrimination, and racism. Based in Plymouth, Exeter, and Torbay → Call 01752 224 555 or contact <https://www.plymouthanddevonrec.org.uk/contact.html> or <https://www.plymouthanddevonrec.org.uk/>

Alcohol Misuse

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

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 alcohol misuse support and information → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

University of Exeter: Offers information, advice, and signposting for those experiencing problematic alcohol use. Aimed at colleagues of the University, but their information is accessible to everyone → More information <https://www.exeter.ac.uk/staff/wellbeing/self-care/alcoholanddrugs/>

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/>

Anxiety

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

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

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



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

Asylum Seekers & Refugees

Exeter City of Sanctuary: Aim to provide a culture of safety and inclusion for refugees & asylum seekers fleeing war and persecution. Their vision is for Exeter to become a genuine City of Sanctuary where all areas of the community help to create this culture, by bringing people and organisations together, running community events, and school workshops, raising awareness, and campaigning for change. Also provides accommodation & employment advice → Email info@exeter.cityofsanctuary.org (website currently offline).

Refugee Support Devon: Offers a wide range of support for refugees and asylum seekers, including Refugee Resettlement and an Immigration advice clinic → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

University of Exeter: Provides information, advice, and community, financial, and academic support for asylum seekers & refugees studying at Exeter University → <https://www.exeter.ac.uk/students/wp-support/supportfor/asylumseekersandrefugees/>

Autism & ADHD

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

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/>

Meet Up Exeter ADD/ADHD Support Group: A group for anyone who has, suspects they may have, or is impacted by ADD/ADHD. Encourages people to share experiences, support each other and exchange information on what works for everyone. Each month is loosely based around a theme as a starting point for conversations that month → More information https://www.meetup.com/Exeter-Adult-ADD-ADHD-Support-Meetup/?cookie-check=c8a4NvT3n_2P3IUZ

Southwest Autism Support Services: A small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' with ASD and associated comorbid conditions. They provide a wide range of services for CYP and families on the ASD spectrum, including but not limited to – advice & guidance, 1-1 mentoring, family support sessions, tutoring, a sensory room, a craft room, plus much more → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>



Benefits

Age UK Exeter: Their Information and Advice Centre offers support and signposting around income and welfare benefits for elderly people (amongst others). Not currently offering drop-in advice sessions → Call 01392 455614 (advice line M-Th 10.30am-3pm) or email ianaExeter@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter/>

Citizen's Advice (Exeter): A service that offers free, confidential, impartial, and independent information and advice on a wide range of issues, including benefits → Call 0808 278 7845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk/>

Devon Carers: Amongst other services, Devon Carers can give carers a free benefit check, which will include looking at whether they would be better off working, and how starting work or changing their hours would affect their income and benefits. The service can be accessed by carers when they have a carer's needs assessment through Devon Carers: Helpline 03456 434 435 (Monday to Fridays from 8am – 6pm and on Saturday 9am – 1pm) → Visit <https://southhamscab.org.uk/projects/>

Exeter City Council: Provides information on how to make a benefit claim, what benefits you may be entitled to, and also how to report benefit fraud. Also provides advice and information for landlords, as well as cost of living support → More information <https://exeter.gov.uk/benefits-and-welfare/>

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://citizensadvicetnmwd.org.uk/macmillan/> or visit <https://citizensadvicetnmwd.org.uk/our-projects/>

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

Bereavement & Loss

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.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>

NHS Royal Devon: Offers a wide range of information, advice and support for a wide range of conditions and illnesses, as well as services such as bereavement support for bereaved relatives and carers. Exeter bereavement services are open M-F 9.30am-4pm → Call 01392 402 349 or email



rduh.rdebereavementservice@nhs.net or visit <https://www.royaldevon.nhs.uk/services/bereavement-services/>

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

Psychology Today: An online directory of Bereavement Counsellors in the Exeter (face-to-face and online sessions offered). Contact details, location, and types of therapy also included → More information <https://www.psychologytoday.com/gb/counselling/eng/exeter?category=bereavement>

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>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Bipolar Disorder

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

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

Brain Injury

Headway Devon: A local charity dedicated to improving life after brain injury. They provide essential services across Exeter 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 Exeter: Their Information & Advice service provides free and confidential information and advice services for elderly adults' carers, on topics such as benefits, social care, local services, and community groups & activities → Call 01392 455 614 (advice line M-Th 10.30am-3pm) or email iandaExeter@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter>



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>

Headway Devon: A local charity dedicated to improving life after brain injury. They provide essential services across Exeter 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/>

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>

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/>

NHS Royal Devon: (Previously Royal Devon and Exeter NHS Trust). Offers a wide range of information, advice and support for a wide range of conditions and illnesses, as well as services such as bereavement support for bereaved relatives and carers. Exeter bereavement services are open M-F 9.30am-4pm → Call 01392 402 349 or email rduh.rdebereavementservice@nhs.net or visit <https://www.royaldevon.nhs.uk/services/bereavement-services/>

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/>

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

University of Exeter: Provides a service committed to supporting student carers, and provides a range of information and advice available to help student carers → Email student-carers@exeter.ac.uk or visit <http://www.exeter.ac.uk/students/wp-support/supportfor/studentcarers/>

Children & Young People (0-16)

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 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>

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

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

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/>

Exeter Community Initiatives: Offers a wide range of different services, including support, advice, and services for children across Exeter. Also signposts towards group activities for children aged 5+ and Children's Centres → Call 01392 205800 or email info@eci.org.uk or more information visit <https://www.eci.org.uk/>

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

Jelly (Part of Exeter Community Initiatives): ECI's award winning children's charity shop selling high-quality, preloved family items including kids' and maternity clothes, books, shoes, toys, and baby equipment. All sales and donations going directly to support our charity, Exeter Community Initiatives, Jelly is a great place for the local community to shop sustainably and affordably. Located in Fore Street, Exeter, our current opening hours are Tuesday – Sunday, 10am-4pm. Clean, good quality donations are greatly appreciated and are accepted Tuesday-Saturday between 10am -12pm → Visit <https://www.eci.org.uk/projects/jelly>

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



Plymouth Sexual Assault Children's Referral Centre: A children's service for children up to 18 years old who have been sexually assaulted. Any child in Exeter 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/>

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/>

Southwest Autism Support Services: A small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the Autistic Spectrum together with associated comorbidities. They provide a wide range of services for CYP and families on the autism spectrum, including advice, guidance, activities, a sensory room, plus much more → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

Tiny Stars Toddler Group: A community of parents, carers, and grandparents in Exeter who meet weekly for a playgroup with their toddlers. The group meets every Tuesday 10.30am-12pm at the Rediscover Church, Unit 1 Haven Banks, Water Lane, Exeter, EX2 2BY. Open to children aged 0-4. Costs £1 per family → Email office@rediscoverchurch.com or visit the Church's website <https://www.rediscoverchurch.com/tinystars>

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 children and young people. 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/>

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

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including supported accommodation, youth and schools work, and work with offenders, and mental health activities that improve day to day wellbeing, and work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or more information <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children aged 5+. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities. They provide services via local authorities, organisations, schools and for families directly → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>



Counselling Services

Counselling Directory: An online directory of all available counsellors in the Exeter and surrounding areas. In-person, online, and telephone counselling offered, inclusive of lots of different types of therapy → More information <https://www.counselling-directory.org.uk/city/exeter>

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 at Second Floor, 6 Northernhay Place, EX4 3QJ → Call 07572 432391 or visit <https://devontherapyservices.co.uk/>

Exeter 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 Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/sarcs/devon-cornwall-sarcs/>

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: www.marriagecare.org.uk/contact

Psychology Today: An online directory of Bereavement Counsellors in the Plymouth (face-to-face and online sessions offered). Contact details, location, and types of therapy also included → More information <https://www.psychologytoday.com/gb/counselling/eng/plymouth?category=bereavement>

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

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

Criminal Justice

Exeter Community Initiatives: A local charity that provides a mentoring project for people with criminal histories, and a family support service for criminal offenders, so they can be seen in the context of their family life as well as their criminal history. Also helps local people facing poverty and homelessness → Call 01392 205800 or email info@eci.org.uk or <https://www.eci.org.uk/>

Prisoners' Families Helpline: Supports those who have a family member in contact with the CJS. Provides advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release. Operated by Prison Advice and Care Trust under contract to Her Majesty's Prison



& Probation Service and provides information and support for families across England and Wales. All calls are free, from landlines and mobiles, and confidential → Call 0800 8082003 or email info@prisonersfamilies.org or <https://www.prisonersfamilies.org>

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. Offer a wide range of services, including criminal justice support → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including working with offenders → Call 01392 410530 or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Crisis Support

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

Exeter Foodbank: (Run by Trussell Trust) A service that provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Located at The Mint Methodist Church, Fore St → Call 07818 226 524 or email info@exeterfoodbank.org.uk or visit <https://exeterfoodbank.co.uk/>

Exeter 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 Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

First Response (Exeter): A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 111 and select Mental Health Option.

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/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay, including information and support for anyone who feels they are in a crisis, or heading towards a crisis situation. Exeter hub is based in St Leonards → Exeter office: Call 07990 790920 (M-F 10am-midnight, S+S 12pm-midnight) or email devonexeter.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

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/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts & Health Trust: Amongst other services, YAHT provide mental health crisis advice and guidance for children, young people, and families → Visit <https://www.youthartsandhealth.org/help-in-a-crisis>

Debt & Money Management

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent information advice on a wide range of issues, including debt and money management → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

Exeter City Council: Provides information on the cost of living, advice for budgeting and managing money, and information on how to claim benefits. Also provides advice and information for landlords → More information <https://exeter.gov.uk/benefits-and-welfare/>

University of Exeter: Offers financial help to (full-time) student carers (with children/adult dependants), who may have additional costs related to being a carer, in the form of a Carers Bursary. It is not fixed, and will be dependent on your situation → For further information, or to find out about any additional funding, email advice@exeterguild.com or visit <http://www.exeter.ac.uk/students/wp-support/supportfor/studentcarers/>

Dementia

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/>

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/>



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

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

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/>

Exeter 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 signposting, advice, and information. Based at a safe location in Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources on a wide range of difficulties, including domestic abuse. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or <https://www.marbleslostandfound.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 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 Therapy Services: Provides counselling on a wide range of conditions and diagnosis, including eating disorders. BACP accredited therapists and counsellors. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 07572 432 391 or email info@devontherapyservices.co.uk or for more info 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 www.healyourconfidence.com

The Haldon Eating Disorder Unit: Provides advice, support and treatment for those living with eating disorders. Also provide a community eating disorder service for those who need support to manage their eating disorder, and a specialist service with accommodation that helps treat people who are living with more severe eating disorders. Based at Wonford House, Dryden Road, Exeter, EX2 5AF → Call 01392 208 263 or email dpn-tr.TheHaldon@nhs.net or visit <https://www.dpt.nhs.uk/service-details/service/haldon-eating-disorder-unit-86/>

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

Elderly Adult Support

Age UK Exeter: A local charity working in the community to support older people, their families, and carers. They want everyone to be able to love later life. Offers a range of groups, activities, and signposting to local services, as well as advice and information. Not currently able to offer drop-in advice sessions → Call 01392 209092 (main number M-F 8.30-3), or 01392 455614 (advice line M-Th 10.30am-3pm) or email info@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter/>

Employment, Education & Training

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent advice on a wide range of issues, including employment → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

Exeter Community Initiatives: Amongst other services, provides opportunities for excluded young people (including those with criminal histories) to develop employability and life skills → Call 01392 205800 or email info@eci.org.uk or <https://www.eci.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

Refugee Support Devon: Allows refugees within Exeter 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 head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

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 services, including employment & education support/advice → 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 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/>

University of Exeter: Offers career and employability support and guidance throughout the duration of student carers' time at university, with continued support after they graduate. Their Career Zone offers a wide variety of programmes, including fully funded internships and mentoring schemes to support students' entry into the workplace → Call 01392 724493 (Exeter Career Zone) or email careers@exeter.ac.uk or <http://www.exeter.ac.uk/students/wp-support/supportfor/studentcarers/>

Families

Age UK Exeter: Their Information & Advice service provides free and confidential information and advice services for elderly adults' families, on topics such as benefits, social care, local services, and community groups & activities → Call 01392 455 614 (advice line M-Th 10.30am-3pm or email ianaExeter@ageukexeter.org.uk or <https://www.ageuk.org.uk/exeter>

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

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

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

Exeter Community Initiatives: Offers family support and group activities for families in central Exeter with children under the age of 5, as well as 1:1 support to families with children of any age who are struggling to cope with parenting, or emotional/practical issues → Call 01392 205800 or email info@eci.org.uk or <https://www.eci.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>



Jelly (Part of Exeter Community Initiatives): ECI's award winning children's charity shop selling high-quality, preloved family items including kids' and maternity clothes, books, shoes, toys, and baby equipment. All sales and donations going directly to support our charity, Exeter Community Initiatives, Jelly is a great place for the local community to shop sustainably and affordably. Located in Fore Street, Exeter, our current opening hours are Tuesday – Sunday, 10am-4pm. Clean, good quality donations are greatly appreciated and are accepted Tuesday-Saturday between 10am -12pm → Visit <https://www.eci.org.uk/projects/jelly>

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

NHS Royal Devon: Offers a wide range of information, advice and support for a wide range of conditions and illnesses, as well as services such as bereavement support for bereaved relatives and carers. Exeter bereavement services are open M-F 9.30am-4pm → Call 01392 402 349 or email rduh.rdebereavementservice@nhs.net or visit <https://www.royaldevon.nhs.uk/services/bereavement-services/>

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

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/>

Southwest Autism Support Services: A small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the Autistic Spectrum together with associated comorbidities. They provide a wide range of services for CYP and families on the autism spectrum, including advice, guidance, activities, a sensory room, plus much more → Email southwestautism@gmail.com or visit <https://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 Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

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 alcohol misuse support and information → 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 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/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children and young people aged 5 to 25. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities. They provide services via local authorities, organisations, schools and for families directly → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>

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 all of Devon, including Exeter. 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>

Exeter Food Action: A service that rescues excess food from shops and suppliers, and redistributes it to charity organisations that feed people in Exeter → Call 078808 14064 or email them info@exeterfoodaction.org.uk or <https://exeterfoodaction.org.uk/>

Exeter Foodbank: (Run by Trussell Trust) A service that provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. Located at The Mint Methodist Church, Fore St → Call 07818 226 524 or email info@exeterfoodbank.org.uk or visit <https://exeterfoodbank.co.uk/>

Food Cycle Exeter: Provides Community Meals for people in the local community, so they can enjoy a hot, nutritious meal. Aims to tackle food poverty but it also helps alleviate loneliness by bringing the community together. Runs every Tuesday 6.30pm at The Mint Methodist Church, Fore St → Email exeter@foodcycle.org.uk or <https://foodcycle.org.uk/location/foodcycle-exeter/>

Gambling

Gamblers Anonymous (Exeter): A fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem, and help others do the same. Meets at Palace Gate every 2nd Tuesday of each month → Call 07864 896522 (to join the group), or 0330 0940322 (more information), or <https://gamblersanonymous.org.uk/meeting/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes



information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

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>

University of Exeter Students' Guild: Provides information, advice, tools, and signposting to other services, for people who are addicted, or may feel addicted, to gambling → More information <https://www.exeterguild.com/page/advice-gambling>

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>

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 email hello@healyourconfidence.com or www.healyourconfidence.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

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent information advice on a wide range of issues, including housing → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

Devon ECRS - Capper Close: Provides housing-related support for people with high support needs. Aim to enable people placed out of the area to return to Devon by supporting them to gain the skills they need to live independently → Call 01395568599 (open daily) or email ECRS@rethink.org or visit <https://www.rethink.org/help-in-your-area/services/housing/devon-ecrs-capper-close/>

Devon Home Choice (Exeter): Allows Devon residents to search and apply for council and housing association homes across Devon → Call 01392 265889 or email devonhomechoice@exeter.gov.uk or more info <https://www.devonhomechoice.com/contact-us-6>

Exeter Community Initiatives: Amongst other services, provides advice, information and support for people experiencing housing issues and homelessness → Call 01392 205800 or email info@eci.org.uk or visit <https://www.eci.org.uk/>



Shelter (Plymouth and Devon): A charity that exists to defend the right to a safe home. They provide housing advice, legal aid, support with housing issues and homelessness. They also run campaigns and research around different areas. Are predominantly providing online and telephone support at present → Call 03301 755 121 (free advice line), or call 0808 800 444 (urgent housing advice, open M-F 8am-8pm & Sat and Sun 9am-5pm) or email info@shelter.org.uk or for more info https://england.shelter.org.uk/get_help/local_services/devon

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 a homeless outreach team → 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 housing and homelessness 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/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Learning Disabilities & SEN

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

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

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

Exeter Community Learning Disability Team (CLDT): Operates out of Franklyn House (Franklyn Drive, Exeter, EX2 9HS). The team offers specialized health and social care support for adults (18+) with learning disabilities, including personalized care planning, intensive assessment, and access to therapies → Call 01392 208 674 or email dpt.learningdisabilityreferralteam@nhs.net for **Referrals** or 01392 208 373 or dpn-tr.ExeterLDTeam@nhs.net for **general enquiries**.

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, including Exeter. 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/>

Legal Aid

Citizen's Advice (Exeter): Provides free, confidential, impartial, and independent information advice on a wide range of issues, including legal aid → Call 0808 2787845 (M-F 10-4; free helpline) or more information <https://www.citizensadviceexeter.org.uk>

Shelter (Plymouth and Devon): As part of its service, Shelter provides legal aid, for those who may need to go to court about a housing problem or to challenge a council's homelessness decision. To speak to their legal team, an appointment is needed → Call 0344 5151 880 (M-F 9-5) or email info@shelter.org.uk or more info https://england.shelter.org.uk/get_help/local_services/devon

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, advocacy, counselling, and support groups to the LGBTQ+ community → Call 01392 201015 (local helpline) or 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 & Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th



9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Mental Health

Community Mental Health Team: Provides specialist assessment and treatment to people aged 18+ who are experiencing difficulties with their mental health and wellbeing. Aim to work with people to support their recovery & to enable them to return to manageable levels of activity and independence. Provides support from MDT team of doctors, nurses, social workers, OTs, and psychologists → Call 01392 208 900 or visit <https://www.dpt.nhs.uk/service-details/service/core-community-mental-health-teams-10/>

Exeter Community Initiatives: Amongst other services, ECI provides advice, information, and support around mental health, for those with criminal histories (and other vulnerable people) → Call 01392 205800 or email info@eci.org.uk or visit <https://www.eci.org.uk/>

Exeter Mental Health and Wellbeing Clinic: Provides access to highly-trained practitioners who offer a wide variety of services, who are qualified to diagnose, treat, and prevent a wide range of mental health related problems; clients' welfare is their highest priority → More information <https://www.exetermentalhealthclinic.co.uk>

First Response (Exeter): A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 111 and select 'mental health'.

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 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>

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/>

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

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

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



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

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay, including information and support for anyone who feels they are in a crisis, or heading towards a crisis situation. Exeter hub is based in St Leonards → Exeter office: Call 07990 790920 (M-F 10am-midnight, Sat and Sun 12pm-midnight) or email devonexeter.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

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 a wide range of mental health 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/>

WELL RAVER: An Exeter-based DJ passionate about community support and mental health wellbeing & advocacy. Runs wellbeing and community events and DJ shows throughout Devon and beyond throughout the year → Email wellraver@outlook.com or visit <https://www.facebook.com/WELLRAVER/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including supported accommodation, youth and schools work, work with offenders, mental health activities that improve daily wellbeing, and work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children and young people aged 5 to 25, in order to provide additional mental health support. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>

Men's Services

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

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

Men in Sheds Exeter (New): A group where men can go to form social connections, share skills and combat loneliness. Aims to create a strong, positive community for its members. Membership is £1 on the days members attend, which goes into the refreshments fund. Operating hours are Tuesdays, Wednesdays and Thursdays, 10am-4pm. Now based at Hospiscare's warehouse in Trusham Road on the Marsh Barton trading estate → Call John on 07876 574 361 or email meninshedsexeter@gmail.com or visit <https://www.facebook.com/people/Men-in-Sheds-Exeter-New/61554150210377/>



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

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

Parents & Pregnancy

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>

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

Southwest Autism Support Services: a small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the ASD spectrum together with associated comorbidities. They also provide a support and guidance for parents of children and young people on the ASD spectrum → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Tiny Stars Toddler Group: A community of parents, carers, and grandparents in Exeter who meet weekly for a playgroup with their toddlers. The group meets every Tuesday 10.30am-12pm at the Rediscover Church, Unit 1 Haven Banks, Water Lane, Exeter, EX2 2BY. Open to children aged 0-4. Costs £1 per family → Email office@rediscoverchurch.com or visit the Church's website <https://www.rediscoverchurch.com/tinystars>

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 → Call 07572 432 391 or 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 www.healyourconfidence.com

Psychology Today: A directory of counsellors in Exeter who can help with personality disorders → <https://www.psychologytoday.com/gb/counselling/eng/exeter?category=borderline-personality>

Physical Disabilities

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

Psychosis

Mind: Provides information on what psychosis is, including possible causes and how to access treatment and support. Also includes tips for helping yourself, as well as guidance for friends and family → 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 visit 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 → Call 07572 432 391 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

Psychology Today: A directory of Exeter-based counsellors and therapists that offer support for PTSD sufferers → <https://www.psychologytoday.com/gb/counselling/eng/exeter?category=trauma-and-ptsd>



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; DBT therapy primarily used for personality disorders → Call 07572 432 391 or email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/suicidal-thoughts-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 self-harm and suicide. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

YMCA Exeter: An organisation committed to helping children and young people struggling with self-harm and suicidal thoughts build resilience so that they can cope during these challenges and experience the fullness of life in the future → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Sexual Health

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

Exeter 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 for victims of sexual assault. Based at a safe location in Exeter → Call 0300 303 4626 or visit <https://sarchelp.co.uk/exeter-sarc/>

Substance Misuse

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

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 substance misuse support and information → 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 substance misuse 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/>



University of Exeter: Offers information, advice, and signposting for those experiencing problematic substance use. Aimed at colleagues of the University, but their information is accessible to everyone → More information <https://www.exeter.ac.uk/staff/wellbeing/self-care/alcoholanddrugs/>

Trauma

Devon Therapy Services: Amongst other types of therapy, DTS provides Trauma Counselling in Exeter (and Torquay). If you've experienced a traumatic event and are experiencing symptom of trauma (such as anger, guilt, shame, mood swings), their trauma counsellors and psychotherapists can help you rebuild your life, cope with any negative feelings you're having, and put a plan together that will help you recover → Call 07572 432 391 or contact via <https://devontherapyservices.co.uk/contact> or visit <https://devontherapyservices.co.uk/trauma-counselling/>

Women's Services

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/>

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

Refugee Support Devon: Offers a monthly women's group that offers them a chance to get together in a fun, educational and relaxing atmosphere. A different activity is chosen by the group each month and these typically involve cooking, arts, music, exercise, excursions to local places of beauty or interest, and talks from invited speakers about issues relating to women and life in the UK. A crèche, with fully qualified child minders, is provided when funds permit, which gives mums a break and allows them to fully immerse themselves in the activities → Call 01392 682 185 (M-F 9-5), or visit <https://refugeesupportdevon.org.uk/services/>

Young Adult Support

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

Community Mental Health Team: Provides specialist assessment and treatment to people aged 18+ who are experiencing difficulties with their mental health and wellbeing. Aim to work with people to support their recovery & to enable them to return to manageable levels of activity and independence. Provides support from MDT team of doctors, nurses, social workers, OTs, and psychologists → Call 01392 208900 or more information <https://www.dpt.nhs.uk/locations/community-mental-health-team-exeter>



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

Exeter Community Initiatives: Provides a range of information, advice and support for vulnerable young adults, including adult mentoring through their Transitions project (to help them transition into independent living), and opportunities to develop employability and life skills → Call 01392 205800 or email info@eci.org.uk or visit <https://www.eci.org.uk/>

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

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

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

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Exeter 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://citizensadviceinmwd.org.uk/our-projects/>

TALKWORKS: Part of the IAPT services offered to people aged 18+ in Devon (excluding Plymouth), that offers free, confidential talking therapy (mainly CBT), as well as other effective treatments. Offers support for a wide range of mental health conditions, as well as workshops and other support. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net 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, including information and support for anyone who feels they are in a crisis, or heading towards a crisis situation. Exeter hub is based in St Leonards → Exeter office: Call 07990 790920 (M-F 10am-midnight, Sat and Sun 12pm-midnight) or email devonexeter.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for young people aged up to 25. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities. Also provide mental health support and signposting → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>