



Devon & Cornwall Service Directory – North Devon – July 2026

Categorised by area and by type of service. Some services cross over and so these may have been placed under multiple categories/areas. This list is not exhaustive. Please contact devonandcornwalldirectory@hotmail.com or visit www.devoncornwalldirectory.com regarding any queries/enquiries.

APPENDIX (by type of service)

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

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



NORTH DEVON

Activities & Community

Bideford Karate: Offers a wide range of karate and t'ai chi classes, in a range of different styles such as Long Yang form, and the Song of Peng. Runs sessions Tues and Thurs, 6.30-8.30pm. based at Abbotsham Village Hall, Abbotsham, Devon → Call 07813 083954 or email peter@bideford-karate.co.uk or visit <https://www.bideford-karate.co.uk/>

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).

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

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/>

Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or <https://www.facebook.com/profile.php?id=61555543449787>

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

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

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



North Devon Hospice: A local charity based in Barnstaple that provides community support and events for individuals suffering from life-limiting illnesses, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Carers and family members are also welcome to these events. Offers online and in-person support → Call 01271 344248, email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

One Northern Devon: A partnership of organisations that recognise that unfair and avoidable differences in social, economic and environmental conditions affect the opportunities people have to lead healthy and happy lives. Provides support around issues such as unsuitable housing, poor employment prospects, and social isolation, in order to improve health and wellness outcomes. They collaborate to increase impact and reduce waste in order to best tackle inequalities and improve health and wellbeing for the people and communities of North Devon & Torridge → For more information visit <https://onenortherndevon.co.uk>

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

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

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

Sunrise Diversity: A grassroots charity that is aimed at promoting equality, diversity, and social inclusion in rural communities in Northern Devon. Offer a wide range of support, including 'meet and connect' activity groups → Call 01271 328 915 or email admin@sunrisediversity.org.uk or visit <https://sunrisediversity.org.uk/>

Terrace Café: (part of North Devon Hospice) A café open seven days a week that offers home-cooked food, and 6-acre gardens including a pond, orchard, a nature trail and play equipment for children. Terrace Café also runs a Breakfast Club every Friday → Call 01271 344248, email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

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/>



Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

WayMakers Devon: Runs adult groups, such as Board Games Group and Outdoor Adult Group, intermittently → Call 07309 563563, email alex@waymakers.co.uk or <https://waymakers.co.uk/groups/>

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/>

Wis£rmoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across and operates in Barnstaple and Bideford, under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including community development → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Advocacy

Citizen's Advice (North Devon): Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicecnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicecnmwd.org.uk/our-services/> (covers Barnstaple, Bideford, Holsworthy, Ilfracombe, South Molton, Torrington).

Devon Advocacy Consortium: Comprised of Disability Together, Rethink Advocacy, Vocal Advocacy, and Young Devon. DAC 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 visit <https://disabilitytogether.org.uk/support/advocacy/>

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

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide 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



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 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

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

Anxiety

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

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

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>

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

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/>

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, coaching, and training for businesses, organisations, health & care professionals, and education staff → Call 07309 563563 or email alex@waymakers.co.uk or <https://waymakers.co.uk/>

Asylum Seekers & Refugees

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

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

Sunrise Diversity: A grassroots charity promoting equality, diversity and social inclusion in rural communities in Northern Devon. They provide services for those with diverse identities such as migrants, asylum seekers and refugees, including English classes, a help and support service, and 'meet and connect' activity groups. In promoting equality and human rights, Sunrise aims to eradicate violence and abusive practices in society, including abuse and violence towards women and girls → Call 01271, 328 915 or email admin@sunrisediversity.org.uk or visit <https://sunrisediversity.org.uk/>

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

Autism & ADHD

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

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



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

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for autistic people aged 14+, and those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, coaching, and training for businesses, organisations, health & care professionals, and education staff → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

Benefits

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

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

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

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

Help to Claim: A dedicated, free service provided by Citizens Advice that can support people in the early stages of your UC claim, from the application through to your first payment. Their trained advisers can check that Universal Credit is the right benefit for you to claim, help with things like how to gather evidence for your application and how to prepare for your work coach appointment → Call 0800 1448 444 (M-F 8-6) or visit <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/contact-us-about-universal-credit/>

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/>

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

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 → Visit <https://citizensadvicetnmwd.org.uk/our-projects/>

WisE£r money: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across Barnstaple & Bideford and operates under a formal partnership agreement Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including benefits → Email wisermoney@navigatecharity.org.uk or visit <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Bereavement & Loss

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or visit <https://familiesingrief.org/> help for different age groups/people in the 'How we help' section.

North Devon Hospice: A local charity based in Barnstaple that provides bereavement support, including counselling, (both 1-1 and group support) for carers and family members of individuals who suffered from a life-limiting illness, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

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



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

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

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 (North Devon): A local charity offering social support for brain injury survivors and carers. They meet every Tuesday from 10:30 am to 3:30 pm at the Salvation Army Hall on Oakleigh Road in Barnstaple. The day sessions include activities and trips to help build peoples' confidence. Also provides information, signposting, support, training opportunities, plus much more → Call 07971 174 960 or email headwaynorthdevon@hotmail.co.uk or visit <https://www.headway.org.uk/supporting-you/in-your-area/>

Nortle Neuro Rehabilitation: Offers specialist therapy in the North Devon area for a wide range of conditions, including brain injury. A wide range of treatments and support are offered including physical rehab, cognitive assessment and rehab, support with benefit applications, and return to work support. Based at Hart Manor, Wrafton, Braunton, EX33 2DS → Email info@nortle.co.uk or visit <https://www.nortle.co.uk/>

Carers

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

Devon Memory Café Consortium: A membership organisation which aims to support memory cafes across Devon to provide a quality service to people living with dementia and their carers. Their mission is to provide our members with quality information, guidance and training on running memory cafes, and also opportunities to meet, learn and share with each other. Has many cafes all across Devon →



Email jane@dmcc.org.uk or visit www.dmcc.org.uk or <https://dmcc.org.uk/find-a-memory-cafe/> to find a café in your specific area.

DICE (Barnardos Exceed Service): Do you have children between the age of 11-18 years? Are you wanting to become more aware of online dangers, up to date apps, tips on how to parent a teenager, understanding their emotions & how their brain works? Then DICE is the perfect programme for you! Exceed is a Child Sexual Exploitation Service funded by The Office of Police and Commissioner to raise awareness to parents, carers, professionals and young people around the signs and risks of exploitation, part of our offer is this online programme for People across Torbay, Plymouth, Devon, and Cornwall. DICE offers guidance for anyone who would like to know more about the risks of exploitation and how we can help to safeguard our young people → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or for carer support visit their website for more info <https://familiesingrief.org/how-we-help/support-for-parents>

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/>

North Devon Hospice: A local charity based in Barnstaple that provides support to carers of individuals who require specialist care for a life-limiting illness, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Also provides counselling services, community events, resources, hospice care, and at-home care → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

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

Children & Young People (0-16)

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

Bideford Karate: Offers a wide range of karate and t'ai chi classes for children, in a range of different styles such as Long Yang form, and the Song of Peng. Runs sessions Tues and Thurs, 6.30-8.30Im.



based at Abbotsham Village Hall, Abbotsham, Devon → Call 07813 083954 or email peter@bideford-karate.co.uk or visit <https://www.bideford-karate.co.uk/>

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

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

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Provides information, advice, and support for families/professionals of children and young people in Barnstaple with severe or profound learning disabilities → Call 03300 245321 (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+ 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/>

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Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or visit <https://familiesingrief.org/> or help for children here: <https://familiesingrief.org/how-we-help/support-for-children> help for teenagers available here: <https://familiesingrief.org/how-we-help/support-for-teens>

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

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive



difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

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

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

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

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 → Visit <https://citizensadviceetnmwd.org.uk/our-projects/>

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

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

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for autistic people aged 14+, and those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, and coaching → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>

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



Counselling Services

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

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

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

North Devon Hospice: A local charity based in Barnstaple that provides counselling support and services to individuals who require specialist care for life-limiting illnesses, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Counselling can be provided via Zoom, in person, as 1-1 sessions or as group sessions, and can also be provided to carers and family members of individuals experiencing these illnesses → Call 01271 344248 or email them at info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

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

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for adults who have experienced historical or recent sexual abuse. This service is also available to friends and family members who are in a supporting role for the individual. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>

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

Criminal Justice

Citizen's Advice (North Devon): Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively.



Provides a wide range of support including law, legal aids, and court → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicetnmwd.org.uk/our-services/> (covers Barnstaple, Bideford, Holsworthy, Ilfracombe, South Molton, Torrington).

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

Crisis Support

Brave Spaces: Part of the Devon Domestic Abuse Alliance through Encompass Southwest. Brave Spaces signposts people to crisis support if/when in immediate danger/ domestic abuse crisis situation. If unable to speak, dial 999 then press 55 when prompted. This will alert the police when you need help → Call 01271 371 499 (M-F 9-4) or email bravespacesnd@encompass-sw.org.uk or for more information visit <https://www.bpag-encompass.org.uk/projects/brave-spaces/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners) 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 more information <https://devonrapecrisis.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 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. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

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



Debt & Money Management

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

Debt Advice Project: Funded by National Lottery Community Fund & the Money and Pensions Service, this dedicated team of caseworkers are on hand to advise you of your rights and responsibilities, look at debt solutions and help with money management and financial capability, all for free → Visit <https://citizensadvicetnmwd.org.uk/debt-and-money-advice/>

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

Energy Advice Programme: Funded by National Grid, this project aims to help people experiencing fuel poverty in North Devon. This is being run alongside the Carbon Monoxide Awareness Project funded by the Southern Gas Network, to spread awareness of the dangers of carbon monoxide in the home. Their specialist energy advisors can support energy consumers with advice and support to make their homes more energy efficient so they feel more confident in using their energy systems and understanding their bills, as well as ensuring that they are receiving the correct level of benefits → Visit <https://citizensadvicetnmwd.org.uk/our-projects/>

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

Wis£r money: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across Barnstaple & Bideford and operates under a formal partnership agreement Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on debt & money management → Email them at wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>



Dementia

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

Devon Memory Service (Torbay, South and West Devon): Following a referral from your GP, we will assess you to try to find out why you are having memory problems and if it could be the early stages of a dementia - such as Alzheimer's disease. Whatever the diagnosis, we will give you the information, support and treatment that you need to help you to live well and independently → Call 01803 396 520 or email dpn-tr.SouthDevonMemoryService@nhs.net or for more information visit <https://www.dpt.nhs.uk/locations/devon-memory-service-torbay-south-and-west-devon> (Barnstaple).

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

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 via 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or <https://www.marbleslostandfound.co.uk/contact-us> or visit <https://www.marbleslostandfound.co.uk/>

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

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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/>

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

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

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

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

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FearFree (Devon): An organisation who provides support to people who are currently experiencing, or who have previously experienced, domestic abuse (regardless of how long ago the abuse took place).



They can also offer support around returning to education and employment. Also provides an Interpersonal Trauma Response Service in GP surgeries across Devon, which accepts both child and adult referrals → Call 0300 124 0927 (9-5) or email **for referrals:** support@fearfree.org.uk or **sexual violence support** SVTS@fearfree.org.uk or **general enquiries:** Call 01225 777 724 or email admin@fearfree.org.uk or visit <https://www.fearfree.org.uk/>

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

Sunrise Diversity: A grassroots charity promoting equality, diversity and social inclusion in rural communities in Northern Devon. In promoting equality and human rights, Sunrise aims to eradicate violence and abusive practices in society, including abuse and violence towards women and girls → Call 01271, 328 915 or email admin@sunrisediversity.org.uk or visit <https://sunrisediversity.org.uk/>

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for adults who have experienced historical or recent sexual abuse. This service is also available to friends and family members who are in a supporting role for the individual. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>

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

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



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

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

Elderly Adult Support

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

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

Employment, Education & Training

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

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

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

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



The Vivian Moon Foundation: A registered charity which offers grants to people who have links with North Devon, and who wish to achieve a better life through further education. They primarily assist people whose circumstances are financially difficult, and aim to train unemployed men and women in order to help them find a job. The VMF also aims to enhance the skills/knowledge of those already in employment, and to enable individuals to embark on a course of study which will help them progress in their career. The VMF also considers awarding grants to first degree applicants, providing the studies clearly lead to a viable career/vocational path → Email info@vivianmoonfoundation.co.uk or visit <https://www.vivianmoonfoundation.co.uk/>

WayMakers Devon: Amongst other types of support, WayMakers Devon offers strategy coaching to those with autism and anxiety, which helps to develop insights into individual strengths & needs, and build the steps to help reach identified goals in working life and/or education → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.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 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/>

Families

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

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

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to families of children and young people in Barnstaple with severe or profound learning disabilities → Call 0330 0245321 (ask for an LDT duty member) 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+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

DICE (Barnardos Exceed Service): Do you have children between the age of 11-18 years? Are you wanting to become more aware of online dangers, up to date apps, tips on how to parent a teenager, understanding their emotions & how their brain works? Then DICE is the perfect programme for you! Exceed is a Child Sexual Exploitation Service funded by The Office of Police and Commissioner to raise



awareness to parents, carers, professionals and young people around the signs and risks of exploitation, part of our offer is this online programme for People across Torbay, Plymouth, Devon, and Cornwall. DICE offers guidance for anyone who would like to know more about the risks of exploitation and how we can help to safeguard our young people → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

Families in Grief: FIG help bereaved children, young people, and their families & carers, living in North Devon and the Torridge area, to feel better and less alone in their grief. Provides a wide range of support, resources, and signposting. Also provides support for teachers and professionals → Call 01271 447960 or email info@familiesingrief.org or for family / carer support visit this webpage <https://familiesingrief.org/how-we-help/support-for-parents>

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

North Devon Hospice: A local charity based in Barnstaple that supports families of individuals who require specialist care for a life-limiting illness, such as cancer, Motor Neurone Disease, heart failure, and COPD, among others. Also provides counselling services, community events, resources, hospice care, and at-home care → Call 01271 344248 or email info@thenorthdevonhospice.org.uk or visit www.northdevonhospice.org.uk

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

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

Surviving Abuse Northern Devon (SAND): (Previously Survivors Alliance North Devon) A confidential, low-cost specialist counselling & support service in Barnstaple, for family members/ friends of individuals who have experienced historical or recent sexual abuse. They take referrals directly from clients and/or support working or referring agencies → For referrals, contact Sarah on 07763 617693 or email referrals@survivingabuse.org.uk or visit <https://www.survivingabuse.org.uk/>

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

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



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

Food Services (e.g. Food Banks)

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

Northern Devon Foodbank: A locally funded charity formed by churches and other organisations working in partnership to end poverty. They cover the districts of North Devon and Torridge with 6 local distribution centres and a rural distribution network → Call 01237 422 243 or email admin@northerndevonfoodbank.org.uk or visit <https://northerndevon.foodbank.org.uk/>

Gambling

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

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

Health & Wellbeing

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

Healthwatch Devon: the independent consumer champion for health and social care. With a team of Healthwatch Champions working across the county, they provide specialist support, guidance and



advice in all aspects of health and social care. The champions will help clients resolve any health and social care enquiries → Call 0800 520 0640 (M-F 10-4) or visit <https://www.hwdpt.org/devon>

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

One Northern Devon: A partnership of organisations that recognise that unfair and avoidable differences in social, economic and environmental conditions affect the opportunities people have to lead healthy and happy lives. Provides support around issues such as unsuitable housing, poor employment prospects, and social isolation, in order to improve health and wellness outcomes. They collaborate to increase impact and reduce waste in order to best tackle inequalities and improve health and wellbeing for the people and communities of North Devon & Torridge → For more information visit <https://onenortherndevon.co.uk>

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

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

The Growforward Project: Provides people a space away from the noise that's grounded, honest, and quietly positive. A place to reconnect with nature, yourself, and others, and to build something meaningful with others, from the ground up → Visit www.thegrowforwardproject.co.uk -

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

Housing & Homelessness

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

Citizen's Advice (North Devon): Citizens Advice Torridge, North, Mid and West Devon is a local Charity that provides free, independent, confidential and impartial advice on all subjects to members of



the local community. They aim to ensure that no-one suffers through lack of knowledge of the rights, responsibilities, and services available to them, or through an inability to express their needs effectively. Provides a wide range of support including housing → Call 0808 2787 999 (advice line; M-F 9-4.30) or visit www.citizensadvicetnmwd.org.uk or to find specific services and drop-ins visit <https://citizensadvicetnmwd.org.uk/our-services/> (covers Barnstaple, Bideford, Holsworthy, Ilfracombe, South Molton, Torrington).

Devon Home Choice (North Devon): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01237 428849 or more info visit www.devonhomechoice.com

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

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

Learning Disabilities & SEN

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

Devon County Council: Provides information, advice, and signposting to other services for people of all ages with learning disabilities and special education needs → <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. Based in Barnstaple → 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/>

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 sessions, and coaching → Call 07476 946 303 or email hello@healyourconfidence.com or visit their website www.healyourconfidence.com

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



of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

North & Mid Devon CLDT: Their Community Learning Disability Team operates from 5th Floor, Civic Centre, North Walk, Barnstaple, EX31 1EA. 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 01271 443 188 or email dpn-tr.IATReferralsNorthAndMid@nhs.net (for referrals).

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/>

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

Legal Aid

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

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

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+

Come Out: (Part of Sunrise Diversity) An LGBTQ+ group that runs social events and activities for members of the LGBTQ+ community, such as walks, days out, and workshops. Meets every Thursday at 10.30am at Sunrise Community Centre in North Devon → Call 01271 328915 or email admin@sunrisediversity.org.uk or <https://sunrisediversity.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



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>

Sunrise Diversity: A grassroots charity promoting equality, diversity and social inclusion in rural communities in Northern Devon. They provide services for those with diverse identities such as the LGBTQ+ community, including English classes, a help and support service, and 'meet and connect' activity groups. In promoting equality and human rights, Sunrise aims to eradicate violence and abusive practices in society, including abuse and violence towards women and girls. → Call 01271, 328 915 or email admin@sunrisediversity.org.uk or visit <https://sunrisediversity.org.uk/>

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

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

Mental Health

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

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

Core (Community) Mental Health Teams: Part of Devon Partnership Trust. DPT's core (community) mental health teams focus on your early contact with their mental health services to give you the best chance of getting better and supporting your recovery. Their aim is to work together with you to support you with your mental health needs to enable you to return to manageable levels of activity and independence. People can be referred to this service by their GP or another health professional; you will then be offered an initial assessment in one of their health & wellbeing clinics in Exeter, Torbay, or



Barnstaple. Core CMHTs are based in Barnstaple and Bideford → For full list and contact details, visit <https://www.dpt.nhs.uk/service-details/service/core-community-mental-health-teams-10/>

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

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

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

Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or <https://www.facebook.com/profile.php?id=61555543449787>

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/>

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

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

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

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



The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Wis£rmoney: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion services across Barnstaple and Bideford, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides support and guidance on a wide range of topics including mental health difficulties and issues → Email wisermoney@navigatecharity.org.uk or <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Men's Services

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

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

Hi-KING South West: A men's mental health support group based in North Devon that uses the power of group hiking to socialise, stay active, and clear the heads of the men who take part in their walks → Email hi.king.sw@gmail.com or <https://www.facebook.com/profile.php?id=61555543449787>

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

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

Choices: A Devon based charity that offer you a safe place to talk about any concerns you have relating to pregnancy. Their team of dedicated advisors have been specifically trained. They adhere to BACP code of ethics and practice. Support offered includes pregnancy tests, impartial advice and help for



unplanned pregnancies, pregnancy crisis support, and support after baby loss → Email contact@choicespregnancycentre.co.uk or visit <https://www.choicespregnancycentre.co.uk>

DICE (Barnardos Exceed Service): Do you have children between the age of 11-18 years? Are you wanting to become more aware of online dangers, up to date apps, tips on how to parent a teenager, understanding their emotions & how their brain works? Then DICE is the perfect programme for you! Exceed is a Child Sexual Exploitation Service funded by The Office of Police and Commissioner to raise awareness to parents, carers, professionals and young people around the signs and risks of exploitation, part of our offer is this online programme for People across Torbay, Plymouth, Devon, and Cornwall. DICE offers guidance for anyone who would like to know more about the risks of exploitation and how we can help to safeguard our young people → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to foster parents, care leavers, and people looking after a child with a special guardianship order regarding benefits eligibility and benefits decisions → Visit <https://citizensadvice.tnmwd.org.uk/our-projects/>

Personality Disorders

Devon Partnership NHS Trust (Community Forensic Services): Support people with a primary diagnosis of personality disorder detained under the Mental Health Act and in secure services. Provide assessment, consultation, training, and support to ensure access to effective and timely treatment. They help reduce reliance on out-of-area placements, by prioritising South West network beds where possible. Open to people from Devon, Cornwall and the Isles of Scilly who may have been transferred out of their home area to hospitals across the country → Call 01626 884 660 or email dpt.fpdservice@nhs.net or for more info visit <https://www.dpt.nhs.uk/service-details/service/community-forensic-services-17/>

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

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

Physical Disabilities

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

Nortle Neuro Rehabilitation: Offers specialist therapy in the North Devon area for a wide range of conditions, including stroke, multiple sclerosis, Parkinson's Disease, and Fibromyalgia. A wide range of treatments and support are offered including physical rehab, cognitive assessment and rehab, support



with benefit applications, and return to work support. Based at Hart Manor, Wrafton, Braunton, EX33 2DS → Email info@nortle.co.uk or visit <https://www.nortle.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 → Visit <https://citizensadviceetnmwd.org.uk/our-projects/>

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

Psychosis

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

Mind: Provides information on what psychosis is, including possible causes and how to access treatment and support. Also includes tips for helping yourself, as well as guidance for friends and family → https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/treatment-and-support/?gclid=EAlaIqObChMI-qKe4d3EggMV5oCDBx0XTAyhEAAyAAEgLCZPD_BwE

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

THE MIX: Provides information on signs and symptoms of psychosis, types of support available, where/how to access support, and other resources. Aimed at under-25s but their website is accessible to anyone → For more info https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaIqObChMI-qKe4d3EggMV5oCDBx0XTAyhEAAyBCAAEgKAMfD_BwE

PTSD

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

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



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

Self-Harm & Suicide

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

OASIS (Overdose and Self Injury Service): A service based in North Devon for people aged 18+ that provides short-to-medium term therapeutic support to those who have overdosed or self-injured to manage emotional pain/distress. All OASIS staff are qualified mental health professionals, and are experienced in helping vulnerable people. Most referrals are through the mental health team at the hospital; cannot accept self-referrals → Call 01271 312960 or email dpt.oasis@nhs.net or visit [Service details | Devon Partnership NHS Trust](#)

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

Sexual Health

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

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

Substance Misuse

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

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

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide



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

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

Trauma

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

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

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

Women's Services

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

Encompass Southwest: Amongst many other types of support and services, Encompass offers a 4-bed female-only supported accommodation in Barnstaple, and in Bideford. Aims to work within a gender informed approach to support women who have been rough sleeping, homeless, and affected by domestic abuse/violence. Occupants are supported to address the issues which led them to homelessness and are empowered to make positive changes. Also offers online advice on benefits and rough sleeping & housing, and runs Brave Spaces alongside CoLab Women. To make a referral into the project, contact Encompass through their contact form, email them, or telephone them → Call Rhianon on 07834 517259 or email r.churchill@encompass-sw.org.uk or k.corfe@encompass-



[sw.org.uk](https://www.bpag-encompass.org.uk/projects/women-only-supported-accommodation/) or for more info <https://www.bpag-encompass.org.uk/projects/women-only-supported-accommodation/>

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

Sunrise Diversity: A grassroots charity promoting equality, diversity and social inclusion in rural communities in Northern Devon. They provide services for those with diverse identities such as migrants, asylum seekers and refugees, people of colour, and the LGBTQ+ community, including English classes, a help and support service, and 'meet and connect' activity groups. In promoting equality and human rights, Sunrise aims to eradicate violence and abusive practices in society, including abuse and violence towards women and girls → Call 01271 328 915 or email admin@sunrisediversity.org.uk or visit <https://sunrisediversity.org.uk/>

Wander Women North Devon: An inspirational meet-up group that offers free group walks all across North Devon on selected Sundays and summer evenings. WWND aims to encourage women to come together to create a safe space to walk and enjoy the freedom of being outdoors. There are plenty of walks and activities to join in with – WWND is for every woman, no matter your age, where you come from, or what you do for a living! → For more info visit https://www.meetup.com/wander-women-north-devon/?fbclid=IwAR28Oa_Xv3qbaJdWgMPkkVhoZyQcDfeLsvP5-HY6JvBjLJdyDulDrc2QA2g

Young Adult Support (16+)

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/>

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



DICE (Barnardos Exceed Service): Do you have children between the age of 11-18 years? Are you wanting to become more aware of online dangers, up to date apps, tips on how to parent a teenager, understanding their emotions & how their brain works? Then DICE is the perfect programme for you! Exceed is a Child Sexual Exploitation Service funded by The Office of Police and Commissioner to raise awareness to parents, carers, professionals and young people around the signs and risks of exploitation, part of our offer is this online programme for People across Torbay, Plymouth, Devon, and Cornwall. DICE offers guidance for anyone who would like to know more about the risks of exploitation and how we can help to safeguard our young people → Email dice@barnardos.org.uk or visit <https://www.barnardosexceed.org.uk/latest-news/dice-our-4-week-parenting-programme>

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

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

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

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

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

OASIS (Overdose and Self Injury Service): A service based in North Devon for people aged 18+ that provides short-to-medium term therapeutic support to those who have overdosed or self-injured to manage emotional pain/distress. All OASIS staff are qualified mental health professionals, and are experienced in helping vulnerable people. Most referrals are through the mental health team at the hospital; cannot accept self-referrals → Call 01271 312960 or email dpt.oasis@nhs.net or visit [Service details | Devon Partnership NHS Trust](#)

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



care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

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

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

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

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

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. Barnstaple hub is based on Albert Lane → Call 07850 927064 (open 6-11pm Th-M) or email devonbarnstaple.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

WayMakers Devon: A CIC based in Barnstaple, that aims to improve opportunities and outcomes for autistic people aged 14+, and those with anxiety-related challenges. Also offers groups, neurodiversity screening, community support, and coaching → Call 07309 563563 or email alex@waymakers.co.uk or visit <https://waymakers.co.uk/>