



Devon & Cornwall Service Directory – South 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.**



SOUTH DEVON

Activities & Community

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. Also run various events throughout the year → Email broprojectuk@gmail.com or visit <https://www.broproject.org.uk/> or info on activities here <https://www.broproject.org.uk/activities> and events here <https://www.broproject.org.uk/events>

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in South Hams, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals → Call 01392 677 067 or email dpn-tr.drlc@nhs.net <https://local.dualdiagnosis.org.uk/organisations/united-kingdom/devon/exeter/devon-recovery-learning-community-drlc/>

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

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

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

Ivybridge Community Food: Runs 2 main projects. They are about reducing waste, sharing food and sustainability. Come along every Tuesday, to support their cause, and help eliminate food waste. Also runs a community café 12-2pm and a food club 1-1.30pm every Tuesday. Based at St John's Church Hall → Call 07838 744 290 or email ivybridgecommunityfood@gmail.com or <https://www.facebook.com/profile.php?id=61552840363224>

IvyFridge: (Part of Ivybridge Community Food) A community fridge space that brings people together to share food, meet up, learn new skills, and prevent fresh food from going to waste. IvyFridge is open to all, with anyone being welcome to share or take food, including surplus from supermarkets, local food



businesses, producers, households, and gardens. Based at Ivybridge Library, Erme Court, Leonards Road, Ivybridge, PL21 0SZ → Call 07756 667 533 or email hello.ivyfridge@gmail.com or visit <https://www.facebook.com/IvyFridge>

Make A Difference: Based in Tavistock, Make a Difference provides community-based mental health support, and friendship opportunities in the local community. Offers a relaxed, café-style hub open Mon/Wed/Fri, which holds activities such as arts & crafts, board games, and music, and workshops & events. Drop-ins welcome → Call 01822 613746 or email hello@makeadifferencetavistock.online or <https://www.makeadifferencetavistock.org/>

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

Refugee Support Devon: 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 → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

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

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

South Devon Singers: South Devon Singers, originally formed in 2004 as Teignmouth Community Choir, which then welcomed the Ivybridge Community Choir under its banner, the two choirs now frequently perform together as South Devon Singers. Musical styles sang by South Devon Singers range widely from contemporary classical, ballads and rock music, jazz, folk, and 'secular gospel'. Both choirs are open to all newcomers regardless of experience or ability to read music → Call 07915 053950 or 01626 870107 or email southdevonsingers@gmail.com or visit www.communitychoir.uk

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, skills, and activities within the wider community. Covers all of the Devon regions → Email them at southwestautism@gmail.com or visit www.southwestautismsupport.com

The Emotional Logic Centre: A service hub based in Ivybridge aimed at helping individuals, families, businesses and schools to learn & develop emotional intelligence in difficult situations, to help build



emotional resilience and embrace change → Call 01752 892455, emotionallogic2022@gmail.com or visit <https://www.emotionallogiccentre.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, email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Watcombe Wanderers Youth: The largest youth football club in South Devon, they currently have U11, U13, U15 girls' squads, U9 squads, plus many more. They currently have 350 boys and girls youth representing the club, as well as fun and interactive set challenges with 1-2-1 coaching. They are DBS Accredited. Provides indoor & outdoor football training → admin@watcombewanderers.co.uk or visit https://www.facebook.com/watcombewanderersyouth?locale=en_GB

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/>

Advocacy

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

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>

Healthwatch Torbay: The independent consumer champion for people using local health and social care services in Torbay, Paignton, and Brixham. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 052 0029 or email (M-F, 10-4) or email info@healthwatchtorbay.co.uk or visit <https://healthwatchtorbay.org.uk>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice and advocacy 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: A service that offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England. They offer a confidential helpline, and specialise in 'making sense' of the complex nature of seeking out professional help for these issues. Also provides mental health support → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <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

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/>

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

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including anxiety. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

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

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-



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

Asylum Seekers & Refugees

Citizens Advice South Hams: Provides advice, support and guidance for asylum seekers and refugees in South Devon, including support around housing & asylum interviews → Call 080 278 7948 or for more info visit <https://www.citizensadvice.org.uk/immigration/asylum-and-refugees/prepare-for-asylum-interview/>

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

Autism & ADHD

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

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

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

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

Benefits

Action For Children: This service provides advice for users of Children's Centres in Devon. It can give families a free benefit check, help with claiming and guidance on financial management. It can also help parents understand how getting a job or changing the hours they work would affect their income and benefits → Professional's referral form here <https://form.jotform.co/31975136268866> or for further information visit <https://www.devon.gov.uk/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 Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or more information <https://www.cassplus.org/about-us/>



Citizens Advice South Hams: As well as projects in collaboration with other organisations, CASH provides specialist advice and guidance around benefit claims and decisions → Call 0808 278 7948 or visit <https://southhamscab.org.uk/about-us/>

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

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/>

Bereavement & Loss

Children and Families in Grief: A charitable organisation that provides practical, emotional, and creative support for children and their families in South Devon following bereavement → Call 01803 393917, email info@childrenandfamiliesingrief.co.uk or <https://www.childrenandfamiliesingrief.co.uk/>

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

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

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including bereavement and loss. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

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>



Bipolar Disorder

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

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

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

Brain Injury

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

Carers

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 preventative advice and information, training, and community support → Call them on 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>



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

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

TALKWORKS: 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/>

Children and Families in Grief: A charitable organisation that provides practical, emotional, and creative support for children and their families in South Devon following bereavement → Call 01803 393917, email info@childrenandfamiliesingrief.co.uk or <https://www.childrenandfamiliesingrief.co.uk/>

Citizens Advice in Schools: (Citizens Advice South Hams) provides experienced advisors in local schools to offer advice and support to families in need. In partnership with Education South West, we are attending King Edward VI Community College in Totnes, Kingsbridge Community College and Dartmouth Academy. The project will soon also include Blackawton, Stoke Fleming and East Allington primary schools. If your child attends one of these schools and you would like to speak to an advisor, please speak to the school office → Visit <https://southhamscab.org.uk/projects/>

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 Totnes 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/>



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>

East Soar Outdoor Experience: Primarily provides outdoor educational opportunities for children with additional educational needs but also caters for mainstream groups. Under their Giving Back Scheme, they offer local schools and youth groups the opportunity to enjoy free outdoor educational days at the farm. Based in Salcombe but open to all → Call 07949 047784 or email info@eastsoar.uk or visit <https://www.eastsoaroutdoorexperience.co.uk/>

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

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

Monica Khosla Counselling: A therapist in Totnes who offers general counselling, psychotherapy and somatic trauma therapy support to teenagers and adults for different psychiatric conditions, including PTSD. Rates are £55 per hour → Call 07790 413610 or email monica@monica-khosla.co.uk or more info <http://monica-khosla.co.uk/>

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

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

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/>

Relate: Offers counselling for children & young people in South Devon. Helps young people to open up and talk about what's troubling them, covering a range of problems, in a supportive environment independent from school/home life → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/children-and-young-people-s-counselling>

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 more information: <https://www.southwestautismsupport.com>

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

Watcombe Wanderers Youth: The largest youth football club in South Devon, they currently have U11, U13, U15 girls' squads, U9 squads, plus many more. They currently have 350 boys and girls youth representing the club, as well as fun and interactive set challenges with 1-2-1 coaching. They are DBS Accredited. Provides indoor & outdoor football training → admin@watcombewanderers.co.uk or visit https://www.facebook.com/watcombewanderersyouth?locale=en_GB

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 xploredevon@gmail.com or visit <https://www.lgbtyouthdevon.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>

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

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/>

Monica Khosla Counselling: A therapist in Totnes who offers general counselling, psychotherapy and somatic trauma therapy support to teenagers and adults for different psychiatric conditions, including PTSD. Rates are £55 per hour → Call 07790 413610 or email monica@monica-khosla.co.uk or more info <http://monica-khosla.co.uk/>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including anxiety, depression, and mental health. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.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>

Relate: Provides affordable counselling across South Devon, offering a range of counselling services (including relationship, family, and for children and young people). Relies on client contributions to continue to provide a charitable counselling service. Average length of sessions is 6-8 weeks, although this depends on the individual. No minimum number of sessions needed. Booking initial consultation recommended → Call 01752 213131 or email relateplymouth@googlemail.com or more information <https://www.relateplymouth.co.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/>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling. Sessions take place with individuals/couples in a safe space → more info <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

Youth Intervention Centre Ivybridge: The Youth Intervention Centre has now closed. Mollie and Kerry are now working individually from dedicated home workspaces. Their contact information is detailed on their websites, please visit www.kerryjamestherapy.com or www.mindfulmollie.com

Criminal Justice

CASS+: A charity that supports anyone in Devon & Cornwall going through the courts, including Newton Abbot. Offers respect and fairness to vulnerable people at risk of, or have been processed through, the Criminal Justice System (CJS), especially those not eligible for Legal Aid. Offers free advice and support from court settings for both victims and offenders, to individuals or their loved ones seeking legal advice → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or <https://www.cassplus.org/contact-us/> or visit <https://www.cassplus.org/about-us/>



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 01392 384 978 (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

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/>

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/> or contact via <https://www.marriagecare.org.uk/contact/>

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. Torquay hub is in Torbay Business Centre → Torquay office: Call 07483 991848 (open 10am-6pm [virtual only] and 6pm-midnight M-F) or email devontorquay.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 South Hams: Their specialist Energy Advisors can provide support such as – help with complex billing issues, resolving matters directly with energy providers, deal with energy supplier issues (such as billing and meter problems), making homes more energy efficient, and looking at fuel bills and household finances to help save money. Also provides debt and financial capability advice through their debt advisers → Call 0808 278 7948 or visit <https://southhamscab.org.uk/projects/>

Household Support Fund: (Part of Citizens Advice South Hams) Devon County Council's Household Support Fund provides energy vouchers to residents of Devon County*. These vouchers can be used to help cover the cost of gas and/or electricity, with no repayment required and no impact on benefit entitlements. The fund is managed by Citizens Advice Devon, and local offices are available to offer support and discuss your individual circumstances. They can also provide additional energy-saving



advice to help you save even more → South Hams/Teignbridge residents call 0808 278 7948 or find your nearest drop-in here: <https://southhamscab.org.uk/get-advice/in-person/> Devon residents visit <https://southhamscab.org.uk/projects/>

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

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>

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

Depression

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

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

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



Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including depression. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

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

TALKWORKS (Depression and Anxiety Service): Part of the IAPT 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/>

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/>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including domestic abuse, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <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 <https://ddaa.org.uk>

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

DICE (Barnardos Exceed Service): 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>

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

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources on a wide range of difficulties, including domestic abuse. Search for services using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or visit <https://www.marbleslostandfound.co.uk/>

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

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

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

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

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

Employment, Education & Training

CASS+: A charity that provides information, advice, and support for a wide range of issues, including employment and education, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in South Hams, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals → Call 01392 677 067 or email dpn-tr.drlc@nhs.net <https://local.dualdiagnosis.org.uk/organisations/united-kingdom/devon/exeter/devon-recovery-learning-community-drlc/>

East Soar Outdoor Experience: Primarily provides outdoor educational opportunities for children with additional educational needs but also caters for mainstream groups. Under their Giving Back Scheme, they offer local schools and youth groups the opportunity to enjoy free outdoor educational days at the farm. Based in Salcombe but open to all → Call 07949 047784 or email info@eastsoar.uk or visit <https://www.eastsoaroutdoorexperience.co.uk/>

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

Refugee Support Devon: Allows refugees within 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/>

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

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/>

CASS+: A charity that provides information, advice, and support for a wide range of issues, including family issues, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Children and Families in Grief: A charitable organisation that provides practical, emotional, and creative support for children and their families in South Devon following bereavement → Call 01803 393917 or email info@childrenandfamiliesingrief.co.uk or for more information visit their website <https://www.childrenandfamiliesingrief.co.uk/>

Citizens Advice in Schools: (Citizens Advice South Hams) provides experienced advisors in local schools to offer advice and support to families in need. In partnership with Education South West, we are attending King Edward VI Community College in Totnes, Kingsbridge Community College and Dartmouth Academy. The project will soon also include Blackawton, Stoke Fleming and East Allington primary schools. If your child attends one of these schools and you would like to speak to an advisor, please speak to the school office → Visit <https://southhamscab.org.uk/projects/>

Citizens Advice South Hams: As well as projects in collaboration with other organisations, CASH provides specialist advice and guidance around family issues → Call 0808 278 7948 or visit <https://southhamscab.org.uk/about-us/>

Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to families of children and young people in Totnes with severe or profound learning disabilities. → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDF.T.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>

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or visit <https://www.homestart-southandwestdevon.org.uk/>

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

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

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

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

Relate: Provides affordable counselling (donations-based), in a safe & calm environment, across 6-8 sessions, for families in South Devon experiencing relationship difficulties, and support around divorce.



Sessions typically fortnightly → Call 01752 213131 or email relateplymouth@googlemail.com or <https://www.relateplymouth.co.uk/counselling-services/family-counselling>

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

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

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

The Pioneers Project: Aspire to reach whole families across Devon, 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 Support (e.g. Food Banks)

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

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



Ivybridge Community Food: Runs 2 main projects. Aim to reduce waste, and share food. Come along every Tuesday, to support their cause, and help eliminate food waste. Also runs a community café 12-2pm and a food club 1-1.30pm Tuesdays. Based at St John's Church Hall → Call 07838 744 290, email ivybridgecommunityfood@gmail.com or <https://www.facebook.com/profile.php?id=61552840363224>

IvyFridge: (Part of Ivybridge Community Food) A community fridge space that brings people together to share food, meet up, learn new skills, and prevent fresh food from going to waste. IvyFridge is open to all, with anyone being welcome to share or take food, including surplus from supermarkets, local food businesses, producers, households, and gardens. Based at Ivybridge Library, Erme Court, Leonards Road, Ivybridge, PL21 0SZ → Call 07756 667 533 or email hello.ivyfridge@gmail.com or visit <https://www.facebook.com/IvyFridge>

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

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

CASS+: A charity that provides information, advice, and support for a wide range of issues, including health and wellness, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Citizens Advice South Hams: As well as projects in collaboration with other organisations, CASH provides specialist advice and guidance around health related matters → Call 0808 278 7948 or visit <https://southhamscab.org.uk/about-us/>

Everything Ivybridge Wellbeing: Provides information and signposting on wellbeing-related services, clubs, groups, events, and activities around Ivybridge and surrounding areas → Email them at info@innercompasguide.com or visit <https://www.facebook.com/profile.php?id=61553117837982>

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>

Healthwatch Torbay: The independent consumer champion for people using local health and social care services in Torbay, Paignton, and Brixham, covering all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen



to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services → Call 0800 052 0029 or email (M-F, 10-4) or email info@healthwatchtorbay.co.uk or for more information visit <https://healthwatchtorbay.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 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

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including health and wellness issues. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

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

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

Housing & Homelessness

CASS+: A charity that provides information, advice, and support for a wide range of issues, including housing and homelessness, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Citizens Advice South Hams: As well as projects in collaboration with other organisations, CASH provides specialist advice and guidance around housing-related issues → Call 0808 278 7948 or visit <https://southhamscab.org.uk/about-us/>

Devon ECRS - Stewart Gardens: Provides housing-related support for people with high support needs, to enable them to return to Devon. Aims to support people in gaining the skills they need to live independently → Call 07436 833243 (open daily) or email ECRS@rethink.org or more information available <https://www.rethink.org/help-in-your-area/services/housing/devon-ecrs-stewart-gardens/>

Devon Home Choice (South Hams): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01803 861234 or email devon.homechoice@swdevon.gov.uk or more info <https://www.devonhomechoice.com/contact-us-2>

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/>

Community Learning Disability Team: Based in Paignton and Newton Abbot, these CLDTs offer specialised health and social care support for adults (18+) with learning disabilities, including personalised care planning, intensive assessment, and access to therapies → Call 01803 219 700 or email dpn-tr.HealthReferral@nhs.net (referrals) for **Paignton** team, or 01392 384 769 or dpn-tr.HealthReferral@nhs.net (referrals) for **Teignbridge** team based in Newton Abbot or visit <https://www.dpt.nhs.uk/service-details/service/learning-disability-intensive-assessment-and-treatment-service-75/>

Dame Hannahs: A service for people with disabilities and complex needs, who aim to empower, advocate for, and enrich the lives of adults with disabilities. Main site in Ivybridge. Aims to provide learning, care, support, and fun for adults with a range of disabilities → Call 01752 892461 or visit www.discoverhannahs.org

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 in Totnes with severe or profound learning disabilities → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDF.TDevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

East Soar Outdoor Experience: Primarily provides outdoor educational opportunities for children with additional educational needs but also caters for mainstream groups. Under their Giving Back Scheme, they offer local schools and youth groups the opportunity to enjoy free outdoor educational days at the farm. Based in Salcombe but open to all → Call 07949 047784 or email info@eastsoar.uk or visit <https://www.eastsoaroutdoorexperience.co.uk/>

Hannahwood: (Part of Dame Hannahs) An innovative transition project for young adults with complex needs (aged 19+) in Ivybridge that provides residential care, respite, and day services. Focuses on individuals' learning, development, and care and aims to help them live more independently and prepare them for community life. Education provision tailored to individual needs → Call 01752 892461 or more information <https://www.discoverhannahs.org/our-services/>

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

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

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

Legal Aid

CASS+: A charity that provides legal aid and free advice to both victims and offenders in Newton Abbot, with the aim of offering respect and fairness to vulnerable people who are at risk of, or have been processed through, the Criminal Justice System → Call 01752 601153 or 01752 206187 (M-F 9.30-4.30) or <https://www.cassplus.org/> or contact via <https://www.cassplus.org/contact-us/>

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

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon 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 South Devon (including Newton Abbot) and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

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

Marriage & Relationships

Citizens Advice South Hams: As well as projects in collaboration with other organisations, CASH provides specialist advice and guidance around relationship issues → Call 0808 278 7948 or visit <https://southhamscab.org.uk/about-us/>

Relate: Provides (donations-based) relationship counselling in South Devon for anyone aged 16+, regardless of relationship status. Aims to help couples work through their problems, in a caring and



supportive environment → Call 01752 213131 or email relateplymouth@googlemail.com or visit <https://www.relateplymouth.co.uk/counselling-services/relationship-counselling>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling. Sessions take place with individuals/couples in a safe space → more info <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

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. Also run various events throughout the year → 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 Newton Abbot residents → call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <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 Newton Abbot and Paignton → Call 01626 203 517 for Newton Abbot or 01803 546 470 for Paignton or 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>

Devon Recovery Learning Community: A Recovery College provided by Devon Partnership NHS Trust, that offers a wide range of activities, resources, and drop-in sessions, aimed at supporting mental health and wellbeing. Also works in close partnership with many outside organisations and agencies to offer a wide range of free, open access opportunities to learn about mental health and Recovery, which are delivered online, in person, or through blended learning, which are designed to increase people's knowledge and equip them with tools to live a meaningful, productive, and fulfilling life. Based in South Hams, but open to anyone who would like to attend. Courses open to anyone aged 18+, as well as their friends, family, and professionals → Call 01392 677 067 or email dpn-tr.drlc@nhs.net <https://local.dualdiagnosis.org.uk/organisations/united-kingdom/devon/exeter/devon-recovery-learning-community-drlc/>



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

Livewell Southwest Perinatal Team: Works to prevent, detect, and manage mental health problems that can be complicated by pregnancy and the postpartum period. The overriding goal is to promote maternal wellbeing and in turn bond and attachment with infant at the earliest opportunity, improving short- and long-term outcomes for both. We aim to prevent admissions to acute mental health wards by working alongside women, families and other professionals with care and support to keep people safe, well and at home. Referrals can be made by any professionals or services within Plymouth, who are supporting women around the time of childbirth where there are concerns about their mental wellbeing → Call 01752 431 607 or visit <https://www.livewellsouthwest.co.uk/project/perinatal-mental-health-team>

Mental Health Assessment Team: A service based in South Devon that manages new referrals, and provides a single point of assessment and access to adult community mental health services across Devon → Call 01803 397401/402 or visit <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

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/>

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

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including mental health issues. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

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

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



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

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

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/>

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>

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including support for men. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Parents & Pregnancy

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

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>

Livewell Southwest Perinatal Team: Works to prevent, detect, and manage mental health problems that can be complicated by pregnancy and the postpartum period. The overriding goal is to promote maternal wellbeing and in turn bond and attachment with infant at the earliest opportunity, improving short- and long-term outcomes for both. We aim to prevent admissions to acute mental health wards by working alongside women, families and other professionals with care and support to keep people safe, well and at home. Referrals can be made by any professionals or services within Plymouth, who are supporting women around the time of childbirth where there are concerns about their mental wellbeing → Call 01752 431 607 or visit <https://www.livewellsouthwest.co.uk/project/perinatal-mental-health-team>

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

Personality Disorders

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

Dame Hannahs: A service for people with disabilities and complex needs, whose mission is to empower, advocate, and enrich the lives of adults with disabilities. Main site is in Ivybridge. Aims to provide learning, care, support, and fun for adults with a range of disabilities → Call 01752 892461 or visit www.discoverhannahs.org

Hannahwood: (Part of Dame Hannahs) Based in Ivybridge, Hannahwood provides residential care, respite, and day services, that focus on the transition from adolescence to adulthood (for learning, development, and care) for adults aged 19+ with physical disabilities. Education provision is tailored to individuals' needs → Call 01752 892461 or visit <https://www.discoverhannahs.org/our-services/>



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>

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/>

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

Psychosis

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-qKe4d3EggMV5oCDBx0XTAyhEAAyAAAEgLCZPD_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-qKe4d3EggMV5oCDBx0XTAyhEAAyBCAAAEgKAMfD_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

Monica Khosla Counselling: A therapist in Totnes who offers general counselling, psychotherapy and somatic trauma therapy support to teenagers and adults for different psychiatric conditions, including PTSD. Rates are £55 per hour → Call 07790 413610 or email monica@monica-khosla.co.uk or more info <http://monica-khosla.co.uk/>



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

Self-Harm & Suicide

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

Red Rock Counselling: Offers 1-1 in person and online counselling for anyone over 18 (across Plymouth, Dawlish, & Paignton), for a wide range of issues, including self-harm and suicidal thoughts. Paige is an accredited member of the National Counselling and Psychotherapy Society. Offers a wide range of availability for online sessions Monday-Saturday. In-person sessions in Dawlish are held at the Coastal Chiropractic and Wellness Centre, Tues 10am-2pm; Thurs 2.30-7pm, Sat 8.30am-12.30pm → Call 07447 914 631, email paige.rideout20@gmail.com or visit www.redrockcounselling.co.uk

Sexual Health

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

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

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

Substance Misuse

CASS+: A charity that provides information, advice, and support for a wide range of issues, including substance misuse, for Newton Abbot residents → Call 01626 337214 or 07593 9837104 (W + F 9.30-4.30), or contact via <https://www.cassplus.org/contact-us/> or <https://www.cassplus.org/about-us/>

Rehab 4 Addiction: A service that offers a variety of drug and alcohol addiction treatment options in Devon/the wider Southwest of England. They offer a confidential helpline and specialise in 'making sense' of the complex nature of seeking out professional help for these issues. Also provides mental health support → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information <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/>

Trauma

Monica Khosla Counselling: A therapist in Totnes who offers general counselling, psychotherapy and somatic trauma therapy support to teenagers and adults for different psychiatric conditions, including PTSD. Rates are £55 per hour → Call 07790 413610 or email monica@monica-khosla.co.uk or more info <http://monica-khosla.co.uk/>

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

Women's Services

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

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

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/>

Young Adult Support (16+)

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

Devon Youth Justice Service: Comprises a team of specialists including social workers, probation workers, and youth offending team officers to support young people who get into trouble with the law. They can talk service users through the incident and support them to make a plan, and aim to help people to change their behaviour so they can move on with their lives (including school/college attendance) → Call 01392 384 978 (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/>

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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/>

Hannahwood: (Part of Dame Hannahs) An innovative transition project for young adults with complex needs (aged 19+) in Ivybridge that provides residential care, respite, and day services. Focuses on individuals' learning, development, and care and aims to help them live more independently and prepare them for community life. Education provision tailored to individual needs → Call 01752 892461 or more information <https://www.discoverhannahs.org/our-services/>

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

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

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

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