



Devon & Cornwall Service Directory – West 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.**



WEST DEVON

Activities & Community

Community Links SW CIC: A not-for-profit Community Interest Company (CIC) based in Okehampton, Devon. They provide support services for families and music education for children through Okehampton Music Centre. Through direct delivery of services, or by signposting and connecting clients with other groups and agencies, they provide a wide range of activities, events, and workshops → Call 07808 523 111 or email info@communitylinks-sw.co.uk or visit <https://www.communitylinks-sw.co.uk>

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

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

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

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

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

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>

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



[us/contact-us](#) or visit <https://www.nct.org.uk/local-activities-meet-ups> for activities and <https://www.nct.org.uk/courses-workshops> for antenatal and postnatal classes

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

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

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

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

Rotary Club Okehampton: A service that offers gardening as well as arts and crafts packs, to encourage people to undertake a hobby and try new things → For more information call 07782 222404 or visit <https://www.rotary-ribi.org/clubs/homepage.php?ClubID=1048>

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

Significant Seams: Provides creative activities using textiles and craft for support and wellbeing, for people in the local communities → Text 07520 633 939 or email admin@significantseams.org.uk or visit <https://significantseams.org.uk/>

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

WisE money: (Also known as Wisermoney) A partnership project between Navigate CIO and Encompass Southwest, that was formed in 2012 and currently delivers a number of financial inclusion



services across West Devon, and operates under a formal partnership agreement. Wisermoney are funded through charitable grants, donations and contracts. Provides workshops, training, and events → Email wisermoney@navigatecharity.org.uk or for more information visit <https://www.bpag-encompass.org.uk/projects/wisermoney/>

Advocacy

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

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

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

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

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

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

Alcohol Misuse

Community Links SW CIC: A not-for-profit Community Interest Company (CIC) based in Okehampton, Devon. They provide support services for families and music education for children through Okehampton Music Centre. Through direct delivery of services, or by signposting and connecting clients with other groups and agencies, they have helped people with issues such as alcohol misuse → Call 07808 523 111, email info@communitylinks-sw.co.uk or visit <https://www.communitylinks-sw.co.uk>

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues



→ Call 0800 140 4690 or email info@rehab4addiction.co.uk or for more information visit <https://www.rehab4addiction.co.uk>

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

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

Anxiety

Community Links SW CIC: A not-for-profit Community Interest Company (CIC) based in Okehampton, Devon. They provide support services for families and music education for children through Okehampton Music Centre. Through direct delivery of services, or by signposting and connecting clients with other groups and agencies, they have helped people with a wide range of personal situations, including anxiety → Call them on 07808 523 111, email info@communitylinks-sw.co.uk or visit <https://www.communitylinks-sw.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 anxiety. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Hearts and Paws Healing: A practitioner that offers reiki and flower essence, as well as holistic healing and soul doula sessions for people in Ivybridge and South Hams (also covers West Devon). Helps to support people and animals to heal naturally from the inside out. Reiki is used to help manage pain, stress, anxiety and/or chronic illness. Hearts and Paws Healing aims to improve wellbeing and improve quality of life → Call 07837 669 391, email jane@heartsandpawshealing.co.uk or for more information visit <https://www.facebook.com/reconnecttothewisdomwithin/>

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/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon



→ Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>

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

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

Asylum Seekers & Refugees

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

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



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/>

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

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

Help for Ukrainian Families: (Part of Citizens Advice) Currently funded by Torridge District Council, Mid Devon District Council and West Devon Borough Council to provide advice and support to Ukrainian guests and their host families. A small team of Advisers are available, who can offer telephone, face to face (in office or home visiting) advice on Welfare Benefits, Housing, Employment, Relationships and OISC level 1 Immigration/Settling queries. Referrals can be made direct to the project via the respective local authority coordinators, or you can contact Adviceline or visit your nearest (Torridge, Mid and West Devon) local office for a referral → Visit <https://citizensadvicetnmwd.org.uk/hfuf-self-referral/>

Help to Claim: A dedicated, free service provided by Citizens Advice that can support people in the early stages of your UC claim, from the application through to your first payment. Their trained advisers can check that Universal Credit is the right benefit for you to claim, help with things like how to gather evidence for your application and how to prepare for your work coach appointment → Call 0800 1448 444 (M-F 8-6).

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

Navigate: (Part of the Wis£r money partnership) Navigate aims to bring an end to financial hardship, by offering those in need the right support to help build their confidence, knowledge, and skills for long-term money management. Navigate's work benefits those individuals and families facing financial difficulty and exclusion due to their age, ill health, disability, financial hardship, or other disadvantage across West Devon. They also provide financial education and training for businesses, and advice and support around benefits. Professionals can make a referral for clients here



<https://www.navigatecharity.org.uk/referring-a-client-to-navigate/> → Call 01823 299050 or email enquiries@navigatecharity.org.uk or visit <https://www.navigatecharity.org.uk/>

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

Quids for Kids: (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://citizensadvicenmwd.org.uk/our-projects/>

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

Bereavement & Loss

Community Links SW CIC: A not-for-profit Community Interest Company (CIC) based in Okehampton, Devon. They provide support services for families and music education for children through Okehampton Music Centre. Through direct delivery of services, or by signposting and connecting clients with other groups and agencies, they have helped with a wide range of personal situations, including bereavement → Call 07808 523 111 or email info@communitylinks-sw.co.uk or for more information visit <https://www.communitylinks-sw.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

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

Side by Side Counselling: Debbie is passionate about offering people a safe, confidential and supportive space to explore and make sense of thoughts and feelings that have been causing you pain,



in order to help you take back control of your life. Face-to-face and online counselling sessions offered for a wide range of issues, including bereavement → Call 07773 202 281 or for more information visit www.sbscounselling.weebly.com

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

Bipolar Disorder

First Response: Although FR doesn't provide specialist support for bipolar disorder, it can be used by anyone with bipolar disorder who may be struggling with their mental health → Call 111 and select the 'mental health' option.

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

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

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

Brain Injury

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 but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

Devon Memory Café Consortium: A membership organisation which aims to support memory cafes across Devon to provide a quality service to people living with dementia and their carers. Their mission



is to provide our members with quality information, guidance and training on running memory cafes, and also opportunities to meet, learn and share with each other. Has many cafes all across Devon → Email jane@dmcc.org.uk or visit www.dmcc.org.uk or <https://dmcc.org.uk/find-a-memory-cafe/> to find a café in your specific area.

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

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

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

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>

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

Children & Young People (0-16)

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

Community Links SW CIC: A not-for-profit Community Interest Company (CIC) based in Okehampton, Devon. They provide support services for families and music education for children through



Okehampton Music Centre. Through direct delivery of services, or by signposting and connecting clients with other groups and agencies, they have helped with a wide range of personal situations, including activities, events, and workshops → Call 07808 523 111 or email info@communitylinks-sw.co.uk or visit <https://www.communitylinks-sw.co.uk>

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

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

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>

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

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

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

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



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

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/>

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

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

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

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 <https://www.lgbtqyouthdevon.org.uk/young-people>

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

Counselling Services

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

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

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

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

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

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

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

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



Criminal Justice

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

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

Crisis Support

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/>

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/>

Debt & Money Management

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

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



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

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

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

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

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

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 visit <https://www.dpt.nhs.uk/service-details/service/devon-memory-service-9/>

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/>

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

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/>

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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>

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

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



Domestic & Sexual Abuse

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

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

Devon 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/>

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

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

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



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

Eating Disorders

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

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

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

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/>

Employment, Education & Training

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

Gifted Women: Amongst other services, offers an employability programme that links up with local employers to women based in Tavistock, which aims to provide them with meaningful work experience



placements tailored to women's strengths and ambitions → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

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

Help for Ukrainian Families: (Part of Citizens Advice) Currently funded by Torridge District Council, Mid Devon District Council and West Devon Borough Council to provide advice and support to Ukrainian guests and their host families. A small team of Advisers are available, who can offer telephone, face to face (in office or home visiting) advice on Welfare Benefits, Housing, Employment, Relationships and OISC level 1 Immigration/Settling queries. Referrals can be made direct to the project via the respective local authority coordinators, or you can contact Adviceline or visit your nearest (Torridge, Mid and West Devon) local office for a referral → Visit <https://citizensadvicetnmwd.org.uk/hfuf-self-referral/>

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

Families

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

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

Devon Partnership Trust: Their perinatal mental health team offers expert advice if you have a diagnosed mental health problem, are taking medication for your mental health or have experienced a significant postnatal illness in the past. Their team provides evidence-based treatments tailored to your individual needs, and those of your baby and family. Based at 8 Fore Street, Ivybridge, PL21 9AB → Call 01822 813 070 or email dpt.PerinatalTeamWestDevon@nhs.net or visit <https://www.dpt.nhs.uk/service-details/service/perinatal-mental-health-teams-94/>

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



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 www.homestart-southandwestdevon.org.uk

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

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

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

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

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

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/>

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

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

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

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

Gambling

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

The South West Gambling Service: Open to anyone living in the South West and registered with a GP, SWGS provides free confidential support to those affected by gambling addiction. People can refer themselves directly to the service → Call 0330 022 3175 (M-F 9am-7pm) or fill out the referral form



https://sw-gambling.cogassess.co.uk/pages/SW_Self_Referral_Start or for more information visit their website <https://www.awp.nhs.uk/our-services/az-services/south-west-gambling-service>

Health & Wellbeing

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

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

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

Hearts and Paws Healing: A practitioner that offers reiki and flower essence, as well as holistic healing and soul doula sessions for people in Ivybridge and South Hams (also covers West Devon). Helps to support people and animals to heal naturally from the inside out. Reiki is used to help manage pain, stress, anxiety and/or chronic illness. Hearts and Paws Healing aims to improve wellbeing and improve quality of life → Call 07837 669 391, email jane@heartsandpawshealing.co.uk or for more information visit <https://www.facebook.com/reconnecttothewisdomwithin/>

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

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

Housing & Homelessness

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



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

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

Help for Ukrainian Families: (Part of Citizens Advice) Currently funded by Torridge District Council, Mid Devon District Council and West Devon Borough Council to provide advice and support to Ukrainian guests and their host families. A small team of Advisers are available, who can offer telephone, face to face (in office or home visiting) advice on Welfare Benefits, Housing, Employment, Relationships and OISC level 1 Immigration/Settling queries. Referrals can be made direct to the project via the respective local authority coordinators, or you can contact Adviceline or visit your nearest (Torridge, Mid and West Devon) local office for a referral → Visit <https://citizensadvice.tnmwd.org.uk/hfuf-self-referral/>

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 at Follaton House, Plymouth Road, Totnes, TQ9 5RS. The team offers specialized health and social care support for adults (18+) with learning disabilities, including personalized care planning, intensive assessment, and access to therapies → Call 01392 385 103 or email dpn-tr.iattwest@nhs.net (referrals).

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

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

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



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

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

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

Legal Aid

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

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

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 Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

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



Marriage & Relationships

Help for Ukrainian Families: (Part of Citizens Advice) Currently funded by Torridge District Council, Mid Devon District Council and West Devon Borough Council to provide advice and support to Ukrainian guests and their host families. A small team of Advisers are available, who can offer telephone, face to face (in office or home visiting) advice on Welfare Benefits, Housing, Employment, Relationships and OISC level 1 Immigration/Settling queries. Referrals can be made direct to the project via the respective local authority coordinators, or you can contact Adviceline or visit your nearest (Torridge, Mid and West Devon) local office for a referral → Visit <https://citizensadvicetnmwd.org.uk/hfuf-self-referral/>

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

Mental Health

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 CMHT based at The Quay, Plymouth Road, PL19 8AB → Call 01822 610 159 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 Partnership Trust: Their perinatal mental health team offers expert advice if you have a diagnosed mental health problem, are taking medication for your mental health or have experienced a significant postnatal illness in the past. Their team provides evidence-based treatments tailored to your individual needs, and those of your baby and family. Based at 8 Fore Street, Ivybridge, PL21 9AB → Call 01822 813 070 or email dpt.PerinatalTeamWestDevon@nhs.net or visit <https://www.dpt.nhs.uk/service-details/service/perinatal-mental-health-teams-94/>

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: 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/>

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

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

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 information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

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

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



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

Men's Services

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

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

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

Parents & Pregnancy

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/>

Devon Partnership Trust: Their perinatal mental health team offers expert advice if you have a diagnosed mental health problem, are taking medication for your mental health or have experienced a significant postnatal illness in the past. Their team provides evidence-based treatments tailored to your individual needs, and those of your baby and family. Based at 8 Fore Street, Ivybridge, PL21 9AB → Call 01822 813 070 or email dpt.PerinatalTeamWestDevon@nhs.net or visit <https://www.dpt.nhs.uk/service-details/service/perinatal-mental-health-teams-94/>

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>

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

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

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

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

Physical Disabilities

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



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

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/>

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-qKe4d3EggMV5oCDBx0XTAyhEAAYAAEgLCZPD_BwE

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

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

PTSD

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

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

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

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

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

Sexual Health

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

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

Substance Misuse

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

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

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

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

Trauma

Gifted Women: Supports Tavistock-based women, who are referred to GW by other organisations to take part in this trauma-informed programme of employability training and confidence building. Aims to



provide discovery and personal growth for women, in a supportive environment → Email info@giftedwomen.co.uk or visit www.giftedwomen.co.uk

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

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

Women's Services

Devon Partnership Trust: Their perinatal mental health team offers expert advice if you have a diagnosed mental health problem, are taking medication for your mental health or have experienced a significant postnatal illness in the past. Their team provides evidence-based treatments tailored to your individual needs, and those of your baby and family. Based at 8 Fore Street, Ivybridge, PL21 9AB → Call 01822 813 070 or email dpt.PerinatalTeamWestDevon@nhs.net or visit <https://www.dpt.nhs.uk/service-details/service/perinatal-mental-health-teams-94/>

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

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

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

Hearts and Paws Healing: A practitioner that offers reiki and flower essence, as well as holistic healing and soul doula sessions for people in Ivybridge and South Hams (also covers West Devon). Helps to support people and animals to heal naturally from the inside out. Reiki is used to help manage pain, stress, anxiety and/or chronic illness. Hearts and Paws Healing aims to improve wellbeing and improve quality of life → Call 07837 669 391, email jane@heartsandpawshealing.co.uk or for more information visit <https://www.facebook.com/reconnecttothewisdomwithin/>

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>

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

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

Young Adult Support (16+)

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

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

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

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

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

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

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

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

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

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

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

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



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