



COAST&COUNTRY
PRIMARY CARE NETWORK

Mental Health and Wellbeing

Useful urgent contact numbers:

**Devon First Response – dial 111 &
select Mental Health option**

**Mental Health Connect Cornwall – dial
111 & select Mental Health option**

Samaritans – 116 123



Our guide to Mental Health & Wellbeing services in Devon & Cornwall

MENTAL HEALTH SERVICES - DEVON

Devon Partnership Trust offers a hub of information and services to support people struggling with their mental health. To go to the hub visit

<https://www.dpt.nhs.uk>

MENTAL HEALTH SERVICES - CORNWALL

Cornwall patients can access via the Cornwall hub

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/>

Or

<https://www.cornwallft.nhs.uk/community-mental-health-services/>



TALKWORKS

Talkworks is the talking therapy service for Devon - previously known as the Depression and Anxiety Service (DAS). Refer yourself online via:

<https://www.talkworks.dpt.nhs.uk>

or calling 0300 555 3344

If you have a long-term condition, please mention this when referring yourself.

NHS TALKING THERAPIES (FORMERLY OUTLOOK SOUTHWEST)

Talking Therapies (formerly Outlook Southwest) is the talking therapy service for Cornwall. Refer yourself online via <https://www.cornwallft.nhs.uk/talking-therapies/> calling 01208 871905

This line is available 9am-4pm, Monday to Friday. It is NOT an urgent response line.

STEP ONE - A BRIGHTER PATH TO WELLBEING

Step One - is a trusted and experienced charity that empowers people with mental health problems, learning disabilities and neurodiversity in Devon to achieve their goals and live more independently. They offer a unique and holistic approach to mental health and wellbeing through their range of varied services.

Call 01392 255 428 during office hours, which are Monday – Friday from 9am – 5pm. (Please note, this number is NOT a crisis helpline but they can help you find the resources you need.)

Email: info@steponecharity.co.uk

THE COUNSELLING DIRECTORY

Find the right counsellor for your situation and location, plus useful articles to support counselling needs. Please be aware that most of those listed are private counsellors and charges will apply.

Website: <https://www.counselling-directory.org.uk/>

British Association for Counselling and Psychotherapy

Directory of counsellors and psychotherapists by location and specialism. Please be aware that most of those listed are private counsellors and charges will usually apply.

Website: <https://www.bacp.co.uk/search/Therapists>



MENTAL HEALTH MATTERS SOUTH WEST

MHM is a national charity with over 40 years of experience in delivering high-quality mental health services. They have achieved a huge positive impact on the lives of people living with mental health needs in our communities.

Website: <https://www.mhm.org.uk>

PEARL EXCHANGE

Safe space for people aged 18-35. Creative workshops, wellbeing walks and counselling sessions available through Counselling for Social Change, plus a whole lot more.

1, Broadclose Hill, Bude, EX23 8EQ (from July 2024).

Website: <https://thepearlexchange.org.uk>

SILVER CLOUD

Online mental health and wellbeing digital support programme using iCBT (Internet Cognitive Behavioural Therapy), aimed at carers, parents and other supporters, but it can be used by anyone living in Devon and Cornwall who would like some support with:

- Improving sleep
- managing stress
- building resilience
- supporting an anxious child or teen

The programmes are free and confidential. Please use code CCPCN for FREE access from any of our Primary Care Network Practices (Hatherleigh, Holsworthy, Stratton, Bradworthy and Neetside Surgeries)

Website: <https://dpt.silvercloudhealth.com/signup/>



PANIC ATTACKS

Panic attacks can be frightening. But there are things you can do during a panic attack that help, like breathing and grounding techniques. The Mental Health Foundation offers a brilliant website and guide to how to help manage panic attacks when they happen.

Read the guide: <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/panic-attacks>

STRESS BREATHING EXERCISES

For useful information about calming breathing techniques to alleviate stress, anxiety and panic please go to <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>

MAN DOWN

Peer support group for men. Groups meet across Cornwall and a few in Devon, with one in Bude, Launceston and Okehampton. Confidential and anonymous.

Website: <https://mandown.org/>

YOUR VOICE CORNWALL is an organisation that offers a support network for women struggling with their mental health, across Cornwall.

Website: <https://www.creative-lives.org/womens-support-group>

FARMING COMMUNITY NETWORK

Confidential support for farmers and their families.

Call: 03000 111 999

Website: <https://fcn.org.uk/>



DEVON MENTAL HEALTH ALLIANCE

A joining together of 6 organisations dedicated to providing support for people experiencing challenges with their mental health. The goal of the Alliance is to improve access to services and identify new opportunities to support people across all of Devon's communities, using a collaborative approach that reaches across and brings together partners from the statutory, voluntary and community sectors.

Website: <https://www.mentalhealthdevon.co.uk/>

From March 2025:

Holsworthy Drop-In for anyone over 18, at Holsworthy Youth Centre, Sanders Lane, Holsworthy.

Mondays 10.30am to 12.30pm.

Please note: this is not a crisis space.

PSYCHIATRY UK

National online psychiatry service - speak to a GMC registered private consultant psychiatrist from the comfort of your own home. Treating a wide range of mental health issues including ADHD and ASD in adults and children, Stress, Anxiety, Bipolar Disorder, Depression and many more.

Website: <https://psychiatry-uk.com/>

MIND

MIND provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

For information on types of mental health conditions -

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

For courses on how to have conversations about mental health with others -

<https://www.mind.org.uk/information-support/helping-someone-else/conversations-in-the-community/>

Infoline: 0300 123 3393

Website: <https://www.mind.org.uk/>



MENTAL HEALTH SWIMS

Swimming for mental health, meets in Bude on the last sunday of every month. Other locations available. Contact via the website or on Instagram, where there's a big community.

Website: <https://www.mentalhealthswims.co.uk/>

Instagram: <https://www.instagram.com/mentalhealthswims/>

WILD SWIMMING - BLUE BALLS CORNWALL

Wild swimming groups for men in Cornwall, run as an offshoot of Man Down, using cold-water therapy as a route to better physical and mental health.

Website: <https://www.wildswimmingcornwall.co.uk/blog/blue-balls-cornwall>

Facebook: <https://www.facebook.com/blueballscornwall/>

Also available and active on Instagram



WALK TALK KERNOW

Run by Cornwall Hospice Care, this group is for people who are recently bereaved and find walking and connecting with nature helpful and healing. For more information and list of walks and other activities:

Website: <https://www.cornwallhospicecare.co.uk/our-community-services/>

Facebook: <https://www.facebook.com/WalkTalkKernow>

Tel: 01726 829874

BUDE WALK & TALK

Walking group based around Bude, all levels and abilities. Vibrant Facebook group:

Facebook: <https://www.facebook.com/groups/358075177601153/>

HOLSWORTHY WALK & TALK

Walking Group based around Holsworthy and surrounding villages. Meets weekly on a Friday and is free.

Website: <https://holsworthywalkandtalk.co.uk/>

HOPE FOR HARM

Hope For Harm service for adults who self-harm as a way of coping with overwhelming emotional experiencing and/or psychological pain. Delivered by Clear, Emotional Trauma and Therapy Specialist service for Cornwall patients.

Tel: 01872 261147

Webpage: Hope For Harm

CALM HARM APP

Calm Harm is an award-winning app funded by teenage mental health charity stem4, to help manage the urge to self-harm.

Download the app and find out what it's all about -

<https://calmharm.stem4.org.uk/>

MoMENTum

A peer support group for adult male survivors of childhood sexual abuse. Confidential support for survivors by survivors.

Tel: 07773 151080

Website: <https://www.momentumdevon.org.uk/>



CORNWALL MIND: BUDE PEER GROUP RECOVERY

Bude Peer Recovery Group runs every Wednesday from 10-12 noon at Neetside Community Centre, Levens Road, Bude. For anyone wanting to improve their mental health and wellbeing. This is an ongoing group, with the opportunity to learn new skills, meet others, have a chat and get a bit of support.

Tel: 01208 892 855

Website: <https://cornwallmind.org/peer-support-group/peer-recovery-groups/>



PERINATAL MENTAL HEALTH TEAM - Cornwall

The Cornwall Perinatal Mental Health Team specialises in the assessment, diagnosis and short-term treatment of women affected by a moderate to severe mental health illness in the preconception, antenatal and postnatal period.

Available Monday - Friday, 9am to 5pm

Tel: 01872 246820

PERINATAL MENTAL HEALTH TEAM - Devon

The Devon Perinatal Mental Health Service is dedicated to working with women in pregnancy and new mums who are concerned about their emotional or mental wellbeing. For those planning to have their babies at Royal Devon & Exeter Hospital or at The Ladywell Unit, North Devon District Hospital.

Website: <https://www.dpt.nhs.uk/service-details/service/perinatal-mental-health-teams>

Tel: 01392 674964

LGBTQ+ CORNWALL

For a really useful listing of groups and resources for those who are part of the LGBTQ+ community, devised by Inclusion Cornwall - <https://inclusioncornwall.co.uk/>



INTERCOM TRUST

An LGBTQ+ led charity, proudly working with 1000's of people each year to improve wellbeing and inclusion. Brilliant media platforms and community. Safer Rainbow Project offers specialist support to the LGBTQ+ communities experiencing domestic violence and/or sexual abuse.

Helpline: 0800 612 3010 free from UK mobiles and landlines (Mon-Fri 9am-4pm) **Website: <https://www.intercomtrust.org.uk/>**

THE MOORINGS@DEVON

The Moorings offer mental health support to anyone aged 18+ in the Devon area with 3 locations in Barnstaple, Exeter and Torquay.

The Mooring @ Barnstaple: The Voice Meeting Rooms, Belle Meadow Court, Albert Lane, Barnstaple, EX32 8RJ

Open 6pm-11pm Thursday to Monday

Tel: 07850 927 064

Website: <https://www.mhm.org.uk/the-moorings-devon>

QWELL

Free, safe and anonymous online mental wellbeing support for adults across the UK.

Kooth is commissioned for 11-18 year olds

Qwell is commissioned for 19-25 year olds and ANY age parents/carers

Website: <https://www.qwell.io/>

STEP ONE

Devon Mind and Step One charity have joined forces to offer mental health and wellbeing support to people across Devon. Online support or in-person groups - nearest local group is currently Barnstaple.

Topics covered include: managing stress and anxiety, managing anger, building resilience and finding meaning and purpose in life.

Contact via website only.

Website: <https://steponecharity.co.uk/devon-mind-x-step-one/>

DETOX HANDBOOK

The Detox Handbook gives you the basic information you need if you are coming off, or thinking about coming off, any of the opiate drugs such as heroin or methadone.

<https://www.edp.org.uk/the-detox-handbook/>

TOGETHER DEVON

Drug & Alcohol recovery service for Devon. Helping people to regain control of their lives, by building on strengths and supporting people to make healthy changes.

Website: <https://www.edp.org.uk/together/>

Tel: 0800 233 5444



PARENTAL MINDS CIC

Parent+ Support Group is for Caregivers who support family, friends or colleagues with mental health issues. Volunteer-led service where volunteers have all supported family & friends with mental health issues. An advisory board of professionals is available, tied in with local and national mental health services and networks.

Tel: 07907 614 516

Website: <https://www.parentalminds.org.uk/>

YOUNGMINDS: PARENT HELPLINE

The Young Minds Helpline provides detailed information, advice and support to parents or main carers of children and young people aged 25 or under.

Tel: 0808 802 5544 (Mon-Fri 9.30am to 4pm)

Website: <https://www.youngminds.org.uk/parent/parents-helpline/>

NSPCC: Parent support

NSPCC offer support to parents or caregivers of young people experiencing anxiety or depression.

Helpline: 0808 800 5000

Childline: 0800 1111 (for 18s or under)

Website: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

HOPE PROGRAMMES

HOPE programmes run online or in-person in local communities in the southwest, and are aimed at empowering people to manage their wellbeing and to flourish in their working and personal lives.

Hope programmes include: Living with Long Covid, Parenting children with autism, Living with Multiple Sclerosis etc.

Website: <https://www.h4c.org.uk/courses>

EMBER PROJECT

Ember is a 6-week programme for adults living in Cornwall and struggling with binge-eating disorder (BED). It is delivered by Cornwall Mind and the Cornwall Adult Eating Disorder Service. The programme combines CBT, compassion focus, mindfulness, nutrition, psycho educations and body image treatments.

To be referred please contact your practice as you will need to be referred by one of the clinical team.

BEAT

BEAT is the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, their mission is to end the pain and suffering caused by eating disorders.

Really great support hub.

Tel: 0808 801 0677

Website: <https://www.beateatingdisorders.org.uk/>

GEORGIA'S VOICE

Cornwall suicide prevention charity, working together to ensure every young woman up to age 25 feels safe, understood, supported and empowered.

On Facebook, Instagram & Twitter

Website: <https://georgiasvoice.co.uk/>



NOAH PROJECT - Cornwall Mind

Cornwall Mind and RSPCA Cornwall have joined together to deliver a pilot project to support people affected by Noah Syndrome, a complex mental health problem known as animal hoarding disorder.

For more information or to make a referral please go the website.

Tel: 01208 892 855

Website: <https://cornwallmind.org/news/noah-project-support-for-animal-hoarding/>

PEOPLE IN MIND

Pentreath works Collaboratively with Citizens Advice Cornwall (CAC) to deliver specialist Mental Health & Debt support through the People in Mind Project to anyone aged 16 and above living in Cornwall.

The aims of the People in Mind project are:

Reduce suicide rate in Cornwall and Isles of Scilly

Improve Wellbeing

Increase Social Connection **Access is 8am-8pm, 365 days of the year**

Tel: 01872 266383 (Cornwall Community Gateway)

Website: <https://cornwallvsf.org/connecting/services/people-in-mind/>

OKEHAMPTON MENTAL HEALTH PEER SUPPORT GROUP

Meets at the Ockment Centre, Okehampton alternate Wednesdays, 1-3m. This is a voluntary group for adults who have any mental health concerns; their companions and carers are also very welcome.

Tel: 07933 663796 (in advance of attending)

Facebook: <https://www.facebook.com/groups/OMHPSG/>

CORNWALL EMOTIONAL SUPPORT SERVICE: STROKE

Service developed by The Stroke Association for stroke survivors who live in Cornwall. Provision of individual counselling sessions and also helping people to explore issues such as loss, adjustment, relationships, and building confidence and self-esteem.

Tel: 01872 301689

Website: <https://www.stroke.org.uk/finding-support/cornwall-emotional-support-service>

Bude Stroke Support meet at Neetside Community Centre, Neetside, Bude, EX23 8LB on the 1st and 3rd Thursday of each month. **Contact: Ken Ashman**

Email: ashmanken@gmail.com

ANXIETY UK

Anxiety UK delivers a wide range of services including:

Therapy services

Helpline & text support

Courses and groups

Webinars and Podcasts

Anxious Times magazine

Helpline: 03444 775774 (Mon-Friday: 9.30am to 5.50pm)

Website: <https://www.anxietyuk.org.uk/>

IESO

ieso therapists provide text-based cognitive behavioural therapy (CBT) informed by a scientific understanding of what works, why it works and when it works best. They are able to treat:

- anxiety
- depression
- OCD
- PTSD
- phobias
- sleep problems
- social anxiety
- stress

Tel: 0800 074 5560

Website: <https://www.iesohealth.com/>



CRIMINAL JUSTICE LIAISON & DIVERSION TEAM

The criminal justice liaison and diversion team is an all age service and works with people living in Cornwall who are suspected of committing an offence and have mental health needs, learning disabilities, drug and alcohol problems or another identified vulnerability.

Tel: 01208 834747

Website: <https://www.cornwallft.nhs.uk/criminal-justice-liaison-diversion-team/>

THE FIRE FIGHTER'S CHARITY

Charity aimed at helping all serving and retired members of the UK's fire family to live healthier and happier lives.

Whether you're looking to make positive changes to your lifestyle, or in need of support with recovery from injury or illness, the charity offers a wide range of wellness and practical support.

Support Line: 0800 389 8820

Website: <https://www.firefighterscharity.org.uk/>



POLICE CARE UK

Police Care UK is a charity for serving and veteran police officers and staff, volunteers, and their families who have suffered any physical or psychological harm as a result of policing.

Tel: 0300 012 0030

Website: <https://www.policecare.org.uk/>



THE AMBULANCE STAFF CHARITY

The Ambulance Staff Charity (TASC) provides a range of services to support the mental health, physical rehabilitation, and financial wellbeing of the UK's ambulance staff, their family members, students, and ambulance service volunteers.

Tel: 02477 987 922

Web: <https://www.theasc.org.uk/>

ABLE FUTURES

Able Futures are mental health specialists who can help you cope with any difficulties that are affecting your focus and time at work. They help people tackle issues such as stress, depression and anxiety in the workplace and elsewhere.

Tel: 0800 321 3137

Website: <https://able-futures.co.uk/>

MENTAL HEALTH MOTORBIKE

A free, national mental health support charity for the biker community, creating meaningful opportunities for biker wellbeing and providing support to reduce the number of people ending their lives by suicide.

They offer

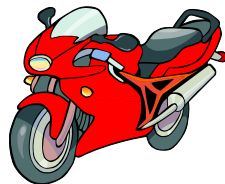
1:1 peer support

events, activities and project

partnership with industry, retailers and bike clubs

Also on Facebook, X, Instagram and YouTube

Website: <https://mhmotorbike.com/>



STRUT SAFE

Strut Safe is a free UK-wide phone line, operating Fridays and Saturdays 7pm to 3am and Sundays 7pm to 1am. If you're walking alone, their volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.

Tel: 0333 335 0026

Website: <https://strutsafe.org/>

RECOVERY DEVON

Working with individuals and organisations in Devon who have experienced mental health challenges to join us through membership, events, online forums and more... as much or as little as they wish.

Bideford-based Recovery Devon believe that with the right support and help, people with mental health issues can and do recover, and live meaningful and purposeful lives of their own choosing.

Active on all social media platforms.

Tel: 07394 367 678 (Hilda Kalap)

Website: <https://recoverydevon.co.uk/>



STAY ALIVE APP

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you, or a loved one stay safe in crisis.

To find out more and download the app go to:

Website: <https://www.stayalive.app/>

