

## Local Resource List:

<b>Care and Support in Cornwall</b> Directory of local support services	<a href="http://www.supportincornwall.org.uk">www.supportincornwall.org.uk</a>
<b>24/7 NHS Support Line Cornwall</b> Open 24 hours a day. Call if you are worried about your own or someone else's mental health.	Tel: 0800 038 5300
<b>Adult Social Care, Health and Wellbeing Access Service</b>	Tel: 0300 1234 131 <a href="https://www.cornwall.gov.uk/health-and-social-care/mental-health/">https://www.cornwall.gov.uk/health-and-social-care/mental-health/</a>
<b>Adult Prevention Services</b> Available to anyone with health and wellbeing needs in Cornwall and will help people to develop a sense of belonging, self-manage their health and wellbeing, develop skills to help with daily living	Tel: 0300 1234 131 <a href="https://www.cornwall.gov.uk/preventionservices">https://www.cornwall.gov.uk/preventionservices</a>
<b>Cornwall Mind</b> Provision of wellbeing services for those who experience mental ill health	<a href="https://cornwallmind.org">https://cornwallmind.org</a>
<b>Camborne &amp; District Mental Health Carers Group</b> Welcome to any carers supporting any conditions	1 <sup>st</sup> Wednesday of each month 10am – 12 noon Tel: 07732 458390
<b>Child and Adolescent Mental Health Services (CAMHS)</b> Supporting children and young people up to the age of 18.	Tel: 01872 322277 <a href="https://www.cornwallft.nhs.uk/camhs">https://www.cornwallft.nhs.uk/camhs</a>
<b>Combat Stress</b> The UK's leading charity for veterans' mental health.	<a href="https://www.combatstress.org.uk/">https://www.combatstress.org.uk/</a>
<b>Community Mental Health Team</b>	Tel: 01208 251300 - to find out which CMHT covers the area in which you live
<b>Cornwall Health for Homeless</b> Clinics based at 3 locations across Cornwall. Drop in – no appointment needed.	01872 273617
<b>Cornwall Veterans Service</b> Helps ex service personnel who served in British armed forces experiencing problems with mental health. 9.00 am and 5.00 pm, Monday to Friday.	01579 373737 <a href="mailto:cpn-tr.veteranassistance@nhs.net">cpn-tr.veteranassistance@nhs.net</a>

<p><b>Cornwall Eating Disorder Service</b> Community based treatment for people with a clinical diagnosis of an eating disorder.</p>	<p>Tel: 01872 221434 <a href="http://www.cornwallft.nhs.uk/">www.cornwallft.nhs.uk/</a></p>
<p><b>Counselling for Social Change</b> Low cost counselling £9 - £20 per session dependent on means</p>	<p>Tel: 01736 364722 info@counsellingforsocialchange.org.uk <a href="http://www.lowcostcounsellingcornwall.org.uk">www.lowcostcounsellingcornwall.org.uk</a></p>
<p><b>Counsellors Together (St Austell)</b> Cost effective counselling service</p>	<p><a href="http://www.counsellorstogether.co.uk/">www.counsellorstogether.co.uk/</a></p>
<p><b>Early Intervention in Psychosis Team</b> Working with those experiencing their first episode of psychosis from 14 years to 35 years</p>	<p>01208 834276 for East Cornwall, 01209 318330 for West Cornwall</p>
<p><b>Georgia's Voice</b> Mental health support groups for young women 18-25 yrs across Cornwall</p>	<p><a href="http://www.georgiasvoice.co.uk">www.georgiasvoice.co.uk</a></p>
<p><b>Inclusion Cornwall</b></p>	<p>Advice and guidance for those in crisis across Cornwall Tel: 01872 325440 <a href="mailto:hello@inclusioncornwall.co.uk">hello@inclusioncornwall.co.uk</a></p>
<p><b>Kooth</b> Free, safe, anonymous support for young people</p>	<p><a href="http://www.kooth.com">www.kooth.com</a></p>
<p><b>Man Down Cornwall</b> A friendly, informal and confidential meet up for men where you can talk or just listen. Free refreshments and friendly support.</p>	<p>Meet ups across Cornwall. <a href="http://www.mandowncornwall.co.uk/">http://www.mandowncornwall.co.uk/</a></p>
<p><b>Outlook South West</b> Psychological therapy services for people aged 16 and above</p>	<p><a href="http://www.outlooksw.co.uk/">http://www.outlooksw.co.uk/</a></p>
<p><b>Newquay Community Orchard</b> High quality environmental education, horticultural therapy for mental health service users, and apprenticeship opportunities to those less fortunate.</p>	<p>Tel: 01637 877 182 info@newquayorchard.co.uk <a href="https://newquayorchard.co.uk/">https://newquayorchard.co.uk/</a></p>
<p><b>Overeaters Anonymous - Camborne Group</b></p>	<p>Tel: 07929 552905 general@oagb.org.uk <a href="http://www.oagb.org.uk/">www.oagb.org.uk/</a></p>
<p><b>Pentreath</b> 1:1 outreach to anyone 14 years upwards living in Cornwall experiencing mental ill health</p>	<p><a href="http://www.pentreath.co.uk">www.pentreath.co.uk</a> Tel: 01726 862727</p>

<p><b>Pentreath - BAME Mental Health</b> support to any person from a BAME background experiencing mental health difficulties or emotional distress.</p>	<p>01726 862727 - Office Dean - 07515 580002 <a href="mailto:cdw@pentreath.co.uk">cdw@pentreath.co.uk</a></p>
<p><b>Perinatal Mental Health Team</b> County wide mental wellbeing around the time of having a baby</p>	<p>Mandy Raywood – Specialist Team Lead Tel: 01872 221031</p>
<p><b>Quiet Connections</b> Support for those with social anxiety, creating a community of understanding and a safe place for you to learn, grow, make friends and practise your social abilities.</p>	<p><a href="https://quietconnections.co.uk/">https://quietconnections.co.uk/</a></p>
<p><b>Recovery College Cornwall</b> Recovery College Cornwall provides courses to support recovery from mental ill-health through learning. It encourages us to be the agents of our own recovery, empowering us to live the lives we choose</p>	<p><a href="https://www.recoverycollegecornwall.org.uk/">https://www.recoverycollegecornwall.org.uk/</a></p>
<p><b>The Advocacy Service</b> (formerly SEAP) Independent advocacy to represent rights under Mental Capacity Act.</p>	<p>Tel: 0330 440 9000 <a href="mailto:info@theadvocacypeople.org.uk">info@theadvocacypeople.org.uk</a> <a href="http://www.theadvocacypeople.org.uk">www.theadvocacypeople.org.uk</a></p>
<p><b>Suicide Liaison Service</b> Support to those bereaved through suicide</p>	<p><a href="http://www.outlooksw.co.uk/suicide-liason-service">http://www.outlooksw.co.uk/suicide-liason-service</a></p>
<p><b>Surf Action</b> Surf Action promotes good mental health through personal development, education, employment and empowers its service users to lead healthy, fulfilled and independent lives</p>	<p>Tel: 01736 365645 <a href="mailto:info@surfaction.co.uk">info@surfaction.co.uk</a> <a href="http://www.surfaction.co.uk/">http://www.surfaction.co.uk/</a></p>
<p><b>Valued Lives</b> Community based care and support, therapeutic activities, enablement programmes and general advocacy services throughout Cornwall.</p>	<p>Tel: 01209 484495 <a href="mailto:info@valuedlives.co.uk">info@valuedlives.co.uk</a> <a href="http://www.valuedlives.co.uk">www.valuedlives.co.uk</a></p>

**Young Minds Crisis Messenger**

provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis.

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.

This list has been taken from the Care and Support in Cornwall directory and is current as at  
**1 May 2021**

**Additional Suicide National Resources**

<b>CALM – campaign against living miserably</b> Working to prevent male suicide – support for any man who is struggling or in crisis.	Tel: 0800 58 58 58 Webchat <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>
<b>Nightline</b> Nightline is a listening, emotional support, information and supplies service, run by students for students	<a href="http://www.nightline.ac.uk/want-to-talk/">www.nightline.ac.uk/want-to-talk/</a>
<b>Papyrus:</b> National charity dedicated to prevention of young suicide (<35)	Tel: 0800 068 4141 Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> Text: 0778 620 9697
<b>Samaritans</b> A safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.	Tel: 116 123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <a href="http://www.samaritans.org">www.samaritans.org</a>
<b>SANELINE</b> - a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers	Tel: 0300 304 7000 <a href="http://www.sane.org.uk">www.sane.org.uk</a>
<b>SHOUT</b> Text service for those in crisis.	Text SHOUT to 85258 <a href="https://www.crisistextline.uk/">https://www.crisistextline.uk/</a>
<b>SOBS – Survivors of Bereavement by Suicide</b> We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.	Tel: 0300 111 5065 <a href="mailto:support@uksobs.org">support@uksobs.org</a> <a href="https://uksobs.org">https://uksobs.org</a>
<b>Silverline</b> Confidential free helpline for older people.	Tel: 0800 470 8090 <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a>



## Phone/Tablet Apps

If you're interested in using apps to support you or others with mental health, the following have been designed to help with anxiety, depression, self-harm or suicidal thoughts.

- [Calm](#)
- [Calm Harm](#)
- [Stress & Anxiety Companion](#)
- [Clear Fear](#)
- [HeadSpace](#)
- [Combined Minds](#)
- [Insight Timer](#)
- [StayAlive](#)
- [My Possible Self](#)
- [SAM](#)
- [Mood Panda](#)
- [Hub Of Hope](#)

## Mental Health Safety Plans

A Mental Health Safety Plan is a preventative tool designed to help support those who struggle with mental wellbeing. It may be difficult to think clearly when you feel really low or incredibly overwhelmed. It may be difficult to ignore these feelings. Safety plans are best created **when not in crisis**.

By having a safety plan, you're making sure that there are strategies you can use to keep yourself safe. These can help you feel more in control when everything feels out of control. Think of your safety plan as your 'mental health first-aid kit'. It includes different things that will help you through a crisis.

Download your mental health safety plan

- [Mental Health Safety Plan \(PDF\) - https://www.cornwall.gov.uk/media/5zihpkxq/1mental-health-safety-planpdf-nhs-number.pdf](https://www.cornwall.gov.uk/media/5zihpkxq/1mental-health-safety-planpdf-nhs-number.pdf)
- [Mental Health Safety Plan \(Interactive\) - https://www.cornwall.gov.uk/media/kc5mxf25/1mental-health-safety-plan\\_interactivepdf-nhs-number.pdf](https://www.cornwall.gov.uk/media/kc5mxf25/1mental-health-safety-plan_interactivepdf-nhs-number.pdf)
- [Mental Health Safety Plan for Children and Young People \(Papyrus\) - https://www.papyrus-uk.org/wp-content/uploads/2019/09/Stay-Safe-Plan-Print-out.pdf](https://www.papyrus-uk.org/wp-content/uploads/2019/09/Stay-Safe-Plan-Print-out.pdf)
- [Mental Health Safety Plan for Young Adults \(Papyrus\) - https://www.papyrus-uk.org/wp-content/uploads/2018/09/Suicide-Safety-Plan-Leaflet.pdf](https://www.papyrus-uk.org/wp-content/uploads/2018/09/Suicide-Safety-Plan-Leaflet.pdf)

## Mental Health Support for Deaf People

Royal Deaf Association – Wellbeing Livechat [www.royaldeaf.org.uk](http://www.royaldeaf.org.uk)

All About Me – A recovery package developed by groups of Deaf people to help support Deaf people with mental health problems.

[www.tinyurl.com/deafrecoverystaffguidance](http://www.tinyurl.com/deafrecoverystaffguidance)