

Support for our patients: Mental Health

Urgent support

NHS 111

To access 24/7 urgent help with your mental health, call **111** and select the **mental health** option.

Samaritans

Samaritans are there, day or night, for anyone who's struggling to cope, and this includes carers of someone in crisis. Call **116 123** (any time, free of charge) or email **jo@samaritans.org**.

The Mooring (NHS)

The Mooring offers out-of-hours mental health support to anyone aged 18 year and over. Support is available from 6pm-10:30pm Monday-Friday (including bank holidays) and 1:30pm-10:30pm, Saturday-Sunday, and this support can be face-to-face if required. Call **07483 991848** to access help or visit **www.mhm.org.uk/moorings-torquay** for more information.

Mental Health Matters (Devon Helpline)

A 24/7 helpline **0800 470 8090** (and webchat service) that provides emotional support and advice, which may include the following:

- Feeling low, anxious or stressed and feel that talking to another person might help you
- In extreme emotional distress and feel that there is nowhere else to turn
- You're caring for another person and finding it difficult to cope
- You need advice about how to get more support with an issue that's affecting your mental wellbeing
- You feel socially isolated and just need a chat

Visit **www.mhm.org.uk/Pages/Category/south-west** for more information.

HOPELINE247: Support to stay safe from suicide

HOPELINE247 is a free, confidential service available 24 hours a day, 7 days a week. It is designed to support:

- Children and young people under the age of 35 who are experiencing thoughts of suicide
- Anyone concerned that a young person may be having suicidal thoughts

Trained advisers offer a safe, non-judgemental space to talk about what you are going through. They can help you explore your thoughts and feelings, understand what might be contributing to them, and support you to stay safe.

If you are worried about someone else, HOPELINE247 can also help you find the words to start a conversation and guide you in how best to support them. Call **0800 068 4141**, text **88247** or email **pat@papyrus-uk.org**. More information can be found at **www.papyrus-uk.org/papyrus-HOPELINE247**.

The Silver Line

A free, confidential helpline providing information, friendship and advice to people aged 55 and over, open 24 hours a day, every day of the year. Call **0800 470 8090** to access support.

Counselling/talking therapies

Talkworks

This is a free, confidential, NHS talking therapy service based around Cognitive Behavioural Therapy (CBT) to help with anxiety, low-mood and depression. Talkworks also offer Silver Cloud, an online portal to access self-led support. Self-referrals can be made via their website **www.talkworks.dpt.nhs.uk/self-refer** or by calling **0300 555 3344**.

Counsellors South-West (NHS)

Free counselling is available from Counsellors South-West with trained counsellors, and there is a waiting list for this service. Contact the surgery via the KLINIK enquiry form on the practice website or by phone on **01803 874450** to enquire about a referral via your GP.

Support for young people and families

Young Devon Wellbeing Service

Counselling from local, qualified therapists for young people aged 11-25 years old, visit **www.youngdevon.org/wellbeing/our-wellbeing-services** or call **08082 810155** to find out more, and to submit an enquiry.

Young Minds

Young Minds are a national charity supporting young people and parents and carers who are concerned about their child's mental health, up to the age of 25. They offer a Parents Webchat and Email service that are available on their website **www.youngminds.org.uk/parent/parents-helpline-and-webchat** or you can call the helpline on **0808 802 5544**.

Parental Minds (Counselling)

Helping families tackle a range of mental health struggles including self-harm, anxiety and school refusal. They have resources, a support hub, counselling, and peer support. For more information, visit **www.parentalminds.org.uk** or call **07907 614 516**.

PAPYRUS

PAPYRUS helps young people under 35 who are having thoughts of suicide, and anyone worried about a child or young person that they know.

PAPYRUS offers practical advice, a range of support resources, tips for coping with anxiety, ways to stay safe, and help with starting difficult conversations.

Their resources come in different formats, so you can find what works best for you. To learn more or get support, visit **www.papyrus-uk.org/help-and-advice-resources**.

Counselling services

The surgery does not recommend or endorse the following counselling services, but the list below offers a range of low cost or free services in the local area.

CentrePeace Counselling

This centre offers free counselling services; visit **www.centrepeace.org.uk/about** or email **info@centrepeace.org.uk** for more information.

Dartmoor Centre for Counselling and Psychotherapy

This centre offers sessions at a subsidised rate where needed, visit **dartmoorcounselling.org/** for more information or call **07916985621**.

Devon Mind

This counselling service offers low-cost options for those in receipt of qualifying benefits, more information is available here **www.devonmind.com/find-help/counselling** or call **01752 512280**.

Iron Mill Counselling service

Offers in-person sessions from trainee counsellors at their centre in Exeter. There may be a waiting list for this service; please visit **www.ironmill.co.uk/counselling-service/overview** for more details. To book an initial assessment, call **01392 499388** or email **counselling@ironmill.co.uk**.

Key Counselling

Trainee counsellors offering free counselling as part of their training. Zoom sessions are free, and there are sessions with qualified counsellors for a higher charge. More information is available here **www.keycounsellingtraining.com/free-personal-counselling** or call **0121 236 0620**.

Local private counsellors/therapists

The counselling directories The British Association for Counselling and Psychotherapy (BACP) **www.bacp.co.uk/search/Therapists** and the Counselling Directory **www.counselling-directory.org.uk/adv-search.html** list a range of accredited therapists and you can search by postcode. Some may also offer a sliding scale of price per session.

Mental health wellbeing groups and courses

BeWell@StepOne

A range of free mental health and wellbeing courses, peer support groups and wellbeing walks running in Teignbridge and Torbay ran by the charity Step One. For more information, visit **steponecharity.co.uk/courses-workshops** or call **01392 255 428**.

The Hope Programme (Help Overcoming Problems Effectively)

A range of local, online, virtual and digital courses that focus on 'what is important to me?' to help you build the confidence and resilience to better manage health conditions, symptoms and challenging experiences that may arise. There are a range of courses available including depression and anxiety, chronic pain and fatigue, and a range of other health conditions. The website is **myhealth-devon.nhs.uk/local-services/hope-programme/hope-programme-courses**, or you can call **01803 320600** for more information.

Talkworks Workshops

Free wellbeing workshops from the NHS. Workshops include topics such as Improving Sleep, Introduction to Mindfulness and the Menopause. For more information, visit **www.talkworks.dpt.nhs.uk/how-we-can-help-you/wellbeing-workshops** or call **0300 555 3344**.

Andy's Man Club (men only)

A talking group for men to support mental health. Meetings are held every Monday night, except bank holidays, 7pm-9pm (the groups facilitators are there to welcome you from 6:30pm) at Newton Abbot Rugby Club, Kingsteignton, TQ12 3SJ (opposite Matalan).

The Bro Project (men only)

This group offers opportunities for men to get together and organises a range of fitness and social sessions, including golf, martial arts and many more. For more information and details of their next sessions, visit **www.broproject.org.uk** or email **broprojectuk@gmail.com**.

Brighter Horizons (women only)

Free mental health support group facilitated by women in Newton abbot every Tuesday 7pm-9pm, for women aged 18 years and over. No booking or referral needed. For more information, search Facebook for their page **Brighter Horizons in Newton Abbot**.

Sleep

Improving Sleep Workshop

A two-hour free session to help with a range of sleep problems from waking in the night to struggling to fall asleep. Sessions held online, and more information is here. For more information, visit **www.talkworks.dpt.nhs.uk/how-we-can-help-you/wellbeing-workshops** or call **0300 555 3344**.