

Mental Health Support Services: Devon & Cornwall

Mental Health and talking therapy

*General

NHS selection of apps: <https://www.nhs.uk/apps-library/category/mental-health/>

Every Mind Matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

Rethink – help through Coronavirus: <https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Mind: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mencap - also have an easy read guide:

<https://www.mencap.org.uk/advice-and-support/health/coronavirus>

*Local groups:

Talkworks (local Devon Talking Therapy service): <https://www.talkworks.dot.nhs.uk/nhs-mental-health-support/covid-19-and-anxiety>

Tel: 0300 555 3344

Outlook Southwest: (local Cornwall Talking Therapy Service) <https://www.outlooksw.co.uk/>

Tel: 01208 871905

Kilk Clear Minds (Bude and Kilkhampton Facebook group run by qualified counsellors)

<https://www.facebook.com/kilkclearminds/>

Tel: 07539 240601 or email kilkclearminds@hotmail.com

Holsworthy Link Centre

Open Mondays, Tuesdays and Thursdays

https://services.pinpointdevon.co.uk/kb5/devon/services/service.page?id=T-aSdpk1p1g&communitychannel=4_3

Tel: 01409 254729

*Helplines:

Sane Line

Work with anyone affected by mental illness, including families, friends and carers. Their helpline is open between 4:40pm and 10pm every day of the year. They also provide a free text-based support service called Textcare. And an online supportive forum community, where anyone can share their experiences of mental health issues.

Telephone: 0300 304 7000 (4:30pm – 10:30pm every evening)

Textcare: [www.sane.org.uk/what we do/support/textcare](http://www.sane.org.uk/what_we_do/support/textcare)

Support Forum: [www.sane.org.uk/what we do/support/supportforum](http://www.sane.org.uk/what_we_do/support/supportforum)

Website: www.sane.org.uk
