

The Farming Community Network
Services & Support in Devon for Mental Health & Wellbeing.

Addiction, Alcohol and Drug Support

Addaction

A leading mental health, drug and alcohol charity.

www.addaction.org.uk

Drinkwise

Advice & support for people aged over 50

Devon: 0800 304 7034

www.drinkwiseagewell.org.uk

FRANK

Friendly confidential drug advice, by phone or online.

0300 123 6600

www.talktofrank.com

Gamblers Anonymous

A fellowship of men and women who share their experiences , strengths and hope with each other, that they may solve their common problem and help others to do the same. Offers forum, chat room and literature.

www.gamblersanonymous.org.uk

Anxiety & Depression

No More Panic

This site provides valuable information for sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD). Its purpose is to provide members with support, advice and a chance to meet like-minded people and make friends along the way. Website information, Message Forum and Chat room.

www.nomorepanic.co.uk

No Panic

Helping to break the chains of Anxiety Disorder

www.nopanic.org.uk

Triumph Over Phobia

Aims to help sufferers of phobias, obsessive compulsive disorder, other related anxiety and to overcome fears .

<http://www.topuk.org>

Devon Depression & Anxiety Service

The website offers some information around being anxious, depressed or isolated. It lists some of the therapies available and gives information on accessing the service. DAS offers cognitive behavioural therapy (CBT), interpersonal therapy (IPT), self-help programmes and group therapy. Availability varies.

www.dpt.nhs.uk/our-services/depression-and-anxiety-das

NHS

Online resources

www.dpt.nhs.uk/i-need-help-with

Contact the local GP for mental health concerns

Autism

Specialist Autism Services

www.autism.org.uk

Bereavement Counselling

ARC

Arc is a local community driven charity based in Axminster, Devon. It aims to support anyone seeking help around enduring issues such as death, dying or other profoundly affecting change and loss.

Tel: 01297 32126

www.arcaxminster.org/arc-counselling

Balloons

Bereavement & Loss

Support for children, young people and families

Tel: 01392 826064

www.balloonscharity.co.uk

Bereavement Counselling Service

A charity which offers specialist bereavement counselling for over 18s, in response to complicated grief and traumatic loss. It includes Plymouth, West Devon and South Hams. Referral is by GP.

01752 349769

www.bcsplymouth.co.uk

Child Bereavement UK

Supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement.

0800 02 88840

childbereavementuk.org

Cruse

Cruse Bereavement Care is there to give support after the death of someone close. Face-to-face and group support is delivered by trained bereavement support volunteers in North and South Devon.

Tel: 0300 330 5466

Email: helpline@cruse.org.uk

www.cruse.org.uk/Devon-area

Families in Grief

Support children young people and their families who have experienced the death of someone close to them. Free to attend and is open to all families living in North Devon and Torridge.

www.familiesingrief.org

Children and Families in Grief

A charity that provides practical, emotional and creative support for children and their families in South Devon following bereavement: For families experiencing bereavement within the last 3 months.

www.childrenandfamiliesingrief.co.uk

If U Care, Share Foundation

The website provides support and information to people bereaved by suicide. The Road Ahead is a free resource available on the website that is written by people bereaved by suicide, giving their perspectives of dealing with the daily impact of loss.

www.ifucareshare.co.uk

Winston's Wish - Giving hope to grieving children.

A national childhood bereavement charity: The charity offers a wide range of practical support and guidance to bereaved children, their families and professionals.

08088 020 021

www.winstonswish.org

The Compassionate Friends

Support people when a child of any age dies through any cause.

www.tcf.org.uk

Cancer Support

Force

Friends of the Oncology and Radiotherapy Centre, Exeter.

Cancer support and information centre for anyone affected by cancer. The Centre is in the grounds of the RD&E Hospital.

01392 406151

www.forcecancercharity.co.uk

Children & Young People's Counselling & Support

CAHMS

Child & Adolescent Mental Health Services

03300245321 For Exeter Area: 01392 208600

www.devon.integratedchildrensservices.co.uk/camhs/

Children's Centres

Early Help to the whole family from pregnancy through to aged eight.

Details of local Children's Centres are on the website.

www.new.devon.gov.uk/educationandfamilies/early-years-and-childcare/childrens-centre

Devon Safeguarding Children Board

For advice about keeping children and young people safe from harm and abuse.

www.devonsafeguarding.org/children

Kooth

Free, safe and anonymous online support/counselling for young people.

kooth.com

MASH(Multi-Agency Safeguarding Hub)

Receives all safeguarding and child protection enquires in Devon. The MASH is staffed with professional, including police. These professionals share information to ensure early identification of potential significant harm and trigger intervention to prevent further harm.

Call 0345 155 1071

www.devon.gov.uk/mash

MindEd

Advice and information on children & young people's mental health

www.minded.org.uk

Think You Know

advice from Child Exploitation and Online Protection, about staying safe online.

www.thinkuknow.uk

Tor Support Service

Okehampton and the surrounding parishes.

TSS are a small charity providing free, confidential, counselling from the age of 5 up to 25 years. They also offer advice and signposting to other agencies.

Contact: Helen or Debbie on 01837 53668 /7886444263 or make a referral online

www.torsupportservices.org.uk

Young Minds

Supporting emotional wellbeing & mental health

Tel: 0808 802 5544

www.youngminds.org.uk

Young Carers

Help for Young Carers

www.carers.org/about-us/about-young-carers

Young Devon

Work to support young people with skills, well-being (offering a counselling service), having a voice and accommodation. www.youngdevon.org

Y Smart

A Drug and Alcohol Service for under 18s, throughout Devon (excluding Plymouth and Torbay).

Tel: 01271 388162 / 01271 325500

www.y-smart.org.uk

Counselling Services**Association of Christian Counsellors**

Facilitating provision by Christians of quality counselling and pastoral care. Find a counsellor online:

www.acc-uk.org/find-a-counsellor/search-for-a-counsellor.html

Clarity

A mental health charity based in Barnstaple, providing services and support.

www.claritynorthdevon.org.uk

Dart

A counselling service in Torquay and Totnes

www.dartcounselling.co.uk

Debbie Andrews (Christian)

Youth & Adult Counsellor based in the Okehampton area.

Contact: 07746369935

Email: d.andrews24@btinternet.com

Helen & Steve Pollard / Bespoke (Christian)

A counselling service at Bradninch, that can be tailored specifically to your needs.

Tel: 01392 882209

www.bespokepollards.com

Francesca Raymont (Christian)

BACP accredited counsellor offering counselling and psychotherapy services in Crediton, Mid-Devon.

0781131096

www.francescaraymont.co.uk

Dementia**Devon Dementia**

A guide to everything about dementia in the East, Central and South Devon areas.

www.devondementia.org

Exeter Dementia Action Alliance

Workers offer information and practical guidance to help people understand dementia, cope with day to day challenges and prepare for the future.

www.exeterdementia.org.uk

NDDH

New dementia specialist at NDDH: An Admiral Nurse supporting patients with dementia and their carers.

01271 322577

Domestic Violence & Abuse Services**Devon Rape Crisis**

Offer confidential, professional support to survivors of rape, sexual assault and childhood abuse.

Helpline: 01392 204174

www.devonrapecrisis.org.uk

SPLITZ

Devon: 0345 155 1074

www.splitz.org/devon.html

Woman's Aid

Work to provide lifesaving services to keep women and children safe.

0808 2000 247

www.womensaid.org.uk

Mental Health**Eating Disorders Service Plymouth**

Provides and information to support those with eating disorders or help for those supporting.

The service covers Plymouth and West Devon

www.eatingdisorderserviceplymouth.co.uk

MIND

Provides advice and support to people with a mental health conditions. Helpline for information, which can also be used by those who need someone to talk to and a network of local services.

0300 123 3393

www.mind.org.uk

SANE

Provides emotional support and information to anyone affected by mental illness, including families, friends and carers. Offer helpline, text care and support forum. Over 16s only.

0300 304 7000

www.sane.org.uk

Rethink Mental Illness

Advice and information on mental health illness. Signposting to mental health services and support groups.

www.rethink.org

OCD

National OCD charity run by and for people with lived experience of OCD.

www.ocduk.org

Older People

Older People

Supporting older people. www.mindedforfamilies.org.uk/older-people

Time for Life

A community service for the over 65's in Devon

www.timeforlife.org.uk

TorrAge

Aims to support the health and well-being of older people in North Devon.

Tel: 01805 622666.

www.torridgecvs.org.uk

Parenting, Relationships & Family Support.

Care for the Family

National charity which aims to provide strong family life and to help those who face family difficulties. Help with issues such as marriage, parenting, fostering, adoption and bereavement.

Tel: 029 2081 0800

www.careforthefamily.org.uk

Community Links

Based in Okehampton, providing services to help families and individuals.

01837 55105

www.communitylinks-sw.co.uk

NSPCC

Help for children and young people – Childline: 0800 1111

Help for adults concerned about a child: 0808 800 5000

www.nspcc.org.uk

Family Lives (Parent line)

Help concerning all aspects of family life.

Tel: 0808 800 2222

www.familylives.org.uk

Relate

Offer a range of services to help couples and family relationships, whether young or old. They offer counselling for issues such as domestic violence, sexual abuse, mental health, stress, parenting, divorce and separation, loss and endings and sexual difficulties. Counselling can be for individuals or couples. Relate do counselling for children and young people. There are offices throughout Devon and details on the website.

www.relate.org.uk

Psychosis

STEP

Early Intervention in Psychosis - Taunton

Tel: 01823 368555

<http://www.sompar.nhs.uk/what-we-do/mental-health/early-intervention-in-psychosis-step/>

Self-Harm

National Self-Harm Network

Online support forum

www.nshn.co.uk

Self-Injury Support

Support for girls and young women affected by self-harm

www.selfinjurysupport.org.uk

Suicide

Campaign Against Living Miserably (CALM)

Provides men with a listening ear, support and raises awareness of the high risk of suicide among men, especially young men. Provide helpline, webchat and website.

0800 585858

www.thecalmzone.net

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www.ifucareshare.co.uk

Papyrus

Prevention of Young Suicide

Providing confidential help and advice to young people who may be at risk of suicide and anyone worried about a vulnerable young person.

Hopeline: 0800 068 4141

www.papyrus-uk.org

Pete's Dragon

Pete's Dragons provide a bespoke service to anyone in Devon who has been affected by suicide, offering

- Regular 8 week Grief Recovery courses which teach small and correct steps to resolve grief and say goodbye to the pain, isolation and loneliness
- Children and family fun days designed to bring together those with a shared experience
- Bereavement Counselling at Dragon HQ or another convenient location as required.

Pete's Dragons provide a bespoke service to anyone in Devon and Torbay who has been affected by suicide: Counselling/EMDR/CBT

01392 277780

www.petesdragons.org.uk

Samaritans

A safe place to talk at any time.

Tel: 116 123

www.samaritans.org

Support after Suicide

A network of organisation that support people bereaved by suicide.

www.supportaftersuicide.org.uk

SOBS

Survivors of Bereavement by Suicide

Offer support for those bereaved or affected by suicide through a helpline. Support group in Exeter.

0300 111 5065

www.uksobs.org

Veterans

Combat Stress

Help for veterans concerned about mental health.

www.combatstress.org.uk

Wellbeing

Connection Group Exeter

A social network for people with mental health problems

Tel: 01392 430860

www.connections-exeter.org.uk

Devon Federation of Young Farmers Club - www.devonyfc.co.uk

An opportunity for young people to socialise, make many new friends and learn new skills.

If Everyone Cares

Connecting communities: Find help and support locally.

www.IfEveryoneCares.org

Mental Health Matters

Help people achieve good mental and physical wellbeing and live life to the full.

Self-help guides and online self-help courses.

www.mhm.org.uk

One Small Step

A free service to help improve health and wellbeing, including telephone coaching, online support and a free mobile app.

Tel: 0800 298 2654

www.onesmallstep.org.uk

Other useful information**Pinpoint Devon**

Pinpoint Devon - find care and support services, residential homes, advice services, community groups, activity clubs, registered childcare and family support.

www.pinpointdevon.co.uk