

Cornwall mental health resources

The information listed was correct at time of publication but might change, so please check online if you have problems getting in touch with any of the organisations.

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Type	Resource	Contact Details	Description of service
Advice centre	Citizens Advice	03 444 111 444 www.citizensadvice.org.uk	Advice centres throughout the country. Free, confidential and impartial advice on most issues.
Alcohol support	Alcoholics Anonymous	0800 9177 650 www.alcoholics-anonymous.org.uk	Advice, information and support for people with alcohol dependency.
Alcohol support	Alcohol support	020 7403 0888 enquiries@al-anonuk.org.uk www.al-anonuk.org.uk/	Al-Anon is worldwide and offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not.
Alcohol support	Drinkline	0300 123 1110 www.drinkaware.co.uk/alcohol-support-services/	Helpline for people who are concerned about their own or others' drinking.
Alcohol support	NACOA - National Association for Children of Alcoholics	0800 358 3456 www.nacoa.org.uk	Providing information advice and support for anyone affected by their parent's drinking.
Alzheimer's support	Alzheimer's society	0300 222 1122 www.alzheimers.org.uk	Information, support, guidance and signposting to other appropriate organisations.
Armed forces support	Combat Stress	0800 138 1619 www.combatstress.org.uk	Helping Armed Forces and members of the Reserve Forces through effective treatment and support for mental health problems.
Armed forces support	High Ground	07951 495 272 www.highground-uk.org	Military personnel transition from the forces to employment in the rural sector has announced a new programme in Devon.
Armed forces support	British Legion	0800 8028080 https://counties.britishlegion.org.uk/counties/cornwall	Memory cafes and support offered, can also signpost.
Armed forces support	PTSD support	01209 210350 www.surfaction.co.uk	Supporting military veterans (including TA and reservists) and their families, especially those affected by PTSD and physical injuries or struggling to re-adjust to civilian life.



Armed forces support	SSAFA	0800 731 4880 www.ssafa.org.uk	Support, and advice for servicemen, ex-service men and their families.
Autism support	Autism Helpline	0808 800 4104 www.autism.org.uk	Impartial, confidential information, advice and support to people on the autism spectrum and their families.
Autism support	United Response	01872 250 150 unitedresponse.org.uk info@unitedresponse.org.uk	Support services for adults and young people with learning disabilities, autism, mental health needs or physical disabilities.
Autism support	Spectrum	01326 371000 www.spectrumasd.org	Residential care for adults and children, education and domiciliary care services for people with Autistic Spectrum Disorders, similar conditions and challenging behaviours.
Bereavement Support	CRUSE Bereavement Care (Cornwall)	0808 8081677 (Young person's helpline) 01726 76100 (Cornwall helpline) www.crusecornwall.org.uk	Bereavement support for people of all ages.
Bereavement Support	Jeremiah's Journey	01752 424348 http://jeremiahsjourney.org.uk/	Plymouth based charity offering support and information to children and their families when someone special has died.
Bereavement support	Miscarriage association	01924 200799 www.miscarriageassociation.org.uk	Support and information on pregnancy loss.
Bereavement Support	Penhaligon's friends	01209 210624 www.penhaligonsfriends.org.uk	Cornish charity supporting bereaved children, young people, parents and carers throughout the county.
Bereavement Support	SCARD support & care after road death and injury	0845 123 5542 www.scard.org.uk	Information and phone support line for those affected by road traffic incidents.
Bereavement Support	Splash Project	www.thesplashproject.org	For those who have experienced the loss of a baby through death, or in other ways. Also offers help to healthcare professionals.
Bereavement Support	Stillbirth and neonatal death charity (SANDS)	020 7436 5881 www.uk-sands.org	Support when a baby dies during pregnancy or after birth.
Bereavement Support	Suicide Liaison Service	01208 871905 www.outlooksw.co.uk/suicide-liaisonservice	For anyone who has been affected by suicide.
Bereavement Support	Survivors of Bereavement by Suicide (SOBS)	0300 111 5065 www.uk-sobs.org.uk	Telephone helpline, support, information and groups for people bereaved by suicide.



Blind support	iSight Cornwall	01872 261110 www.isightcornwall.org.uk	Advice, support and advocacy for the people with any level of sight loss.
Cancer support	Macmillan Cancer relief	0808 808 00 00 www.macmillan.org.uk	Providing practical, medical and financial support and pushing for better cancer care.
Cancer support	The Cove Macmillan Support Centre	01872 256363 thecove@nhs.net	A place for people affected by cancer for information and support.
Cancer support	Marie Curie Cancer care	0800 090 2309 www.mariecurie.org.uk	Nursing for cancer patients.
Carers and general young person's support	Kernow Young carers	01872 321486 http://kernowyoungcarers.org/	Offering support, information and guidance, activities and trips, short breaks, school groups, training and educational sessions and local young carers forums.
Carers and general young person's support	Young People Cornwall	01872 222447 www.youngpeoplecornwall.org	Engages, inspires and supports young people across the county, with youth work that makes a difference.
Carer's support	Care and Support in Cornwall	www.supportincornwall.org.uk	For residents of Cornwall requiring help and support. Incorporates Kernow Carer Services
Change Programme	Evolution	07584 350 055	A prevention and change programme for male and female perpetrators in Cornwall.
Child and adolescent victim support	Childline	0800 1111 www.childline.org.uk	Private and confidential service for children and young people up to the age of 19.
Child and adolescent victim support	Children Linked to and Experiencing Abusive Relationships (CLEAR)	01872 261147 www.clearsupport.net/	Support and therapeutic services to children aged 3 to 18 who have directly or indirectly experienced abusive relationships.
Child and adolescent victim support	Hear Our Voice	01872 222447 www.youngpeoplecornwall.org	Offering young people in Cornwall the opportunity to explore issues related to their mental health through informal youth work.
Child and adolescent victim support	Kidscape	020 7730 3300 www.kidscape.org.uk	Practical skills and resources necessary to keep children safe from harm, for individuals and organisations.
Child and adolescent victim support	NSPCC	0808 800 5000 www.nspcc.org.uk	Help, advice and support to stop cruelty to children.
Children's Services	Sea Sanctuary	01326 378919	Residential and community therapeutic services for children.
Child and adolescent victim support	Stop It Now	0808 1000 900 www.stopitnow.org	Direct help for individuals with questions or concerns about sexual abuse.



Chinese mental health	Chinese mental health association	020 7613 1008 www.cmha.org.uk	Support to Chinese mental health suffers.
Community support - sports	GLL - Leisure Centres	020 3457 8700	Leisure centres for swimming, exercise, gymnasia, and sports clubs in Cornwall.
Consumer rights	Citizen's Advice consumer help	03444 111444 www.citizensadvice.org.uk/consumer	Advice for consumers, Monday to Friday 9am to 5pm.
Counselling service - young people	Kooth	www.Kooth.com	Free, anonymous and safe online counselling service for 11 to 25 year olds.
Counselling service	Hugs Foundation	hugsfoundation.org.uk	A rehabilitation centre for horses that also offers counselling, one to one and equine/animal therapy.
Counselling service	Penhaligon Counselling	facebook.com/penhaligoncounselling/	Adults confidential counselling service managed and staffed by dedicated counsellors currently in training and regularly supervised. Free assessment and sessions by donation.
Counselling service	Crossline - Plymouth	24 hour listening line: 01752 666777 Counselling by appointment: 01752 664243	Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.
Counselling service	Helston Counselling		Low cost for adults, donation based, qualified registered counsellor.
Deaf support	Hearing Loss Cornwall	01872 225868 www.hearinglosscornwall.org	Information, advice, guidance and communication support to anyone who is affected by any degree of hearing loss.
Debt management	National Debtline	0808 808 4000 www.nationaldebtline.co.uk	Telephone helpline for people with debt problems.
Finance / debt and general support	Farm Cornwall	01736 367589 or 07775 667825 www.farmcornwall.co.uk	Farm business advice and rural outreach.
Debt management	Smart Savings	01209 212579 www.smartsavings.org.uk	Debt advice, money management and employment skills training.
Debt management	Christians against poverty	01274 760720 capuk.org	Helping release people from debt, poverty and their causes.
Debt management	Step Change	0800 138 1111 www.stepchange.org	Free debt advice and management.
Dementia Support	Admiral Nurse service	01872 250000 pals.service@rcht.cornwall.nhs.uk	For in-patients at The Royal Cornwall Hospital.
Dementia Support	Memory matters south west CIC	01752 243333 www.memorymatterssw.co.uk	Therapy, support and education for those living with dementia.
Disability support	Aspire	020 8954 5759 www.aspire.org.uk	Practical support to individuals living with a spinal cord injury.
Disability support	Disability Cornwall	01736 759500 www.disabilitycornwall.org.uk	A user-led, disabled people's organisation providing a range



			of services to empower, assist and facilitate independent living.
Domestic violence support	Galop	0800 999 5428 (helpline) www.galop.org.uk/domesticabuse	For LGBT people experiencing domestic abuse.
Domestic violence support	Waves	01872 225629 www.cwrt.org.uk/waves	Free confidential counselling and outreach service for people who have experienced any form of domestic abuse or family violence.
Domestic violence support	Cornwall Refuge trust	01872 225629 www.cwrt.org.uk	Refuge accommodation. Short term support services for women and children who have experienced domestic abuse. Community support and advice, empowering victims and survivors of domestic abuse. They also work with perpetrators of domestic abuse.
Domestic violence support	East Cornwall Refuge (Devon and Cornwall Housing)	01726 871244	Refuge accommodation. Short term support services for women and children who have experienced domestic abuse.
Domestic violence support	Norda House Project	01872 321546 or 321575 24 hour helpline: 01872 225629 http://nordahouse.org	Refuge and outreach support for male victims of domestic abuse and their children in Cornwall.
Domestic violence support	Mankind Initiative	01823 334244 http://new.mankind.org.uk	Support for male victims of domestic abuse and domestic violence.
Domestic violence support	Refuge	0808 2000 247 www.refuge.org.uk	Accommodation, support and information for women who are in abusive relationships.
Domestic violence support	SUSIE Project: Survivors Supported into Empowerment, Education and Employment	01209 699241 www.susieproject.org.uk	Helps victims of domestic violence through training and confidence-building to encourage women to make a fresh start in their lives.
Domestic violence support	West Cornwall Women's Aid	01736 367539 www.wcwaid.co.uk	Accommodation, support and information to women who are in abusive relationships.
Domestic violence support	The Woman's Centre	01208 79992 www.womenscentrecornwall.org.uk	Helpline and outreach for women who have experienced domestic violence.
Domestic violence support	Dreadnought	01209 218764 www.thedreadnought.co.uk	Support for children and young people aged 8 to 19 who have been the victim of domestic violence. Anger management and self-esteem building.
Domestic violence support	IDVA (Independent Domestic Violence Advocates)	0300 7774777 Treach.support@firstlight.org.uk www.firstlight.org.uk	Supports high risk victims with safety planning and through the court process.



Domestic violence support	National Domestic Violence Helpline	0808 2000 247 www.nationaldomesticviolencehelpline.org.uk	A 24 hour helpline for women experiencing domestic abuse, their family, friends, colleagues and others calling on their behalf.
Domestic violence support	REACH (Risk Evaluation & Coordination Hub)	0800 088 4194 www.reachdomesticabusesupport.org	Offers risk assessment of domestic abuse victims, safety planning and referral onto services as appropriate.
Domestic violence support	Respect	0808 802 4040 www.respectphoneline.org.uk	Support and advice for people who are abusive and/or violent towards their partners.
Domestic violence support	SEEDS Cornwall	07910 995376 http://seedscornwall.org	Helping to improve services for abused women and children in Cornwall.
Drug and alcohol advice and intervention	Addaction	0333 2000 325 www.addaction.org.uk Local branches available	Specialist services for people of all ages with drug or alcohol dependency, their families and carers.
Drugs & general support	Zebs Youths Project	01872 222447 www.youngpeoplecornwall.org/programmes/zebs	Information and support to young people about alcohol, drugs and other health/youth issues. Café; activity and group work facilities.
Drugs information	FRANK	0300 123 6600 www.talktofrank.com	24 hours a day, 365 days a year, FRANK is around to give free information on drugs.
Drugs support	ADFAM	020 3817 9410 www.adfam.org.uk	Advice and information to support the families of people addicted to drugs or alcohol.
Drugs support	Freshfield service	0500 241952	Drug support by telephone helpline, counselling, and needle exchange services - confidential and free of charge.
Drugs support	Narcotics anonymous	0300 999 1212 www.ukna.org	Helpline and access to support groups for those with drug addictions.
Drugs support	YZUP (Wise up)	01872 263001 www.wearewithyou.org.uk/local-hubs/cornwall/services/support-for-young-people	Support, information and advice to young people under the age of 18 about drugs and alcohol.
Eating disorder support	Cornwall Eating Disorder Service	0845 207 7711 Option 1 East Option 2 Mid Option 3 West	Community based treatment for people with a clinical diagnosis of an eating disorder.
Eating disorder support	Beat	0808 801 0677 Youth line: 0808 801 0711 www.beateatingdisorders.org.uk	Helplines for adults and young people offering support and information about eating disorders.
Emergency support	112	112	Emergency number that can be dialled free of charge from any telephone in numerous European countries.
Emergency support	Police	Emergencies: 999 Non emergencies: 101	For emergencies or to report a crime.



			For information and advice or to contact a member of your local neighbourhood police.
Employability support	CHAOS	01872 277600 www.chaosgroupcornwall.co.uk	Works with vulnerable and disadvantaged people delivering employability opportunities to support access to work in the community
Employability support	Inclusion Cornwall	www.inclusioncornwall.co.uk	Helping more people to start, stay and progress in work.
Employability support	Pentreath Ltd	01726 862727 www.pentreath.co.uk	Training, work experience and employment opportunities for those recovering from mental illness.
Farmers support	RABI	General enquiries: 01865 724931 Helpline: 0808 2819490 www.rabi.org.uk	Support for farming families.
Family support	Cornwall One Parent Support	01726 65417 or 07737 573647	Charity committed to improving the life of one parent families by relieving isolation and increasing leisure activities
Family support	Refuge4Pets	07497 382457 www.refuge4pets.org.uk	A pet fostering service so individuals and families can escape violent and abusive relationships.
Food management	Food Banks	www.foodandcornwall.org.uk/whats-outthere/foodbanks-in-cornwall	Foodbanks across Cornwall can supply individuals and families in financial crisis
Food management	Overeaters anonymous	07000 784985 www.oagb.org.uk	Support meetings and advice for those who over eat.
Gambling support	GAMCARE	0808 8020 133 www.gamcare.org.uk	Support, information and advice to anyone suffering through a gambling problem.
Gender support	Mermaids	0808 801 0400 www.mermaidsuk.org.uk	A support group for gender variant children and teenagers and their families.
Health support	Healthy Cornwall	01209 615600 www.healthycornwall.org.uk	Advice and training on a wide variety of health issues.
HIV support	Kernow Positive Support	01872 258453 www.kernowps.co.uk	Supporting people affected and living with HIV
Homeless support	Breadline	01736 366767 www.stpetrocs.org.uk/penzance-centre	Day centre managed by the St Petroc's Society. Services include showers, laundry, GP surgery, housing advice and community café.
Homeless support	Coastline Homeless Service	01209 200200 www.coastlinehousing.co.uk/supported-and-temporary-housing/	For homeless and vulnerably housed adults or anyone who is concerned about their housing and financial situations.
Homeless support	Cornwall Health for Homeless	01872 273617	Health care for single homeless people who may otherwise not prioritise their health or register with a GP.



Homeless support	St Petroc's Society	01872 264153 www.stpetrocs.org.uk	Accommodation, advice, training opportunities and resettlement for single homeless people who may have secondary social, mental health or offending difficulties.
Homeless support	The Salvation Army	01326 315272 southwestern@salvationarmy.org.uk	Worldwide Christian church and registered charity extending a helping hand to those who are homeless, friendless and in need.
Housing Support	YMCA	01736 334820 www.ymcacornwall.org.uk	Helping to house disadvantaged young people throughout the county. A free, confidential and independent advice service.
Housing support	Shelter	0808 800 4444 for under 25s: 0808 808 4994 www.shelter.org.uk	Housing information, advice and advocacy.
Housing support (drugs & alcohol)	Bosence Farm Community	01736 850006 www.bosencefarm.co.uk	Temporary supported housing for people recovering from drug/alcohol dependence.
ME support	ME Association	0844 5765326 www.meassociation.org.uk	Information, support and practical advice for people who are affected by ME/CFS /PVFS (Myalgic Encephalopathy/Chronic Fatigue Syndrome/Post Viral Fatigue Syndrome), their families and carers.
Male domestic Violence	Male DV Advice Line	0808 801 0327 www.mensadvice.org.uk	Male Domestic Violence Advice Line.
Male domestic violence	Mankind Initiative	01823 334244 http://new.mankind.org.uk	For all men suffering from domestic violence or domestic abuse.
Male domestic violence	Norda House Project	01872 321546 or 321575 24 hour helpline: 01872 225629 http://nordahouse.org	Refuge and outreach support for male victims of domestic abuse and their children in Cornwall.
Mental health advocacy	SEAP	0330 440 9000 www.seap.org.uk	Advocacy for people with mental health difficulties on issues such as service provision.
Mental health intervention	Early Intervention in Psychosis Team	01208 834276 East 01209 2040033 West www.cornwallft.nhs.uk/early-intervention-in-psychosis/	Advice and support to those aged 14 to 35 experiencing a first episode of psychosis.
Mental health services - adult	Community Mental Health Team (CMHT)	0845 207 7711 Option 1 East Option 2 Mid Option 3 West	For adults aged 18 to 75 suffering from a severe and enduring mental illness.
Mental health services - adult	Out of Hours - Mental Health Team	01208 251300	Switchboard number at Bodmin manned 24 hours a day - they can direct your call to someone who can help



Mental health services - children	Child & Adolescent Mental Health Service (CAMHS)	01208 251300 cpn-tr.ChildrensCMC@nhs.net	Supporting children and young people up to the age of 18 with emotional, behavioural or mental health issues.
Mental health services - children	Early Help Hub	01872 322277 www.cornwall.gov.uk/earlyhelp	A single point of contact for council and community health Early Help services for children in Cornwall. Information, advice and guidance, and access to Early Help services.
Mental health support	Carrick and Caradon Mind	01326 617220 www.carrickmind.org.uk	Supports people that are socially isolated/have mental health problems with social groups and befriending.
Mental health support	Hearing Voices Network	01208 815676 or 07807 813996 www.hearing-voices.org	For people who hear voices, see visions or have other unusual perceptions.
Mental health support	Quiet Connections	www.quietconnections.co.uk	Coaching, workshops and social meets for those suffering from social anxiety
Mental health support	Penta Health & wellbeing	07545 428711 pentahealthandwellbeing.com	Support groups, home visits, enablement support and inclusivity activities.
Mental health support	Mindfulness Cornwall	07582 892434 or 07932 564241 www.mindfulnesscornwall.co.uk	Practices which strengthen and deepen the human capacity to live more meaningful, balanced and peaceful lives.
Mental health support	Nightlink	0808 800 0306 www.re-gain.org.uk/projects	Telephone service for over 18s experiencing emotional distress.
Mental health support	Pentreath Ltd	01726 862727 www.pentreath.co.uk	Training, work experience and employment opportunities for those recovering from mental illness.
Mental health support	Re-Gain	0845 1228668 Hotline: 0808 8000306	Emotional support text and helpline, plus pre-crisis accommodation.
Mental health support	Rethink	0300 5000 927 www.rethink.org	Expert, accredited advice and information for everyone affected by mental health problems.
Mental health support	Rural Community Link Project	01726 821858 www.cornwallfoundation.com	Community based projects to reduce social isolation of those with mental health issues.
Mental health support	Samaritans	116 123 www.samaritans.org	Emotional support for anyone in distress.
Mental health support	Saneline	0300 304 7000 www.sane.org.uk	National mental health helpline for people with mental ill health and those that care for them.
Mental health support	Sanctuary Project - Oakleigh House	01579 346663 www.re-gain.org.uk/projects	Respite for adults with mental health problems. Referrals are made by Community Mental Health Teams.
Mental health support	Sea Sanctuary	01326 378919 www.seasanctuary.org.uk	Comprehensive mental health care on board a 43ft classic



			yacht, catering for young people and adults alike.
Mental health support	The Blurt Foundation	www.blurtitout.org	Supports, helps and inspires those affected by depression.
Mental health support	Valued Lives	01209 901438 www.valuedlives.co.uk	Offers a crisis service, community based care and support, therapeutic activities, enablement programmes, and general advocacy services.
Miscellaneous	CASS - Community Advice and Support Service	01872 274 104 07949 455 443 http://cassplus.org/	Operating at Bodmin and Truro Magistrates Courts, working with offenders and their families on diversion service linking clients to appropriate external support agencies.
Older person support	Age UK Cornwall	01872 266383 www.ageconcerncornwall.org.uk	Transport, advocacy, befriending and homecare for older people.
Older person support	Royal Voluntary Service	0845 608 0122 or 01209 705159 www.royalvoluntaryservice.org.uk	Helping order people retain their independence and community connections.
Older person support	The Silver Line	0800 470 8090 www.thesilverline.org.uk	Free confidential helpline providing information, friendship and advice to older people 24 hours a day.
Parkinson's support	Parkinson's UK	0808 8000303 www.parkinsons.org.uk	Support for yourself or someone you know with Parkinson's.
Parental support	Cry-Sis	0845 122 8669 www.cry-sis.org.uk	For families with excessively crying, sleepless and demanding babies.
Parental support	Family Information service directory (Cornwall Council)	0800 587 8191 www.supportincornwall.org.uk	Cornish information gateway for children's centres, child care and other community resources for parents.
Parental support	Gingerbread	0808 802 0925 www.gingerbread.org.uk	Expert advice, practical support and campaigning for single parents.
Parental support	Mothers apart from their children, (MATCH)	enquiries@matchmothers.org www.matchmothers.org	Support and advice for mothers estranged from their children.
Pastoral & spiritual support	Chaplaincy Hospital Service	01872 252883	Support for patients in Royal Cornwall Hospital.
Pastoral & spiritual support	Dor Kemmym (Cornwall Faith Forum)	http://dorkemmym.org.uk	Promoting understanding and dialogue between faith communities, challenging intolerance, supporting strategic working, network for district faith representatives.
Pastoral & spiritual support	Crossline - Plymouth	24hr listening line: 01752 666777 Counselling by appointment: 01752 664243 www.crossline-plymouth.co.uk	Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service



			covering a very wide range of issues.
Pastoral & spiritual support	Street Pastors	01726 882768 or 07429 887 889 www.streetpastors.co.uk	Non-judgmental pastoral support to those who request help.
Post-natal depression support	Association for post-natal illness	020 7386 0868 www.apni.org	Advice and counselling for those suffering from post-natal depression.
Post abuse support	National Association for people abused in childhood (NAPAC)	0808 801 0331 http://napac.org.uk	National freephone, postal and email information service for adults who were abused as children in any way.
Post abuse support	SALT - Sexual abuse listening therapy	01752 600599 www.saltsouthwest.co.uk	Information, support and listening service for those who have suffered sexual abuse.
Pregnancy and mental health support	Perinatal Mental Health Team	01872 221031 www.cornwallft.nhs.uk	Mental Wellbeing around the time of having a baby. For women of all ages whether they have a pre-existing mental illness, those at risk or women who encounter problems for the first time during or after pregnancy.
Pregnancy support	Pregnancy Choices Directory	www.pregnancychoicesdirectory.com	Help for those facing unplanned pregnancy or following an abortion.
Pregnancy support	Twins and multiple births association (TAMBA)	0800 1380509 www.tamba.org.uk	Information, advice, and phonline support for parents of TAMB.
Psychological therapy	Cornwall Partnership NHS Trust	www.cornwallft.nhs.uk/talking-therapies/	Psychological therapies for OCD, Depression, PTSD.
Public services information	Direct Gov	www.gov.uk	Public service advice page. Includes benefits information.
Relationship counselling.	Relate: Cornwall Ltd	01726 74128 www.relatecornwall.org	Relationship therapy and counselling. Also provides service for loss and bereavement.
RTA support	Roadpeace	0845 4500355 www.roadpeace.org	Support, advice and advocacy for road crash victims.
Sexual advice	Sexual Advice Association	sexualadviceassociation.co.uk	Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.
Sexual health advice	Sexual Health Services for Cornwall – provided by Brook for NHS	0300 30 30 714 www.sexualhealthcornwall.co.uk/	Free and confidential advice on sexual health and contraception, counselling, advice and testing for STIs.
Sexuality and identity support	LGBT Help line	0800 6123010 www.intercomtrust.org.uk	Lesbian, gay, bisexual and transgender helpline and advocacy service.
Sexuality and identity support	Pink Umbrella	07542 477302	Mental health support group, meets 3rd Friday in a month in Truro.



Sexuality and identity support	YAY! Cornwall (Young and Yourself)	www.lgbtqyouthcornwall.co.uk	Lesbian gay, bisexual trans and questioning youth group for Cornwall.
Social care	Adult Social care	0300 1234 131 www.cornwall.gov.uk/health-and-socialcare/adult-social-care	For adults who may require community care resources or safeguarding.
Social care	Children's, Schools and Families	0300 1234 101	Generic number for safeguarding, family support and children in care services.
Sports information	Cornwall Sports Partnership	01872 323344 www.cornwallsportspartnership.co.uk	Local sporting information for Cornwall.
Sports information	Get Active Cornwall	01872 323346 www.getactivecornwall.co.uk	Information on local sporting clubs.
Suicide	Suicide Liaison Service	01208 871 905 www.cornwallft.nhs.uk/suicide-liaison-service/	For anyone who has been affected by suicide.
Suicide	Survivors of Bereavement by Suicide (SOBS)	0300 111 5065 www.uk-sobs.org.uk	Telephone helpline, support, information and groups for people bereaved by suicide.
Suicide	Lone Twin Network	lonetwinnetwork.org.uk	A voluntary support group run by and for lone twins, over the age of 18, whose loss has occurred at any time.
Suicide	ASIST (Applied Suicide Intervention Skills Training)	www.suicidesafercornwall.org	Dedicated to delivering training on Suicide First Aid
Suicide	CALM (Campaign Against Living Miserably)	0800 58 58 58 www.thecalmzone.net	Registered charity existing to prevent male suicide in UK
Suicide	Grassroots Suicide Prevention	Stay Alive App available on the App Store and Google Play	Help and support both to people with thoughts of suicide and to people concerned about someone else.
Suicide	Samaritans	116 123 www.samaritans.org	Confidential helpline where you can talk any time you like, in your own way about whatever's getting to you.
Suicide	PAPYRUS - Prevention of Young Suicide	0800 068 4141 www.papyrus-uk.org	National charity dedicated to the prevention of young suicide in the UK.
Support	Farm Community Network	03000 111 999 www.fcn.org.uk	Farm crisis network provides pastoral and practical support to farming people during periods of anxiety, stress and problems relating to both the farm household and the farm business.
Support	Fisherman's Mission	01736 363499 www.fishermensmission.org.uk	Emergency support alongside practical and emotional care, helping all fishermen, active or retired, and their families.



Supported accommodation	Cosgarne Hall Supported accommodation	01726 74186 www.cosgarne.org	Supported accommodation in the St Austell Area. Support staff assist with social and emotional difficulties.
Supported accommodation	Pivotal	01202 306070 www.pasltd.uk.com/pas/housing.html	Supported accommodation to clients with both mental health and drug and alcohol issues.
Supported accommodation	St Petroc's Society	01872 264153 www.stpetrocs.org.uk	For single homeless people who may have secondary social, mental health or offending difficulties.
Supported accommodation	LiveWest	0300 123 8080 www.livewest.co.uk/	Supported accommodation for 16 to 25 year olds, working with complex needs and providing refuge accommodation.
Supported accommodation	Stonham Housing support	0345 141 4663 www.homegroup.org.uk	Range of accommodation, supported housing and floating support.
Therapeutic	Space for you	01736 786111 www.spaceforyou.biz	Creative therapeutic project, meeting every Wednesday near St Just.
Victim support	Cornwall Survivors Group	07800 940558 www.cornwallrcc.org.uk/cornwallsurvivors	Support group for adult males who have been the victim of rape.
Victim support	Cornwall Rape and Sexual abuse centre (CRASAC)	01872 303038 www.crasaccornwall.co.uk	Support, advice and counselling for victims of rape and abuse.
Victim support	First Light	Cornwall & IOS Domestic Abuse Helpline: 0300 777 4777 Cornwall & IOS Sexual Violence & Assault Helpline: 03458 12 12 12 www.firstlight.org.uk	Charity and lead agency for the Plymouth Sexual Assault Referral Centre, supporting men, women, children and young people who have been affected by rape and serious sexual assault.
Victim support	Victim Support	0300 303 0554 www.victimsupport.org.uk	Free and confidential help to victims of crime, witnesses, their family and friends
Victim support	Willow Centre	01872 272059 willow.support@firstlight.org.uk	A specialist safe and discrete centre in Truro providing support to people who have been affected by rape or sexual assault.
Victim support	The Woman's Centre	01208 77099 www.womenscentrecornwall.org.uk	Free confidential support run by women for women and teenage girls who have experienced any form of violence or abuse at any time.
Young people	Young people Cornwall	01872 222447 www.youngpeoplecornwall.org	Information, advice, guidance and mentoring, employability support on the education programme for 16 to 18 year olds not already in education or training.



Young people	The Haven - Health, Wellbeing & Support (Bude Community School)	01288 353271 www.budehaven.cornwall.sch.uk/thehaven-ihc	Health and wellbeing support which includes drop-in sessions, individual consultations, group work and seminars for students.
Young people	The Zone	01752 206626 www.thezoneplymouth.co.uk	Information, advice and support services for 13 to 25 year olds in Plymouth and the surrounding areas.
Young people	Oasis House (NCC Turnaround Project)	01637 875114 www.nccdream.com/ministries/oasis-house	For vulnerable men aged 16 to 25 from disadvantaged backgrounds, who may be homeless, care leavers or in housing need.
Young people	Dreadnought / Aspires	01209 218764 www.thedreadnought.co.uk	Autistic support, play and family support, work related issues and confidence building.
Young people	Savvy	01209 615600 www.savvykernow.org.uk	Help and advice about health, wellbeing or everyday life for 13 to 19 year olds including C-Card and self-harm.
Young people	Wave Project	01637 820830 www.waveproject.co.uk/project-locations/cornwall/	Supporting young people with confidence building through surf projects.
Young people	Hayle Youth Project	01736 755790 hayle-youth-project.org.uk info@hayle-youth-project.org.uk	Fun activities and supporting with challenging situations.
Young people	Quiet Connections	http://quietconnections.co.uk/	Coaching workshops and social meets for those suffering from social anxiety.
Young people	The Mix	0808 808 4994 www.themix.org.uk	Support to young people via phone, text, email and counselling.
Young people	Tic Tac	01579 342344 Extension 160 07913558843 www.liskeard.cornwall.sch.uk	Teenage health information and advice drop-in centre for students.

Further help

You can also talk with organisations you already have contact with or find by searching online:

- Your local GP
- Support groups
- Counsellors
- Online resources like chatrooms
- Self-help books
- Social groups/clubs/societies
- Family/friends
- Work colleagues
- NHS 111 – dial that number or visit <https://111.nhs.uk/>
- Youth groups
- Emergency services - 999
- Libraries and resource Centres

