**Signposting Information**

| **Resource Type** | **Organisation** | **Contact Details** | **Service Description** |
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| Phone Line | [**Plymouth Samaritans**](http://www.samaritans.org/branches/samaritans-plymouth-east-cornwall-and-south-west-devon) | Tel: 01752 221666  Mon / Thurs: 12.30 -9.30am, 12.30-9.30pm  Tues 3.30-9.30pm  Wed 12.30pm-12.30am  Sat 12.30-9.30am, 6.30pm-12.30am  Sun 12.30-9.30am, 9.30pm-12.30am | To talk to someone who is trained to listen, contact the [Plymouth Samaritans](http://www.samaritans.org/branches/samaritans-plymouth-east-cornwall-and-south-west-devon) |
| Phone Line | **SANE** | Tel: 0845 767 8000  6 pm and 11 pm each evening | The national charity [SANE](http://www.sane.org.uk/what_we_do/support/) provides emotional support and information to anyone affected by mental illness. |
| Phone Line  Counselling | **Crossline** | Tel: 01752 666777  24 hour  Tel: 01752 664243  Counselling by appointment: Weekdays 9-1pm | Crossline is a registered charity operating under the umbrella of Plymouth City Mission. Although the ethos is Christian, the service is an inclusive to those who seek help, whether they be of another faith or of no faith at all. |
| Phone Line | **CALM**  **(the Campaign Against Living Miserably)** | Tel: 0800 585858  Every day of the week 5pm to midnight | **CALM** exists to prevent male suicide in the UK. Their helpline is free, confidential and anonymous and free support, information and signposting to men anywhere in the UK. |
| Phone Line | **CRUSE Devon** | Tel: 0300 330 5466 Mon—Fri 10-4 pm  Email: devon@cruse.org.uk | Cruse Bereavement Care offers free and confidential services provided by trained volunteers |
| Phone Line | [**The Silver Line**](http://www.thesilverline.org.uk/) | Tel: 0800 4 70 80 90.  Open 24 hours a day, every day of the year | [The Silver Line](http://www.thesilverline.org.uk/) is the only free confidential helpline providing information, friendship and advice to older people. |
| Phone Line | [**ChildLine**](http://www.childline.org.uk/Pages/Home.aspx) | Tel: 0800 1111  Call Anytime | Contact [ChildLine](http://www.childline.org.uk/Pages/Home.aspx) for a free and confidential line for children and young people. |
| Phone Line | **Young Minds Parents’ Helpline** | Tel: 0808 802 5544  Mon to Fri 9.30am-4pm.Email: parents@youngminds.org.uk | Young Minds does not offer advice to young people - the helpline service is for parents or carers worried about a child or young person |
| Phone Line | **Jeremiahs Journey** | Tel:01752 424348  Mon – Fri 9-5 pm | **Jeremiahs Journey** is a Plymouth based charity that offers support and information to children and their families when someone special has died. |
| Primary Care  Mental Health | **Plymouth Options** | Tel: 01752 435419  Email: [plymouthoptions@nhs.net](mailto:plymouthoptions@nhs.net) | Plymouth Options are a city wide service for adults in Plymouth with common problems such as anxiety and depression, counselling, CBT, employment support. Self refer or via GP. |
| Secondary Mental Health  Services | **Plymouth Community Mental Health Teams** | Central and North East: 01752 434458 North West: 01752 434457 Plym: 01752 434459 South East: 01752 435389 South West: 01752 434691 | If you already access mental health services please use the numbers opposite relevant to the area you live. |
| Social Care | **Adult Social Care** | Tel: 01752 668000  Adults Services Out of Hours Team - 01752 346984 | Support and assistance for people who cannot manage alone due to severe illness, frailty, disability or vulnerability enabling people to live as independently as possible in their own homes or with their family or friends. |
| Recovery | **STEPS** | Tel: 01752 434116 | Support to develop skills by offering a range of personal development & psych educational courses including anxiety management, mindfulness, emotional skills, assertiveness, it's a Goal, hearing voices, managing stress & depression, healthy living groups, horticultural therapy, advice & guidance, creative enterprise snooker, walking . |
| Recovery | **Rethink** | Tel: 01752 251072  Email: claire.gibb@rethink.org  Website: http://rethink.org | Support including group work & one-to-one support to support maintain accommodation & to live independently, support sessions on confidence building, anxiety management, mindfulness and one-to-one support; for people in receipt of direct payments. |
| Recovery | **Healthy Futures**  **Social**  **prescribing** | Tel: 01752 203670 | For people who live in the North Prospect area aimed at providing alternative support for people experiencing mental health problems. It is accessed through three GP surgeries in the area. |
| Recovery and Wellbeing | **Active for Life** | Tel: 01752 210766.  Email: [active@plymouthguild.org.uk](mailto:active@plymouthguild.org.uk) | Support & promotion of physical activity in adults living with mental health problems &/or learning disabilities to improve people's health and well-being by helping people find something active they can do regularly and enjoy. |
| Recovery | **Avenues** | Tel: 01752 201766.  Email: [avenues@plymouthguild.org.uk](mailto:avenues@plymouthguild.org.uk) | Avenues is a project within the Volunteer Centre which supports people experiencing, or who have experienced, mental health issues access meaningful and enjoyable volunteering in the community thereby helping to promote integration, independence, health and wellbeing and developing skills | |
| Recovery | **Mental Health Advocacy Service** | Tel: 01752 201766  Fax: 01752 202214  Email: [tracey.white@plymouthguild.org.uk](mailto:tracey.white@plymouthguild.org.uk) | **Disability Information & Advice Centre** work with service users to support them to communicate their needs, secure their rights, represent their interests, obtain the services they need. The service is independent from other services, confidential & free. | |
| Recovery | **Plymouth Recovery College**  **Plymouth and District Mind** | Tel: 01752 512280  Email: [recovery@plymouthmind.com](mailto:recovery@plymouthmind.com) | The Recovery College is for everyone, whether you experience mental health challenges, have contact with someone who does or are interested in the courses offered. Courses are designed to help develop skills, understanding and control of personal challenges, to put everyone using the college back in the driving seat of their lives. | |
| Recovery | **Crossroads** | Tel: 01752 367880/07582 938713  Email: [crossroadsfafc@supanet.com](mailto:crossroadsfafc@supanet.com) Website: <http://www.crossroadsfafc.co.uk> | Provision of a variety of educational, recreational and leisure opportunities for adults with mental health support needs. | |
| Counselling | **Simply Counselling** | Tel: 01752 266333  Email: [http://www.simplycounselling.org](mailto:http://www.simplycounselling.org) | Simply Counselling provide counselling for individuals, couples, carers and families in the Plymouth area. | |
| Carers | **Carers Hub (Plymouth Guild)** | Tel: 01752 201890  Email: chp@plymouthguild.org.uk  Website: www.plymouthguild.org.uk | Information / support and advice. For carers who are supporting a friend or family member. We can put you in touch with other carers, offer support groups, provide practical training, help you look after your own health and wellbeing and help with finance | |
| Domestic Abuse | **Domestic Abuse**  **Services** | Tel: 01752 252 033 (PDAS)  Tel: 01752 562 286 (Refuge) | Support for men, women & children who need advice and protection from domestic abuse, including a refuge & one-to-one support and confidential advice. | |
| Domestic Abuse | **Police Domestic Abuse Unit** | Tel: 01752 720595 |  | |
| Sexual Abuse | **OE2 Male Survivors of Sexual Abuse** | Tel: 07539 810096 | User led organisation that encourages & develops services for adult male survivors of sexual abuse, linking with specialist organisations where appropriate. | |
| Homelessness | **PATH** | **Tel:** **01752 255889 Email:** [**info@plymouthpath.org**](mailto:info@plymouthpath.org) | Offers a range of services, from work with rough sleepers through to support for people to maintain their tenancies. | |
| Homelessness | **George House Homeless Hostel** | Tel: 01752 664441  Email: [vickyreeve@bcha.org.uk](mailto:vickyreeve@bcha.org.uk)  Website: <http://www.bcha.org.uk/home.aspx> | George House has 46 en-suite bedrooms, arranged in clusters of 6-9 units. There are two bedrooms which have been designed to accommodate wheelchair users and two rooms which can accommodate couples. | |
| Eating Disorders | **NotEDuk** | Email: [noteduk@hotmail.co.uk](mailto:noteduk@hotmail.co.uk)  Website: <http://www.noteduk.com> | NotEDuk (No to Eating Disorders UK) is a Plymouth based group offering support, guidance and information on eating disorders and food issues. | |
| Information Support and Advice | **Children/Young People** | Tel: 01752 206626  Email: enquiries@thezoneplymouth.co.uk | The Zone offers a wide range of information, advice and support services for 13 - 25 year olds in Plymouth and the surrounding area. | |
| Information Support and Advice | **Advice Plymouth** | Tel: 01752 520052 or 08444 111 444  Lines open: 8am to 8pm and Saturday 8am to 1pm  Website: [www.adviceplymouth.org.uk](http://www.adviceplymouth.org.uk) | The new partnership between Plymouth Citizens Advice Bureau, Plymouth Guild, Routeways and Age UK Plymouth that provides co-ordinated advice and information service including benefits & tax, employment, housing ,legal, money, debt, consumer, relationships, tax, water debt gateway. | |
| Mental Health and Wellbeing Network | **Plymouth Mental Health Network** | Tel: 01752 512283  Email: [plymouthmentalhealthnetwork@gmail.com](mailto:plymouthmentalhealthnetwork@gmail.com) | A partnership organization hosted by Plymouth Mind comprising of over 100 members, ranging from individual therapists to statutory organisations, all committed to improving the provision of mental health services to all within and around Plymouth. | |
| On Line Directory of Services | **Plymouth Online Directory (P.O.D.)**  and **Plymouth Online Directory for Families** | Website: <http://plymouthonlinedirectory.com> | The Plymouth Online Directory (P.O.D.) is a portal offering information about available help, advice and support services for people who live and work in Plymouth, including information on self help and peer support groups.  P.O.D. also provides a portal to services for families. | |
| Mental Health and Wellbeing | **One You Plymouth —**  **Public Health**  **Improvement**  **Services** | Tel: 01752 437177  Email: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)  Website: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk) | Livewell is a health promotion hub, a point-of-contact that anyone can use to find out about lifestyle issues and how to make changes that can help prevent ill-health. | |
| Support and Recovery | **Harbour drugs and alcohol services** | Tel: 01752 434343 and book an assessment Personal visit – call in and book an assessment appointment  Email : send the on-line self-assessment form to us. http://www.harbour.org.uk/contact.html | Harbour aims to help anyone, including family and friends, affected by the misuse of drugs and alcohol by providing information, education, assessment and care co-ordination, offering community based treatment services with other services |
| Support and Recovery | **Hamoaze House** | Tel: 01752 566100  Email: office@hamoazehouse.org.uk | If you are struggling with problematic alcohol or drug use and want help to change your life, to leave the chaos behind, Hamoaze House can help you. |
| Support and Recovery | **Broadreach House** | Tel: 01752 566245  Email: admissions@broadreach-house.org.uk | Broadreach House offers treatment and support services for men and women whose lives have been adversely affected by addiction**.** |
| Phone Line | **Alcoholics**  **Anonymous** | Tel: 0845 769 7555.  Email: http://plymouthaa.org.uk/ | Alcoholics Anonymous is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help |
| Phone Line | **Families**  **Anonymous** | Tel: 0845 120 0660  Email: https://www.familiesanonymous.org/ | Families Anonymous is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behaviour of someone very near to them, whether caused by drugs, alcohol, or related behavioural problems. |
| Phone Line | **Al-Anon Family Groups** | Tel: 0207 403 0888 | Support to anyone whose life is, or has been, affected by someone else’s drinking, regardless of whether that person is still drinking or not. |
| Phone Line | **National Association for the Children of Alcoholics** | Tel: 0800 358 3456  Email: www.nacoa.org.uk | Nacoa aims to address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. |