



National Mental Health Support

Samaritans- 116123

www.samaritans.org

SANE (out of hours mental health line)
0300 304 700

SHOUT - offers text support any time, text
SHOUT to 85258

Rethink– www.rethink.org

Mental health UK– www.mentalhealth-uk.org

If you, or someone you know, are at immediate risk of harming themselves or others, then please ring 999.

Contact details

The Thornberry Centre

1 Brest Way (off Morlaix Drive)

Derriford Plymouth PL6 5XW

Tel: 01752 434200

Opening times:

Mon - Thur: 8:30am - 5pm **Fri:** 8:30am - 4:30pm

www.livewellsouthwest.co.uk

Prosthetics Rehabilitation Service

**Mental Health and Peer Support
Information**



Livewell Southwest



@livewellsw

We support people to lead independent, healthy lives

Introduction

Having an amputation is life changing and can be hard to adapt to, you are not alone.

It is important to seek help from peers and professionals to help you at this time. It is normal to have feelings of distress and anxiety we hope this leaflet will help, if you have any concerns please discuss with the prosthetic team.

Amputee Charities/Support Groups

There are many amputee charities that provide peer support virtually, face to face and organise events to help you return to activities that you enjoy.

- **Limbless association**
Tel: 08006440185
Web: limbless-association.org
- **Amputee Foundation**
Tel: 01744808850
Web: www.amputationfoundation.org
- **LimbPower**
Tel: 07502276858
Web: www.limbpower.com
emailinfo@limbpower.com

Continued...

- **Steelbones**
Tel: 01223734000
Email: hello@steelbone.co.uk
Web: www.steelbone.co.uk
- **BLESMA (Veterans)**
Tel: 02085901124
Web: www.blesma.org
Email: info@blesma.org
- **REACH**
Tel: 03003650078
Web: www.reach.org.uk
- **Limbcare**
Tel: 08000521174
Web: www.limbcare.org
email: info@limbcare.org
- **Positive Bones**
www.positivebones.co.uk
info@positivebones.co.uk

If you require any assistance making contact with the services please speak to any member of staff

Mental Health Services Local To You...

Mental health Services Plymouth

Plymouth Options: 01752 435419
www.livewellsouthwest.co.uk/plymouth-options

Livewell's First Response 24/7 crisis line: NHS 111 (select the mental health option)

Devon MIND: 01752 512 280
Email: hello@devonmind.com

Mental health Services Devon

Talkworks: 0300 555 3344

Mental health Services Cornwall

Outlook SouthWest: 01208 871905
<https://www.cornwallft.nhs.uk/outlook-south-west>

Email: cft.oswenquiries@nhs.net

24/7 Cornwall mental health helpline:
0800 0385 300.

Pentreath mental health charity: 01726 862 727
pentreath@pentreath.co.uk

Cornwall MIND: 01208 892 855
info@cornwallmind.org