



Mental Health Resources

(Local and National Websites, Telephone services, Quick Links and Apps)

Andy's Man Club now has four groups across Devon (Plymouth, Newton Abbot, Torbay, Exeter). It provides men with a safe, non-judgemental, confidential place to chat and get stuff off your chest. To gain access during lockdown, any man over 18 can email info@andysmanclub.co.uk.

Blurt it Out are a social enterprise dedicated to helping those affected by depression.

The website states: "Think of us as the knowing nod. You've seen it – a slight bob of the head, often accompanied by a smile. A little movement that says, 'I understand', 'I'm listening' and 'I'm here for you'.

"That's us.

"We really understand how devastating depression can be. Jobs come to an end, relationships break down and lives can be lost, all through the effect of depression. That's why the work we do here at Blurt is so important – it not only changes lives, but saves them."

[Click here if you need support.](#)

CALM (Campaign Against Living Miserably) is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day.

The website states: "Our helpline is for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

"For more info about our helpline service, visit our [helpline information page](#)."

You can contact CALM on 0800 58 58 58 from 5pm until midnight, 365 days a year.

The website is also open 5pm until midnight every day, here
- <https://www.thecalmzone.net/help/webchat/>

Cocaine Anonymous Devon and Cornwall Sharing problems at Cocaine Anonymous meetings has helped to save many lives.

Face to face meetings have been put on hold since the lockdown commenced, but daily online meetings are being conducted between 15 and 50 people every day.

These are not just attended by existing members, but new members as well, who have "started to experience recovery at this very difficult time".

The helpline is also still in full operation from 10am – 10pm daily on 0800 612 0225.

You can find [information about Cocaine Anonymous here](#).



Wellbeing at Work

Combat Stress is a mental health charity for veterans.

The website states: "We are Combat Stress, the UK's leading charity for veterans' mental health. For over a century, we've helped former servicemen and women with mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD). The work we do is life-changing and often life-saving. No one else does what we do.

"We offer a range of treatment services in the community, at our specialist centres, on the phone and online, and we develop a personalised programme for each veteran's individual needs. Combat Stress provides the UK's only residential treatment for veterans with trauma-related mental health problems. Highly trained staff have specialist knowledge of veteran trauma. Our unique combination of psychological and psychiatric treatment, and occupational therapy benefits the most unwell veterans.

"Our treatment is evidence based: our research study work with the King's Centre for Military Health Research evaluates and demonstrates the effectiveness of our services. Nationwide, we have a unique peer support service, which is led by veterans for veterans."

You can call Combat Stress on **0800 138 1619**.

Childline (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

Depression Alliance is a charity for people with depression. It doesn't have a helpline, but offers a wide range of useful resources and links to other relevant information. <http://www.depressionalliance.org/>

Devon Mind Plymouth provide advice and support to empower anyone experiencing a mental health problem.

The website states: "We campaign to improve services, raise awareness and promote understanding. Our core purpose is reviewed regularly as part of our overall business planning process, involving trustees, staff and service users in making sure our direction is the right one.

"We know that people will be experiencing lots of anxiety at the moment. The Devon Mind team are here if you would like to talk – we can help you to manage mental distress during this time."

You can call Devon Mind on 01752 512280 or email us on admin@devonmind.com.



Every Man Matters Every Man Matters is an informal group for men (18+) to get together have a brew and talk about issues in a friendly and non-judgmental environment. It's completely free to attend (including the brew) and there are no requirements or expectations from you – just showing up is enough. Our sessions are held at YMCA Plymouth on Honicknowle Lane and are led by volunteers. <https://www.ymcaplymouth.org.uk/mens-mental-health-group/>

We also run a [Facebook group](#) which you're welcome to join, share and discuss whatever's on your mind even if you can't come to the in-person sessions.

Head Space Peer 2 Peer mental health support for "when times get rough".

Due to COVID-19, Head Space is running a telephone service only.

The service will run 6pm - 10pm, seven days a week.

Please book an appointment via one of the below; call between 6pm and 10pm on 07890257614, text 07890 257614, Facebook [HeadSpacePlymouth](#) or email headspace@colebrooksw.org.

Hub of Hope a national site that links to services in your area <https://hubofhope.co.uk/>

Livewell Southwest provides integrated health and social care services for people across Plymouth and other parts of the region. For anxiety and depression enquiries please email plymouthoptions@nhs.net.

Livewell's First Response provides advice, support and signposting for people experiencing mental health difficulties in Plymouth. If you feel worried about your mental health or that of a loved one or a friend, you can call the Service, which is available to contact 24/7 by calling **0800 923 9323**.

When you call you will be given two options.

If you are a child or young person or are calling about a child or young person under the age of 18 press 1

If you are an adult or calling about an adult press 2

The line is also open 24/7 to other health and care professionals and emergency responders such as the police paramedics and GPs if they need advice when working with an individual experiencing mental health difficulties or to refer someone. You will be given further options once you have pressed one or two depending on who you are calling to refer.

First response service Devon partnership trust 0808 196 8708 for those outside Plymouth.

Livewell also run **Chathealth**, a text service used by health visitors and school nurses to support families and young people.

The service is available Monday to Friday 9am – 5pm, excluding bank holidays. During out-of-hours, anyone who texts the service will receive an automated message with advice on where to get help if their question is urgent.



Livewell ChatHealth **0-5 years Parents Service** – 07480 635188

Livewell ChatHealth **5-10 years Parents Service** – 07480 635189

Livewell ChatHealth **11-19 years Young Peoples Service** – 07480 635198

Man Down New men's group Plymouth Life Centre, Thursday evenings from 7pm

Event link here; <https://fb.me/e/2amiEiVBP>

Marbles lost and found: [Home \(marbleslostandfound.co.uk\)](http://marbleslostandfound.co.uk)

MIND – Plymouth and District Our dedicated and professional staff and volunteers are committed to the personal care of vulnerable people with mental health issues. We are committed to helping our service users lead independent lives within the community, and where possible to undertake volunteering or training, and in some cases to return to paid employment.

Areas covered: Plymouth, South Hams, West Devon. Categories include Health and Mental Health support. Based at 8 Woodside Greenbank Plymouth PL4 8QE. Tel:01752512280
Email:admin@plymouthmind.com Website:<http://plymouthmind.org.uk>

Mindful Art Club - Mindful Art Club ® offers community groups and wellbeing courses supporting mental health through creativity and social connection. Website <https://mindfulartclub.co.uk/>

Mind Your Way has been developed in response to young people in Cornwall asking for more information about mental health, emotional wellbeing and how to get help.

The website states: "On this site you will find information about mental health and mental health problems, learn how to look after your mental health and promote wellbeing, find out how to get help and what services are available locally, and hear from other young people sharing their experiences."

You can find more information at www.mindyourway.co.uk.

Moondogz <https://moondogzmentalhealth.co.uk/> support line

Northumberland Tyne and Wear Self-help provide Self-help booklets on many different Wellbeing subjects <https://web.ntw.nhs.uk/selfhelp/>

PAPYRUS is a voluntary organisation which speaks openly about suicide and supports teenagers and young adults who have may suicidal thoughts. You can also get in contact with Papyrus **via text on 07786 209697** or email via pat@papyrus-uk.org.



Wellbeing at Work

A society which speaks openly about suicide and has the resources to help young people who may have suicidal thoughts.

Young people can call Papyrus **0800 068 4141**

The opening hours are as follows; **9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.**

The Papyrus website states: "We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour."

Pete's Dragons provides specialist support and advice for those affected by suicide in any way via telephone **Tel:01395 277780**) or email at admin@petesdragons.org.uk.

Rethink Plymouth Community Mental Health Service provides a range of support including a variety of group work and one-to-one support. Tel: **01752 251072 Monday- Friday 9am – 5pm**

Rethink community support services are designed to enable people affected by severe mental illness to achieve their full potential and recover a better quality of life.

Support needs are initially assessed, and all clients receive an individual support plan which is regularly reviewed. This ensures personalised interventions for each individual.

Structured and goal-focused support is provided in a variety of ways 1:1 Support or Group based support which can include:

- Supporting people to become more involved in social, leisure, educational, training, volunteering, and employment opportunities outside their home, which can continue after the service has ended;
- Empowering and enabling people to live independently;
- Supporting people to maintain suitable accommodation;
- Helping people to identify and make positive and meaningful links with other individuals.

Kinterbury House
Kinterbury Street
Plymouth
Devon
PL1 2DG

[View on map](#)



Samaritans (116 123) operates a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at jo@samaritans.org

SANE was established in 1986 to improve the quality of life for people affected by mental illness, following the overwhelming public response to a series of articles published in The Times entitled The Forgotten Illness.

Written by the charity's founder and chief executive, [Marjorie Wallace](#), the articles exposed the neglect of people suffering from mental illness and the poverty of services and information for individuals and families.

SANE's vision has remained consistent throughout its history: to raise public awareness; excite research; and bring more effective professional treatment and compassionate care to everyone affected by mental illness.

SANE is a UK-wide charity working to improve quality of life for people affected by mental illness and has three main objectives linked to [aims and outcomes](#) :

1. To raise awareness and combat stigma about mental illness, educating and fighting to improve mental health services.
2. To provide care and emotional support for people with mental health problems, their families and carers as well as information for other organisations and the public.
3. To promote and host research into the causes and more effective treatments of mental illness such as schizophrenia and depression and the psychological and social impact of mental illness.

SANE offers emotional support and information to anyone affected by mental health problems through their [helpline](#), [Textcare](#) and on their online [Support Forum](#) where people share their feelings and experiences.

You can call between **4.30pm and 10.30pm on 0300 304 7000**.

Students Against Depression is a website for students who are depressed, have a low mood or are having suicidal thoughts. **Bullying UK** is a website for both children and adults affected by bullying. <http://studentsagainstdespression.org/>

The opening hours are as follows; **9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays**.

The Sanctuary (Tel:0300 003 7029) operates a 24-hour service available every day of the year, for people who are struggling to cope - experiencing depression, anxiety, panic attacks or in crisis.

SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support.



By texting 'SHOUT' to '85258' you will be put in touch with a trained Crisis Volunteer (CV) who will chat to you using trained techniques via text. To get help or find out more about how Shout works, visit the [Get Help](#) page.

Stayingsafe.net - This website promotes the idea that everyone should have a safety plan. It through the process of making one with interactive templates and a variety of storage options. Ideally safety planning should be undertaken at a time when a person is well so that the plan is in place if it is ever needed. The site also has now a need help button for those with more urgent need.

Stay Alive is a suicide prevention resource for the UK packed full of useful information and tools to help stay safe in crisis. <https://www.stayalive.app/>

The Mindset Project CIC

Inspiring Plymouth couple Pete and Brydie Bruce, a personal trainer and mental wellbeing coach respectively, together run [The Mindset Project CIC](#), a wellbeing gym based in Ford that helps people with their physical and mental health.

With thousands of Plymothians now working from home and social distancing, it can be a difficult time to stay active and look after ourselves mentally - but the pair have come up with a great solution.

Pete and Brydie have launched an uplifting online community that is helping people stay active and positive - and it's suitable for both individuals and parents with children at home.

The free community, "At Home Fitness for Body and Mind" has been set up on Facebook and is open to people of all ages and fitness levels, bringing 30-40 minute workouts and wellbeing coaching to the people of Plymouth.

Brydie said: "We absolutely love what we do: coaching people to becoming fitter, stronger and more confident, as well as helping them to improve their physical health and mental wellbeing. Now we are doing it online.

"In a world full of uncertainty right now, this group is a great way to add a bit of socialising, laughter and fun into our lives, whilst keeping our health and wellbeing in check."

The group, which has almost 200 members, is a platform for live workouts and classes, a base for advice and guidance for those who want to learn more about the impact of exercise on various



Wellbeing at Work

parts of your body, and a site so people can look after their physical and mental health at the same time.

Click [here](#) to join.

Valued Lives are an innovative mental health charity based in Cornwall.

The website states: "We offer a crisis service, community-based care and support, therapeutic activities, enablement programmes, and general advocacy services."

Valued Lives can be contacted on **01209 901438, seven days a week, 5pm-midnight.**

Well-being and coping.net website helps you build your own personal well-being plan with easy-to-follow step by step guidance <https://wellbeingandcoping.net/>

Qwell is available to those aged 18+ and is free and anonymous to use (Qwell.io). Kooth is also available across the areas to those aged 11-18 (Kooth.com) (Qwell.io).

YMCA Plymouth's Every Man Matters is a new support group for men's mental health (see <https://www.ymcaplymouth.org.uk/mens-mental-health-group/>)

Apps

Big White Wall

Access round-the-clock support from therapists to help you cope with stress and anxiety.

The NHS website says: "Big White Wall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists."

Who is it suitable for?

Anyone aged 16 or over who wants to improve their mental health.

How do I access it?

Enter your postcode on the [Big White Wall's sign-up page](#) to see if you can join the service for free or if you need a referral from your GP.

The service is free for UK military personnel, veterans and their families, and at many universities.

You can connect to the service from any computer, tablet or smartphone with internet access.



Wellbeing at Work

Bluelce

This app helps young people manage their emotions.

The NHS website says: "Bluelce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#)."

"It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue."

Who is it suitable for?

Bluelce is suitable for young people attending mental health services who are self-harming.

How do I access it?

Bluelce is a prescribed app designed to be used alongside face to face care provided by mental health services

Calm Harm

Reduces urges to self-harm and manage emotions in a more positive way.

The NHS website says: "Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected."

Who is it suitable for?

Calm Harm is designed for people who are trying to manage urges to self-harm.

How do I access it?

The app is free to download from the App Store and Google Play.

Catch It

Helps learn to manage negative thoughts and look at problems differently.

The NHS website says: "Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing."

Who is it suitable for?

Catch It is for anyone who struggles with feelings like anxiety, depression, anger and confusion.

How do I access it?

Catch It is free to download from the App Store and Google Play.

Chill Panda



Wellbeing at Work

The app uses breathing techniques to help you relax more, worry less and feel better overall.

The NHS website says: "Learn to relax, manage your worries and improve your wellbeing with Chill Panda.

"The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries."

Who is it suitable for?

Chill Panda is for children and adults who want to learn how to manage [stress](#) and worry and feel better.

How do I access it?

Chill Panda is free to download from the App Store and Google Play. The app works with mobile devices that have a camera.

Cove

Create music to reflect emotions like joy, sadness and anger, to help express how you feel.

The NHS website says: "Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking."

Who is it suitable for?

Cove is for anyone who wants to express through music what they might struggle to say with words.

How do I access it?

Cove is free to download from the App Store.

distrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts.

The NHS website says: "The distrACT app gives you easy, quick and discreet access to information and advice about [self-harm](#) and [suicidal thoughts](#)."

"The content has been created by doctors and experts in self-harming and suicide prevention."

Who is it suitable for?

Anyone over the age of 17 who's concerned about self-harming.

How do I access it?

distrACT is free to download from the App Store and Google Play.



Wellbeing at Work

eQuoo: Emotional Fitness Game

Use adventure games designed by psychologists to help you increase your emotional fitness.

The NHS website says: "The eQuoo app uses adventure games designed by psychologists to help you increase your emotional fitness and teach you new psychological skills."

"You'll also find tips on how to communicate more effectively and maintain your mental wellbeing."

Who is it suitable for?

Anyone over the age of 12 who wants to improve their emotional wellbeing.

How do I access it?

The app is free to download from the App Store and Google Play.

Feeling Good: positive mindset

Use audio tracks to help relax your body and mind and build your confidence.

The NHS website says: "Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset."

Who is it suitable for?

Anyone aged 18 or over who feels worried or stressed, and those who want to improve their mental wellbeing, concentration and confidence in all walks of life.

How do I access it?

Feeling Good is available on the App Store and Google Play.

MeeTwo

A safe and secure forum for teenagers wanting to discuss any issue affecting their lives.

The NHS website says: "The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives."

"You can anonymously get advice from experts or other teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships."

Who is it suitable for?

Teenagers facing issues they'd like to discuss with experts or other teenagers.

How do I access it?

MeeTwo is free to download from the App Store and Google Play.



Wellbeing at Work

My Possible Self: The Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking.

The NHS website says: "Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app.

"Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health."

Who is it suitable for?

Anyone over the age of 18 who suffers from stress and anxiety.

How do I access it?

My Possible Self is free to download from the App Store and Google Play but offers in-app purchases.

Sleep station

Connect with a team of sleep experts to help you fall asleep or stay asleep through the night.

The NHS website says: "Sleepstation is a 6-week online course for people who struggle to fall asleep or stay asleep through the night. The course is tailored to your needs, using the information you provide, and gives you access to a team of sleep experts who will offer helpful advice and support throughout."

Who is it suitable for?

Anyone in England who has difficulty getting to sleep or sleeping through the night.

How do I access it?

Sleep station is available on the [developer's website](#). It is free to access in England through GP referral, or you can sign up for one of the courses offered, with prices starting at £95.

Stress & Anxiety Companion

Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts.

The NHS website says: "Stress & Anxiety Companion helps you handle stress and anxiety on-the-go. Using breathing exercises, relaxing music and games designed to calm the mind, the app helps you change negative thoughts to help you better cope with life's ups and downs."



Wellbeing at Work

Who is it suitable for?

Stress & Anxiety Companion is for people with mild to moderate anxiety or stress.

How do I access it?

Stress & Anxiety Companion is available from the App Store and Google Play.

Student Health App

Reduce your worries, feel more confident and get the health information you need as a student. The NHS website says: "The Student Health App provides easy access to more than 900 pages of reliable health information all in one place. The content has been created for university students by NHS doctors and is regularly updated."

"Use the app to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student."

Who is it suitable for?

University students looking for reliable health information.

How do I access it?

The app is free to download from the App Store and Google Play.

Thrive

Use games to track your mood and teach yourself methods to take control of stress and anxiety.

The NHS website says: "Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life."

Who is it suitable for?

Anyone wanting help and support to take better control of their emotions.

How do I access it?

The app can be downloaded free from the App Store, Google Play or the developer's website, but requires an access code to start using it.

To find out how to get your code, please [contact the developer](#) through their website.

We have listed all of the free apps, but you can see the paid apps on the NHS website, [here](#).