		List of Resources	
Туре	Resource	Contact Details	Description of service
Advice centre	Citizens Advice	Tel: 03 444 111 444 www.citizensadvice.org.uk	Advice centres througout the country.  Free, confidential and impartial advice on most issues.
Advice centre	Alcoholics	Tel: 0800 9177 650	Advice, information and support for
Alcohol support	Anonymous	www.alcoholics-anonymous.org.uk	people with alcohol dependency.
Alcohol support	Drinkline	Tel: 0300 123 1110 https://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	Tel: 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	Tel: 0300 222 1122↑ www.alzheimers.org.uk	Provides information, support, guidance and signposting to other appropriate organisations.
Armed forces support	Combat Stress	24hr helpline: 0800 138 1619 www.combatstress.org.uk	Armed Forces and members of the Reserve Forces through effective treatment and support for Mental Health problems.
		g	Supporting military veterans (including
Armed forces support	PTSD support	Tel: 01736 365645 www.surfaction.co.uk	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	Tel: 0800 731 4880 www.ssafa.org.uk	Support, and advice for servicemen, ex-service men and their families.
		Tel: 0808 800 4104	Impartial, confidential information, advice and support to people on the autism
Autism support	Autism Helpline	www.autism.org.uk	spectrum, their families.
Autism support	Spectrum	Tel: 01326 371000 www.spectrumasd.org	Provides residential care for both 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)	Tel: 0808 8081677 (Young person's helpline) Tel: 01726 76100 (Cornwall helpline) www.crusecornwall.org.uk	Bereavement support for people of all ages.
Bereavement Support	Jeremiah's Journey	Tel: 01752 424348 http://jeremiahsjourney.org.uk/	A Plymouth based charity that offers support and information to children and their families when someone special has died.
Bereavement support	Miscarriage association	Tel: 01924 200799 www.miscarriageassociation.org.uk	Support and information on the subject of pregnancy loss.
Bereavement Support	Penhaligons friends	Tel: 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	Tel: 0845 123 5542 www.scard.org.uk	Information and phone support line for those affected by RTA's.
			Offers help and support to those who have experienced the loss of a baby through death, or in other ways. Also
Bereavement Support	Splash Project	www.thesplashproject.org	offer help to Healthcare Professionals.  Sands is an organisation which can offer
Bereavement Support	Stillbirth and neonatal death charity (SANDS)	Tel: 020 7436 5881 www.uk-sands.org	you support when your baby dies during pregnancy or after birth.
Bereavement Support	Suicide Liaison Service	Tel: 01208 871905 www.outlooksw.co.uk/suicide-liaison- service	The service is for anyone who has been affected by suicide. It is open to all without discrimination with regard to age, gender, race, disability, sexual orientation and beliefs.
Bereavement Support	Survivors of Bereavement by Suicide (SOBS)	Tel: 0300 111 5065 Pub\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	Offers a telephone helpline, support, information and groups for people bereaved by suicide.

Sight Cornwall   www.isightcornwall.org.uk   Marmillan Cancer Support   Macmillan Cancer   Tel: 608 808 00 00   www.macmillan.org.uk   Tel: 508 005 2309   www.macmillan.org.uk   Marellan Cancer Cancer care   Tel: 608 808 00 00   www.macmillan.org.uk   Tel: 508 005 2309   www.marisecurie.org.uk   Tel: 508 005 2309   www.marisecurie.org.uk   Tel: 508 005 2309   www.marisecurie.org.uk   Tel: 508 005   Tel:		1	Tel: 01872 261110	Advice, support and advocacy for the
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Macmillan Cancer   Tel: 088 808 00 00   provide practical, medical and financinal www.macmillan.orguk   Nursing support for cancer patients.   Offering support, information and guidance, activities and trips, short breaks, school groups, training and ducational assessions and local young carers forums.   Young People Comwall   Tel: 01872 222447   www.youngeoplecomwall.org   Young People Comwall   Tel: 01872 8191   www.youngeoplecomwall.org   Young People Comwall   Tel: 01872 8191   www.youngeoplecomwall.org   A prevention and change programme   Evolution   Tel: 07584 350 085   Tel: 01872 8191   www.childline.orguk   Tel: 01872 840366   www.chearsupport.ore-childline.orguk   Tel: 01872 222447   www.youngpeoplecomwall.orguk   Tel: 01872 223447   www.youngpeoplecomwall.orguk   Tel: 01872 01873 1088   www.youngpeoplecomwall.orguk   Tel: 01872 01873 1088   www.youngpeoplecomwall.or		Ü		
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Consumer rights consumer help www.citizensadvice.org.uk/consumer  Counselling and advice for Young people Kooth www.Kooth.com  Free, anonymous and safe online counselling service for 11-25 yr olds  Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.  Counselling Service Crossline - Plymouth  Tel: 01872 225868  Deaf support Hearing Loss Cornwall  Debt management National Debtline  Tel: 01736 367589 / 07775 667825 general support  Tel: 01736 367589 / 07775 667825 www.farmcornwall.co.uk  Telm business advise and rural outreach.	- sports			
Counselling and advice for Young people Kooth www.Kooth.com  Free, anonymous and safe online counselling service for 11-25 yr olds  Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.  Counselling Service Crossline - Plymouth  Counselling Service Crossline - Plymouth  Counselling by appointment: 01752 664243  Tel: 01872 225868  Deaf support Hearing Loss Cornwall www.hearinglosscornwall.org  Debt management National Debtline  Finance / Debt and general support  Farm Cornwall  Tel: 01736 367589 / 07775 667825  www.farmcornwall.co.uk  Farm business advise and rural outreach.	Consumer rights			•
Advice for Young people Kooth www.Kooth.com  Free, anonymous and safe online counselling service for 11-25 yr olds  Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.  Counselling Service  Crossline - Plymouth  Counselling by appointment: 01752  664243  Tel: 01872 225868  Deaf support  Hearing Loss Cornwall  Tel: 01872 225868  Www.hearinglosscornwall.org  Tel: 0808 808 4000  Debt management  National Debtline  Tel: 01736 367589 / 07775 667825  general support  Farm Cornwall  Tel: 01736 367589 / 07775 667825  www.farmcornwall.co.uk  Farm business advise and rural outreach.		oonsumer neip	WWW.Sid2613ddvlo6.01g.ddvlo613dfllel	οριπ
people Kooth www.Kooth.com counselling service for 11-25 yr olds  Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.  Counselling Service Crossline - Plymouth 664243 high quality counselling service covering a very wide range of issues.  Hearing Loss Cornwall is here to provide information, advice, guidance and communication support to anyone who is affected by any degree of hearing loss.  Tel: 01872 225868 communication support to anyone who is affected by any degree of hearing loss.  Tel: 0808 808 4000 relephone helpline for people with debt www.nationaldebtline.co.uk  Tel: 01736 367589 / 07775 667825 rearm business advise and rural outreach.	· ·			Free, anonymous and safe online
Counselling Service  Crossline - Plymouth  Counselling by appointment: 01752 664243  Counselling Service  Crossline - Plymouth  Counselling by appointment: 01752 664243  Tel: 01872 225868  Deaf support  Hearing Loss Cornwall  Tel: 01872 225868  Www.hearinglosscornwall.org  Tel: 0808 808 4000  Debt management  National Debtline  Tel: 01736 367589 / 07775 667825  general support  Farm Cornwall  Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.  Hearing Loss Cornwall is here to provide information, advice, guidance and communication support to anyone who is affected by any degree of hearing loss.  Telephone helpline for people with debt problems.  Tel: 01736 367589 / 07775 667825  Www.farmcornwall.co.uk  Farm business advise and rural outreach.	_	Kooth	www.Kooth.com	
24hr listening line: 01752 666777 Counselling by appointment: 01752 664243  Crossline - Plymouth 664243  Deaf support  Hearing Loss Cornwall  Debt management  National Debtline  Finance / Debt and general support  Pounselling line: 01752 666777 Counselling by appointment: 01752 664243  Tel: 01872 225868  Www.hearinglosscornwall.org Tel: 01872 225868  Www.hearinglosscornwall.org Tel: 0808 808 4000  Www.nationaldebtline.co.uk  Tel: 01736 367589 / 07775 667825  Www.farmcornwall.co.uk  Farm Cornwall  Tel: 01736 367589 / 07775 667825  Www.farmcornwall.co.uk  Farm business advise and rural outreach.				
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Deaf support Hearing Loss Cornwall www.hearinglosscornwall.org  Debt management National Debtline  Finance / Debt and general support  Farm Cornwall  Deaf support Hearing Loss Cornwall  Tel: 01872 225868  www.hearinglosscornwall.org  Tel: 0808 808 4000  www.nationaldebtline.co.uk  Tel: 01736 367589 / 07775 667825  www.farmcornwall.co.uk  Hearing Loss Cornwall is here to provide information, advice, guidance and communication support to anyone who is affected by any degree of hearing loss.  Tel: 0808 808 4000  Telephone helpline for people with debt problems.  Tel: 01736 367589 / 07775 667825  Www.farmcornwall.co.uk  Farm business advise and rural outreach.			- · · · ·	
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general support Farm Cornwall www.farmcornwall.co.uk Farm business advise and rural outreach.	Debt management	ivational Debtline	www.nationaldeptilne.co.uk	problems.
Public Mental Health 2014	general support	Farm Cornwall		Farm business advise and rural outreach.
			Public Mental Health 2014	

Debt management	Smart Savings	Tel: 01209 212579 www.smartsavings.org.uk	Debt advice, money management and employment skills training.
Debt management	Step Change	Tel: 0800 138 1111 www.stepchange.org	Free debt advice and management.
Debt management	Step Change	www.stepchange.org	To access this service the person with
Dementia Support	Admiral Nurse service	Tel: 01872 250000 pals.service@rcht.cornwall.nhs.uk	dementia must be an in-patient at The Royal Cornwall Hospital.
	Manager 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	T-1, 04750 075004	Provides therapy, support and
Dementia Support	Memory matters south west CIC	Tel: 01752 875924 www.memorymatterssw.co.uk	education for those living with dementia.
Demonia Support	South West GIG	Tel: 020 8954 5759	Provides practical support to individuals
Disability support	Aspire	www.aspire.org.uk	living with spinal cord injury.
			A user led, disabled people's
		Tel: 01736 759500	organisation providing a range of services to empower, assist and facilitate
Disability support	Disability Cornwall	www.disabilitycornwall.org.uk	independent living.
Diodomity odpport	Bloadinty Comman	www.aleasimyeen.waiiierg.an	One to One support to people with
			disabilities, enabling them to increase
			their independence. Information, advice
			and guidance, personal advisor service, signposting to sustainable networks,
		Tel: 01726 890711	leisure activities and increasing social
Disability support	Enable in Cornwall Ltd	www.enableincornwall.co.uk	inclusion.
Domestic violence		Tel: 0800 999 5428 (helpline)	LGBT people experiencing domestic
support	Galop	www.galop.org.uk/domesticabuse	abuse.
			Free confidential counselling and
Domostic Abuse or		Tal: 04972 225620	outreach service for people who have
Domestic Abuse or Family Violence	Waves	Tel: 01872 225629 www.cwrt.org.uk/waves	experienced any form of domestic abuse or family violence.
r arrilly violence	vaves	www.cwrt.org.uk/waves	Offers support and advice, empowering
			victims and survivors of domestic abuse
Domestic violence	Cornwall Women's	Tel: 01872 225629	to create or maintain a safer and happier
support	Refuge trust	www.cwrt.org.uk	future.
Domestic violence	DAISI Project (Domestic Abuse	Tel: 01872 225629 https://sites.google.com/site/daisiprojec	Provides support to females who may be
Domestic violence	(Domestic Abuse	Tritips://sites.google.com/site/daisiprojec	riovides support to lemales who may be p
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support	Intervention and	tcornwall/home Tel: 01872 321546 / 321575	experiencing domestic abuse.  Refuge and Outreach support for male
	Intervention and	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629	experiencing domestic abuse.
support  Domestic violence support	`	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.
Support  Domestic violence Support  Domestic violence	Intervention and  Norda House Project	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic
support  Domestic violence support	Intervention and	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.
Support  Domestic violence Support  Domestic violence	Intervention and  Norda House Project	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and
Support  Domestic violence support  Domestic violence support	Intervention and  Norda House Project	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.
Support  Domestic violence support  Domestic violence support  Domestic violence	Norda House Project  Mankind Initiative  Refuge	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk Tel: 0808 2000 247	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence
Support  Domestic violence support  Domestic violence support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project:	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building
Support  Domestic violence support  Domestic violence support  Domestic violence support  Domestic violence	Intervention and  Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh
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Support  Domestic violence support  Domestic violence support  Domestic violence support  Domestic violence	Intervention and  Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh
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Support  Domestic violence support	Intervention and  Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid Women's Domestic	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.
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Support  Domestic violence support	Intervention and  Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid Women's Domestic	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.
Support  Domestic violence support	Intervention and  Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid Women's Domestic Violence Support	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women
Support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid  Women's Domestic Violence Support Network	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992 www.wrsac.org.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or
Support  Domestic violence support	Intervention and  Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid Women's Domestic Violence Support	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.
Support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid  Women's Domestic Violence Support Network	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992 www.wrsac.org.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.  Serves women in West Cornwall and
Support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid  Women's Domestic Violence Support Network  CLEAR	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992 www.wrsac.org.uk	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.
Support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid  Women's Domestic Violence Support Network	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992 www.wrsac.org.uk  Www.clearsupport.net  Helpline: 01736 759687 Office: 01736	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.  Serves women in West Cornwall and Isles of Scilly experiencing domestic
Support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid  Women's Domestic Violence Support Network  CLEAR	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992 www.wrsac.org.uk  Www.clearsupport.net  Helpline: 01736 759687 Office: 01736 759684	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.  Serves women in West Cornwall and Isles of Scilly experiencing domestic violence or abuse.  Provides support to children and young people aged 8 to 19 who have been the
Support  Domestic violence support	Norda House Project  Mankind Initiative  Refuge  SUsie Project: Survivors Supported into Empowerment, Education and Employment  West Cornwall Women's Aid  Women's Domestic Violence Support Network  CLEAR  DIVA	tcornwall/home Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org Tel: 01823 334244 http://new.mankind.org.uk  Tel: 0808 2000 247 www.refuge.org.uk  Tel: 01209 699241 www.susieproject.org.uk  Tel: 01736 367539 www.wcwaid.co.uk  Tel: 01208 79992 www.wrsac.org.uk  Helpline: 01736 759687 Office: 01736 759684  Tel: 01209 218764	experiencing domestic abuse.  Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.  Support for male victims of domestic abuse and domestic violence.  Provides accommodation, support and information to women who are in abusive relationships.  Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.  Provides accommodation, support and information to women who are in abusive relationships.  Helpline and outreach service to women who have experienced domestic violence.  CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.  Serves women in West Cornwall and Isles of Scilly experiencing domestic violence or abuse.  Provides support to children and young people aged 8 to 19 who have been the victim of domestic violence. Anger
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Domestic violence		Tel: 07866 355409	Helping to improve services for abused
support	SEEDS Cornwall	http://seedscornwall.org	women and children in Cornwall.
Drug / medication			Support for people addicted to
support	Breakaway (Truro)	Tel: 07788 572 908	Benzodiazepines.
			and
Drug and alcohol		Tel: 020 7251 5860	other specialist services for people of all
advice and		www.addaction.org.uk	ages with drug or alcohol dependency,
intervention	Addaction	Local branches available	their families and carers.
			Information and support to young
		Tel: 01872 222447	people about alcohol, drugs and
Drugs & general	Zebs Youths	www.youngpeoplecornwall.org/progra	other health/youth issues. Café;
support	Project	mmes/zebs	activity and group work facilities.
		Tal: 0200 402 0000	Call 24 hours a day, 365 days a year,
During information	ED ANIZ	Tel: 0300 123 6600	FRANK is around to give you FREE info
Drugs information	FRANK	www.talktofrank.com	on drugs.  Advice and information to support the
		Tel: 020 3817 9410	families of people addicted to drugs or
Drugs support	ADFAM	www.adfam.org.uk	alcohol.
Drugs support	ADFAIVI	www.adiam.org.uk	Charity who provides drug support
			through telephone helpline, counselling
			or needle exchange services which are
Drugs support	Freshfield service	Tel: 0500 241952	confidential and free of charge.
Drugs support	Narcotics	Tel: 0300 241332	for
Drugs support	anonymous	www.ukna.org	those with Drug addictions.
Drugs support	anonymous	· ·	
		Tel: 01872 300816	Yzup offers support, information and
D	\/7! ID (\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	www.addaction.org.uk/services/young-	advice to young people under the age of
Drugs support	YZUP (Wise up)	addaction-yzup%20	18 about drugs and alcohol.
Catina dia andan	Camanall Eating	To marks a material, 0045 007 7744	Offers a community based treatment for
Eating disorder	Cornwall Eating	To make a referral: 0845 207 7711	people with a clinical diagnosis of an
support	Disorder Service	or email: cpn-tr.SPOA@nhs.net	eating disorder.
		Helpline: 0345 634 1414	Provides helplines for adults and young
Eating disorder	5 .	Youthline: 0345 634 7650	people offering support and information
support	Beat	www.b-eat.co.uk	about eating disorders.
			The common emergency telephone
			number that can be dialled free of charge
	440	Tal. 440	from any telephone in numerous
Emergency Support	112	Tel: 112	European countries.
			Police response in emergency or
			To report a crime For information and advice
		Non amarganaiaa, 101	To contact a member of your local
Emorgonov Support	Police	Non emergencies: 101 Emergencies: 999	neighbourhood policing team
Emergency Support	Folice	Emergencies, 999	Cornwall Works makes a difference by
			helping more people to start work, stay in
Employability support	Cornwall Works	www.inspiringwork.org	work and progress in work.
Litipioyability support	Contiwall Works	www.iiispiiiigwork.org	Offers training, work experience and
		Tel: 01726 862727	employment opportunities fro those
Employability support	Pentreath Ltd	www.pentreath.co.uk	recovering from mental illness.
Employability Support	i ontrodui Liu	General enquiries: 01865 724931	1000 volling from montal lillicoo.
		Helpline: 0808 2819490	
Farmers Support	RABI	www.rabi.org.uk	Support for farming families.
			improving the life of one parent families
	Cornwall One Parent		by relieving isolation and increasing
Family Support	Support	Tel: 01726 65417 or 07887 656335	leisure activities
, ,	11		There are a number of foodbanks across
		www.foodandcornwall.org.uk/whats-	Cornwall which can supply individuals
Food management	Food Banks	out-there/foodbanks-in-cornwall	and families in financial crisis
1 Journal agement	1 COG DUTING	Tel: 07000 784985	Support meetings and advice
Food management	Overeaters anonymous	www.oagb.org.uk	for those who over eat.
. coa managomont	2 Toroatoro arioriyinous		GamCare provides support, information
		Tel: 0808 8020 133	and advice to anyone suffering through a
Gambling support	GAMCARE	www.gamcare.org.uk	gambling problem.
g cappoit	J		Mermaids is a support group for gender
		Tel: 0844 334 0550	variant children and teenagers, and
Gender support	Mermaids	www.mermaidsuk.org.uk	their families.
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	Health Promotion	Tel: 01209 313419	Access to advice and training on a wide
Health support	Service	www.healthpromcornwall.org	variety of health issues.

Public Mental Health 2014

			Day centre now managed by the
			St Petroc's Society. Services include
		Tel: 01736 366767	showers, laundry, GP surgery,
Homeless support	Breadline	www.stpetrocs.org.uk/penzance-centre	housing advice and community café.
			Service for homeless and vulnerably
		Tel: 01209 200086	housed adults or anyone who is concerned about their housing and
Homeless support	Coastline Care	www.coastlinehousing.co.uk	financial situations.
Tromotoc capport	Coacimic Care	g.co.a	Provides health care for single homeless
	Cornwall Health for		people who may otherwise not prioritise
Homeless support	Homeless	Tel: 01872 242294	their health or register with a GP.
			Provides accommodation, advice,
			training opportunities and resettlement
	Ot Detre ele	T-1 04070 004450	for single homeless people who may
Homeless support	St Petroc's Society	Tel: 01872 264153	have secondary social, mental health or offending difficulties.
riomeiess support	Society	www.stpetrocs.org.uk	Worldwide Christian church and
			registered charity extending a helping
		Tel: 01392 822100	hand to those who are homeless,
Homeless support	The Salvation Army	southwestern@salvationarmy.org.uk	friendless and in need.
			Helping to house disadvantaged young
			people throughout the county. A free,
	\/A404	Tel: 01736 334820	confidential and independent advice
Housing Support	YMCA	www.ymcacornwall.org.uk Tel: 0808 800 4444	service.
		For under 25s: 0808 808 4994	Housing information, advice and
Housing support	Shelter	www.shelter.org.uk	advocacy.
riodollig capport	Choko	WWW.enekenergrak	Temporary supported housing for people
Housing support	Bosence Farm	Tel: 01736 850006	recovering from drug / alcohol
(Drugs & Alcohol)	Community	www.bosencefarm.co.uk	dependence.
			Information, support and practical advice
			for people who are affected by ME/CFS
		Tel: 0844 5765326	/PVFS (Myalgic Encephalopathy/Chronic Fatigue Syndrome/Post Viral Fatigue
ME support	ME Association	www.meassociation.org.uk	Syndrome), their families and carers.
WE Support	WE ASSOCIATION	Tel: 0808 801 0327	Cyriatoric), their farmics and carers.
Male Domestic Violence	Male DV Advice Line	www.mensadviceline.org.uk	Male Domestic Violence Advice Line.
		Tel: 01823 334244	For all men suffering from domestic
Male Domestic Violence	Mankind Initiative	http://new.mankind.org.uk	violence or domestic abuse.
		Tel: 01872 321546 / 321575	Refuge and Outreach support for male
Men experiencing		24 hour helpline: 01872 225629	victims of domestic abuse and their
Domestic Violence	Norda House Project	http://nordahouse.org	children in Cornwall.
Marchall Inchib		T-1 0000 440 0000	Advocacy for people with mental health
Mental Health	SEAP	Tel: 0330 440 9000	difficulties on issues such as service provision.
Advocacy	Early Intervention in	www.seap.org.uk Referral to the team can be made by:	Provides advice and support to those
Mental Health	Psychosis Team (West	Tel: 01209 881660	aged 14 - 35 experiencing a first episode
intervention	Cornwall - Redruth)	cpn-tr.SPOA@nhs.net	of psychosis.
	Early Intervention in	Referral to the team can be made by:	Provides advice and support to those
Mental Health	Psychosis Team (East	Tel: 01208 834276	aged 14 - 35 experiencing a first episode
Intervention	Cornwall - Bodmin)	cpn-tr.SPOA@nhs.net	of psychosis.
Mental Health	Community Montal	Referral to the team can be made by: Tel: 0845 207 7711	CMHT services are for adults, aged 18-75, suffering from a severe and enduring
Services - Adult	Community Mental Health Team (CMHT)	cpn-tr.SPOA@nhs.net	mental illness.
Mental Health	Out of Hours - Mental	East Cornwall: 0845 230 3901	Mental Health support in an emergency
Services - Adult	Health Team	West Cornwall: 0845 230 3902	out of office hours.
			Support children & young people up to
	Child & Adolescent	Existing referrals and enquiries:	the age of 18. Helps children and young
Mental Health	Mental Health Service	Tel: 01872 221400	people deal with emotional, behavioural
Services - Children	(CAMHS)	cpn-tr.ChildrensCMC@nhs.net	or mental health issues.
			A single point of contact for council and
			community health Early Help services for children in Cornwall. It provides
Mental Health		Tel: 01872 322277	information, advice and guidance, as well
Services - Children	Early Help Hub	www.cornwall.gov.uk/earlyhelp	as access to Early Help services.
	<i>y</i> 1 **	J F	isolated/have mental health problems
	Carrick and Caradon	Tel: 01326 617220	with social groups and one to one
Mental Health Support		www.carrickmind.org.uk	befriending.

	Hearing Voices	Tel: 01208 815676	For people who hear voices, see visions
Mental Health Support	Network	www.hearing-voices.org	or have other unusual perceptions.
Montal Hoalth Support	Penta Health & wellbeing	Tel: 01209 697575 pentahealthandwellbeing.com	Support groups, home visits, enablement support and inclusiivity activities.
Meritai Fleattii Support	renta neatti & wellbeing	peritaneattiandwelibeling.com	Practices which strengthen and deepen
		Tel: 07582 892434	the human capacity to live more
Mental Health Support	Mindfulness Cornwall	www.mindfulnesscornwall.co.uk	meaningful, balanced and peaceful lives.
	N.E.S.T. (Nightlink		Similar emotional support to Nightlink,
Mental Health Support	Emotional Support Text)	Text: 07717 989021	but by text.
		Tel: 0808 800 0306	Telephone service for over 18s providing support to those experiencing emotional
Mental Health Support	Nightlink	www.re-gain.org.uk/projects	distress.
	g	gammongrama projectio	Offers training, work experience and
		Tel: 01726 862727	employment opportunities fro those
Mental Health Support	Pentreath Ltd	www.pentreath.co.uk	recovering from mental illness.
		T-I- 0045 4000000	Emotional support text and helpline.
Mental Health support	Re-Gain	Tel: 0845 1228668 Hotline: 0808 8000306	Pre-crisis accommodation (Oakleigh House).
Mentar Health Support	Ne-Gaiii	1 lotili le. 0000 0000300	Provide expert, accredited advice and
		Tel: 0300 5000 927	information to everyone affected by
Mental Health Support	Rethink	www.rethink.org	mental health problems.
			Offers community based projects to
Montal I I salth Comm	Rural Community	Tel: 01566 779333	reduce social isolation of those with
Mental Health Support	Link Project	www.cornwallfoundation.com Tel: 116 123	metal health issues.
		Truro: 01872 277277	Provides emotional support to anyone in
Mental Health Support	Samaritans	www.samaritans.org	distress.
		<u> </u>	
	Sanctuary Project -	Tel: 01579 346663	Respite for adults with mental health
Mental Health Support	Oakleigh House	www.re-gain.org.uk/projects	problems, referrals are made by CMHTs.
		Tal: 04220 278040	health care on board a 43ft classic yacht,
Mental Health Support	Sea Sanctuary	Tel: 01326 378919 www.seasanctuary.org.uk	catering for young people and adults alike.
Wichtar Fleatin Gapport	Oca Garietdary	www.scasanotaary.org.ax	Supports, helps and inspires those
Mental Health Support	The Blurt Foundation	www.blurtitout.org	affected by depression.
			A blog providing latest news, updates
			etc. on the U Can Cope campaign for World Suicide Day 2012: U Can Cope is
Mental Health Support	U Can Cope	www.connectingwithneonle.org/ucancone	a film detailing surviving suicide thoughts
поли помин обрани	o can copo	TWW.commouning.wampoopio.org/ acameop	A sign-posting service that operates at
			Bodmin and Truro Magistrates Courts.
			Working with offenders and their families
	CASS - Community Advice and Support	Tal: 01209 260912	providing a diversion service that links
Miscellaneous	Service	Tel: 01208 269843 http://cassplus.org/	clients to the appropriate external support agencies.
Wildonian coud	301 1100	ттр.//одооргдо.огд/	DISC is a unique facility in Camborne
			which provides a safe space, warm
			welcome and valuable support to
Minorita	DISC (Drop in & Share	Tel: 01209 613020	marginalised and socially excluded
Miscellaneous	Centre)	www.cambornechurch.org.uk Tel: 01872 266388	people.  Transport, Advocacy, befriending
Older person support	Age UK Cornwall	www.ageconcerncornwall.org.uk	and homecare for older people.
S.S.S. POTOSTI GAPPOIT	. igo ort oomman	gggganoomoomwamorg.uk	independent and able to contribute
			to society. Practical and emotional
		Tel: 01209 705159	help, home visits and social
Older person support	Royal Voluntary Service	www.royalvoluntaryservice.org.uk	activities.
		T-I. 0000 470 0000	Free confidential helpline providing
Older person support	The Silver Line	Tel: 0800 470 8090 www.thesilverline.org.uk	information, friendship and advice to older people. 24 hours a day.
Older berson support	THE SHVEL LINE	Tel: 0808 8000303	Support for yourself or someone you
Parkinsons Support	Parkinsons UK	www.parkinsons.org.uk	know with Parkinsons.
, ,		-	Offers support for families with
	_	Tel: 0845 122 8669	excessively crying, sleepless and
Parental support	Cry-Sis	www.cry-sis.org.uk	demanding babies.
	Family Information		Cornish Information gateway for Children's centres, child care and
	service directory	Tel: 0800 587 8191	other community resources for
Parental support	(Cornwall Council)	www.supportincornwall.org.uk	parents.
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		Tel: 0808 802 0925	Provide expert advice, practical support
Parental support	Gingerbread	www.gingerbread.org.uk	and campaign for single parents.
1 dional support	Mothers apart from their	Tel: 0808 800 2222	Support and advise for mothers
Parental support	children, (MATCH)	www.matchmothers.org	estranged from their children.
Pastoral & Spiritual	Chaplaincy Hospital	<del>-</del>	Support for patients in Royal Cornwall
Support	Service	Tel: 01872 252883	Hospital.
			Promote understanding and dialogue
			between faith communities, challenge
			intolerance, support strategic working,
Pastoral & Spiritual	Dor Kemmym		provide a network for district faith
Support	(Cornwall Faith Forum)	http://dorkemmyn.org.uk	representatives.
		24hr listening line: 01752 666777	Registered charity operating under the
Doctoral & Chiritual		Counselling by appointment: 01752 664243	umbrella of Plymouth City Mission. A high quality counselling service covering
Pastoral & Spiritual Support	Crossline - Plymouth	www.crossline-plymouth.co.uk	a very wide range of issues.
Pastoral & Spiritual	Crossinie - r tymodur	www.crossiine-piymoutii.co.uk	Offer genuine, non-judgmental pastoral
Support	Street Pastors	www.streetpastors.co.uk	support to those who request help.
PND support	Association for	Tel: 020 7386 0868	Advice and counselling for those
(National)	post-natal illness	www.apni.org	suffering from post natal depression.
,	'	1 5	NAPAC provides a national freephone,
	National Association for		postal and email information service for
	people abused in	Tel: 0808 801 0331	adults who were abused as children in
Post abuse support	childhood (NAPAC)	http://napac.org.uk	any way.
	SALT - Sexual		Information, support and listening service
	abuse listening	Tel: 01752 600599	for those who have suffered sexual
Post abuse support	therapy	www.saltsouthwest.co.uk	abuse.
			Mental Wellbeing around the time of
			having a baby. For women of all ages whether they have a pre-existing mental
		Self referral can be made by calling	illness, those at risk or women who
Pregnancy and	Perinatal Mental Health	0845 207 7711	encounter problems for the first time
mental health support	Team	cpn-tr.SPOA@nhs.net	during or after pregnancy.
montal floatiff capport	Tourn		adming of alter programay.
	Pregnancy Choices		Help for those facing unplanned
Pregnancy support	Directory	www.pregnancychoicesdirectory.com	pregnancy or following an abortion.
	births association	Tel: 0800 1380509	support
Pregnancy support	(TAMBA)	www.tamba.org.uk	for parents of TAMB.
			BeMe is a service for people with
			emotional or psychological difficulties
			who want a Talking treatment. Part of
		T   04570 070700	the NHS in Cornwall, we offer free and
Day sale also sis all the anamy	Da Ma	Tel: 01579 373700	confidential courses and therapy
Psychological therapy	Be Me	www.cornwallft.nhs.uk/beme	throughout the county.  Outlook South West provides
			psychological therapies for OCD,
			Depression, PTSD.
			The service is provided to all GP
	Outlook south	Tel: 01208 871414	surgeries across Cornwall & the
Psychological therapy	west	www.outlooksw.co.uk	Isles of Scilly.
	1		•
Public services			Public service advice page. Includes
Public services information	Direct Gov	www.gov.uk	benefits information.
information			benefits information.  Relationship therapy and counselling.
information Relationship	Relate: Cornwall	Tel: 01726 74128	benefits information.  Relationship therapy and counselling.  Also provides service for loss and
information		Tel: 01726 74128 www.relatecornwall.org	benefits information.  Relationship therapy and counselling.  Also provides service for loss and bereavement.
information  Relationship counselling.	Relate: Cornwall Ltd	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355	benefits information.  Relationship therapy and counselling.  Also provides service for loss and bereavement.  Support, advice and advocacy
information Relationship	Relate: Cornwall	Tel: 01726 74128 www.relatecornwall.org	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.
information  Relationship counselling.	Relate: Cornwall Ltd	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual
information  Relationship counselling.	Relate: Cornwall Ltd Roadpeace	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction,
information  Relationship counselling.  RTA support	Relate: Cornwall Ltd  Roadpeace  Sexual Advice	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare
information  Relationship counselling.	Relate: Cornwall Ltd Roadpeace	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.
information  Relationship counselling.  RTA support	Relate: Cornwall Ltd  Roadpeace  Sexual Advice	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on
information  Relationship counselling.  RTA support	Relate: Cornwall Ltd  Roadpeace  Sexual Advice	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.
information  Relationship counselling.  RTA support  Sexual advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for under 25s.
information  Relationship counselling.  RTA support  Sexual advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for
information  Relationship counselling.  RTA support  Sexual advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association  Brook Cornwall	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for under 25s.  Counselling, advice and testing for STIs.
information  Relationship counselling.  RTA support  Sexual advice  Sexual advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association  Brook Cornwall  Sexual Health Services	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088 www.brook.org.uk	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for under 25s.  Counselling, advice and testing for STIs. Support for MSM, young people, psychological issues and contraception.  Information on sexual health,
information  Relationship counselling.  RTA support  Sexual advice  Sexual advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association  Brook Cornwall  Sexual Health Services for Cornwall	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088 www.brook.org.uk  Tel: 01872 255044  www.cornwallshac.org.uk	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for under 25s.  Counselling, advice and testing for STIs. Support for MSM, young people, psychological issues and contraception.  Information on sexual health, contraception, pregnancy and STIs.
information  Relationship counselling.  RTA support  Sexual advice  Sexual advice  Sexual Health Advice  Sexual Health Advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association  Brook Cornwall  Sexual Health Services for Cornwall  Sexual Health and Contraception (SHAC)	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088 www.brook.org.uk  Tel: 01872 255044  www.cornwallshac.org.uk Tel: 0800 6123010	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for under 25s.  Counselling, advice and testing for STIs. Support for MSM, young people, psychological issues and contraception.  Information on sexual health, contraception, pregnancy and STIs.  Lesbian, gay, bisexual and transgender
information  Relationship counselling.  RTA support  Sexual advice  Sexual advice  Sexual Health Advice	Relate: Cornwall Ltd  Roadpeace  Sexual Advice Association  Brook Cornwall  Sexual Health Services for Cornwall  Sexual Health and	Tel: 01726 74128 www.relatecornwall.org Tel: 0845 4500355 www.roadpeace.org  Tel: 0207 486 7262 sexualadviceassociation.co.uk  Tel: 01209 710088 www.brook.org.uk  Tel: 01872 255044  www.cornwallshac.org.uk	benefits information.  Relationship therapy and counselling. Also provides service for loss and bereavement.  Support, advice and advocacy for road crash victims.  Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.  Free and confidential advice on sexual health and contraception for under 25s.  Counselling, advice and testing for STIs. Support for MSM, young people, psychological issues and contraception.  Information on sexual health, contraception, pregnancy and STIs.

			Montal haalth arranget group magte 2rd
Sexuality support	Pink Umbrella	Tel: 01872 243532	Mental health support group, meets 3rd Friday in a month in Truro.
	YAY! Cornwall (Young		Lesbian gay, bisexual trans &
Sexuality support	and Yourself)	www.lgbtqyouthcornwall.co.uk Tel: 0300 1234 131	questioning youth group for Cornwall.
Social care	Adult Social care	www.cornwall.gov.uk/health-and- social-care/adult-social-care	For adults who may require community care resources or safeguarding.
	Children's, Schools and		Generic number for safeguarding, family
Social Care	Families	Tel: 0300 1234 101	support and children in care services.
Sports information	Cornwall Sports	Tel: 01872 323344	Local coarting information for Corpuell
Sports information	Partnership	www.cornwallsportspartnership.co.uk Tel: 01872 323346	Local sporting information for Cornwall.  Website that provides information on
Sports information	Get Active Cornwall	www.getactivecornwall.co.uk	local sporting clubs.
		Tel: 01208 871905	The service is for anyone who has been affected by suicide. It is open to all without discrimination with regard to age,
Suicide	Suicide Liaison Service	www.outlooksw.co.uk/suicide-liaison- service	gender, race, disability, sexual orientation and beliefs.
Suicide	Survivors of	Service	Offers a telephone helpline, support,
	Bereavement by	Tel: 0300 111 5065	information and groups for people
Suicide	Suicide (SOBS)	www.uk-sobs.org.uk	bereaved by suicide.
	ASIST (Applied Suicide Intervention Skills		Cornwall's website dedicated to
Suicide	Training)	www.suicidesafercornwall.org	delivering training on Suicide First Aid
			denvering training on Carolac Friedrica
Suicide	CALM (Campaign Against Living Miserably)	Tel: 0800 58 58 58 www.thecalmzone.net	Registered charity existing to prevent male suicide in UK
Suicide	Against Living Miserably)	www.tnecaimzone.net	Free app offers help and support both to
	Grassroots Suicide	Stay Alive App available on the App	people with thoughts of suicide and to
Suicide	Prevention	Store and Google Play	people concerned about someone else.
		Tel: 116 123	Confidential helpline where you can talk
Cuicido	Comoritono	01872 277 277	any time you like, in your own way about
Suicide	Samaritans PAPYRUS - Prevention	www.samaritans.org Tel: 0800 068 414	whatever's getting to you.  National charity dedicated to the
Suicide	of Young Suicide	www.papyrus-uk.org	prevention of young suicide in the UK.
	Jan	1 - 1 7 3	Farm crisis network provides pastoral
			and practical support to farming people
	- O ''	T   00000 444 000	during periods of anxiety, stress and
Support	Farm Community Network	Tel: 03000 111 999 www.fcn.org.uk	problems relating to both the farm household and the farm business.
Зирроп	Network	www.icii.org.uk	A charity that provides emergency
			support alongside practical and
		Tel: 01736 363499	emotional care, helping all fishermen,
Support	Fisherman's Mission	www.fishermensmission.org.uk	active or retired, and their families.  Supported accommodation in the St
	Cosgarne Hall		Austell Area.
Supported	Supported	Tel: 01726 61979	Support staff can assist with a range of
accommodation	accommodation	www.cosgarne.org	social and emotional difficulties.
			PAS Ltd provide supported accommodation to
Supported		Tel: 01202 306070	clients with both mental health and drug
accommodation	PAS Ltd	www.pasltd.uk.com/pas/housing.html	and alcohol issues.
			Supported accommodation for single
Commented	Ot Dates so	Tel: 04070 004450	homeless people who may have
Supported accommodation	St Petrocs Society	Tel: 01872 264153 www.stpetrocs.org.uk	secondary social, mental health or offending difficulties.
accommodation	Coolory		year olds. They work with complex
Supported		Tel: 0300 123 8080	needs and provide refuge
accommodation	DCH	www.dchgroup.com	accommodation.
Supported	Stonham	Tel: 0845 155 1234	Range of accommodation, supported
accommodation	Housing support	www.homegroup.org.uk Tel: 01736 786111	housing and floating support.  Creative therapeutic project, meeting
Therapeutic	Space for you	www.spaceforyou.biz	every Wednesday near St Just.
		Tel: 01872 225734	Various social services including
Various services	Salvation Army	www.salvationarmy.org.uk	family tracing service.
	Cornwall	Tel: 07800 940558 www.cornwallrcc.org.uk/	Support group for adult males who have
Victim support	Survivors Group	cornwallsurvivors	been the victim of rape.
violini support	Carvivoro Oroup	Public Mental Health 2014	Doon the vietin of tape.

Public Mental Health 2014

	Cornwall Rape		Support, advice and counselling for those
	and Sexual abuse	Tel: 01872 262100	who have been the victims of rape and
Victim support	centre (CRASAC)	www.crasaccornwall.co.uk	abuse.
	(0.1.10.10)		Charity and lead agency for the Plymouth
			Sexual Assault Referral Centre providing
			support to men, women, children &
		Tel: 03458 121212	young people who have been affected by
Victim support	Twelves Company	www.twelvescompany.co.uk	rape and serious sexual assault.
		Tel: 0808 1689111	Free and confidential help to victims of
Victim support	Victim Support	www.victimsupport.org.uk	crime, witnesses, their family and friends
violini capport	Violini Support	WWW.violaniedpperaeigiaix	Cornwall providing support to men,
		Tel: 01872 272059	women and young people who have
		http://skoodhya.org.uk/willow-	been affected by rape or serious sexual
Victim support	Willow Centre	centre/about	assault
violini capport	Trine ir Geriaie	001111.07.00.001	Free confidential support run by women
			for women and teenage girls who have
	Women's Rape &	Tel: 01208 77099	experienced any form of violence or
Victim support	Sexual Abuse Centre	www.wrsac.org.uk	abuse at any time.
violini capport	COMMAN / IDAGO CONTIC	WWW. Cae.org. ark	IAG and mentoring. They also offer
			employability support on the education
		Tel: 01872 222447	programme for 16 – 18yr olds not already
Young people	Young people Cornwall	www.youngpeoplecornwall.org	in education or training.
. 549 p 55p.6	The Haven - Health,	gpoop.cocae.g	Offers a mixture of health and wellbeing
	Wellbeing & Support	Tel: 01288 353271	support which includes drop-in sessions,
	(Bude Community	www.budehaven.cornwall.sch.uk/the-	individual consultations, group work and
Young people	School)	haven-ihc	seminars for students.
roung poopio	36.166.7	navon me	Offers a wide range of information,
		Tel: 01752 206626	advice and support services for 13-25 yr
Young people	The Zone	www.thezoneplymouth.co.uk	olds in Plymouth and the surrounding
roung poopie	1110 20110	WWW.iozonopiymodamooida	Offers support for vulnerable men aged
		Tel: 01637 875114	16-25 from disadvantaged backgrounds.
	Oasis House (NCC	www.nccdream.com/ministries/oasis-	These young men may be homeless,
Young people	Turnaround Project)	house	care leavers or in housing need.
. 549 p 55p.6			Autistic support, Play and family support,
		Tel: 01209 218764	Work related issues and confidence
Young people	Dreadnought / Aspires	www.thedreadnought.co.uk	building.
			Help and advice about health, wellbeing
			or everyday life for 13-19 year olds inc C-
Young people	Savvy	www.savvykernow.org.uk	Card & self harm.
	22		2 2 3 2 3 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3
			Supporting young people and confidence
Young people	Wave Project	www.waveproject.co.uk/cornwall	building through surf projects.
<u> </u>	,	Callington College: 01579 383292	J J , , , , , , , , , , , , , , , , , ,
		Liskeard School: 01579 343922	Teenage health information and advice
Young people	Tic Tac	Saltash.net: 01752 843715	drop-in centre for students.

Your local GP	Support groups	
Counsellors	Online resources e.g. chatrooms	
Self-help books	Social groups/clubs/societies	
Family/friends	Hobbies	
	NHS Direct - 0845 4647	
Work colleagues	www.nhsdirect.nhs.uk	
Youth groups	999 - Emergency Services	
Resource Centres	Libraries	