

## Mental Health Directory

### CRISIS SUPPORT

#### Cornwall Samaritans

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

19 Treyew Road  
Truro TR1 2BY

Opening hours: M-S 9am -9pm

01872 [77277](tel:0187277277) (local number)

Telephone: 116 123 (24 hours a day, free to call)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

#### Papyrus

We provide confidential support and advice to young people (under 35) struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

<https://papyrus-uk.org/>



**Mon-Fri 10:00 am to 10:00 pm**

**Weekends 2:00 pm to 10:00 pm**

#### Stay Alive App

This app is a pocket suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you.

You can also read the strategies for staying safe, explore the tips on how to stay grounded when you're feeling overwhelmed, try the guided-breathing



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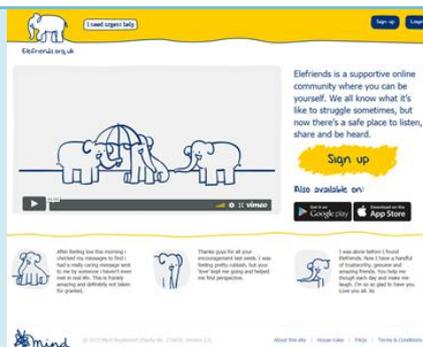
<p>exercises and support your own wellness by creating your own interactive Wellness Plan.</p> <p>The app links you directly to local and national crisis resources, so you won't need to carry around slips of paper with contact details on, it's all stored there within the app.</p>	
<p><b>Valued Lives</b></p> <p>If you are in crisis and would like to talk to somebody, you can contact Valued Lives Crisis service</p> <p>Our services can be broken down into 3 key areas: Our Crisis Service, Our Community Support Services, and Our Wellbeing Club. Each service runs very differently and are suitable for varying times throughout your journey of recovery &amp; maintaining wellbeing.</p> <p>Valued Lives also supports patients with Mental Health when there are discharged from Treliske hospital.</p>	<p>Valued Lives 57A Fore Street Redruth Cornwall TR15 2AF</p> <p>Tel: 01209901438 E: <a href="mailto:info@valuedlives.co.uk">info@valuedlives.co.uk</a></p> <p>For Crisis support contact main office available 9am - 12 (midnight)</p> <p><a href="https://www.valuedlives.co.uk/our-offer.html">https://www.valuedlives.co.uk/our-offer.html</a></p> <p>New online referral form <a href="https://www.valuedlives.co.uk/new-referrals.html">https://www.valuedlives.co.uk/new-referrals.html</a></p>

<b>WELLBEING RESOURCES</b>	
<p><b>CALM</b></p> <p>Our helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. We're open 5pm–midnight, 365 days a year. For more info about the helpline service.</p>	<p>Nationwide 0800 58 58 58</p> <p><a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a></p> <p>Webchat 5pm-midnight every day</p>

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## Elefriend

Elefriends is a supportive online community where you can be yourself. Elefriends is run by Mind. If you're a carer needing support you can contact all of the above as well as Carers Direct and the Carers Trust, both of whom are able to provide support and advice on any issues affecting you.



## Mind Infoline

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services

Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463  
Email: [info@mind.org.uk](mailto:info@mind.org.uk)  
Website: [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

## Moodzone NHS

Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life. It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

Visit <https://www.nhs.uk/conditions/stress-anxiety-depression/>

Access videos, audio guides, tips, information and advice on anxiety, depression, stress, panic attacks, anger, breathing techniques and mindfulness information.

## Qwell

Free online counselling and advice service for adults

XenZone is a provider of online mental health services for children, young people and adults. Qwell, from XenZone, is an online counselling and emotional well-being platform for adults accessible through mobile, tablet and desktop and free at the point of need

<https://www.qwell.io/>

Opening times online for counselling are:

Monday – Friday 12pm-10pm  
Saturday – Sunday 6pm-10pm

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<p>Chat to friendly counsellors, peer support chat, read self-help articles, set personal goals and record how you feel</p>	
<p><b>SAM</b></p> <p>SAM is an application to help you understand and manage anxiety. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection.</p> <p>The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity</p>	
<p><b>Saneline</b></p> <p>Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.</p>	<p>Telephone: 0300 304 7000 (4:30pm-10:30pm)          Website: <a href="http://www.sane.org.uk/what_we_do/support/helpline">www.sane.org.uk/what_we_do/support/helpline</a></p>

## WELLBEING SERVICES

<p><b>Early Intervention in Psychosis Team</b></p> <p>The Early Intervention in Psychosis Team will work with people who are experiencing their first episode of psychosis. Psychosis is a condition that affects the minds ability to distinguish what is real. This can happen gradually or suddenly. The Early Intervention Team offer prompt assessment and treatment for psychosis as studies suggest the earlier the condition is</p>	<p>From 14 years to 35 years</p> <p><b>Referral details</b>          Referrals to the Early Intervention in Psychosis Team          To make a referral, please telephone: 01208 834 276 or email: <a href="mailto:cpn-tr.CornwallEarlyInterventionPsychosis@nhs.net">cpn-tr.CornwallEarlyInterventionPsychosis@nhs.net</a></p>
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<p>treated, the better the long-term results tend to be. Early treatment often means the person can be treated in at home rather than in a hospital.</p> <p>Anyone can contact us to seek advice or make a referral if they have concerns about someone they feel may be suffering from a psychosis.</p>	<p><a href="https://www.cornwallft.nhs.uk/early-intervention-in-psychosis/">https://www.cornwallft.nhs.uk/early-intervention-in-psychosis/</a></p>
<p><b>Counsellors Together CIC</b></p> <p>Offering accessible and cost effective integrative counselling services - open to all - Children and Adults</p> <p>Committed to improving the well-being of the people of our community.</p> <p>We offer one to one Counselling support that is promptly available and effectively targeted, drawing on a variety of therapeutic approaches to individuals experiencing mental health issues.</p> <p>We offer short term and long term Counselling sessions.</p>	<p>Counsellors Together CIC 10 South Street St Austell Cornwall PL25 5BH</p> <p>Tel: 01726 338258</p> <p>Mobile: 07896 738108 or 07977 786785</p> <p><a href="https://www.counsellorstogether.co.uk/">https://www.counsellorstogether.co.uk/</a></p>
<p><b>Horticulture Therapy – The Eden Project</b></p> <p>The Eden Project's social and therapeutic horticulture programme uses growing and gardening to support individuals who are living with anxiety or depression to help them make positive changes in their lives</p>	<p>When: Tuesdays and Thursdays between 12:15pm and 4pm</p> <p>Referral via Social Prescribing</p> <p>Where: Vounder Garden, a peaceful spot in Eden's outer estate based around an old farm building. Travel arrangements will be discussed after you have been referred.</p>
<p><b>Outlook South West</b></p> <p>Our psychological therapy services are for people aged 16 and above in Cornwall and the Isles of Scilly.</p> <p>If you are registered with a GP practice in Cornwall, you can access our NHS-funded therapies for mild-to-moderate anxiety and depression.</p> <p>To register for help with difficulties such as: stress, low mood, worry, anger, panic attacks, obsessive compulsive disorder (OCD), phobias, (PTSD), self-refer using our online registration form.</p>	<p>Our clinical administration team can be reached during week days on (01208) 871905. 9am-1pm</p> <p><a href="https://www.outlooksw.co.uk/">https://www.outlooksw.co.uk/</a></p>

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<p><b>Healthy Outlook</b></p> <p>We help patients better understand the links between physical health and mental health. Also, how the specifics of your condition, alongside its treatment, are intertwined with your mental wellbeing and vice versa.</p> <p>We look at different strategies to manage negative ways of thinking, feelings of stress/low-mood and behaviours that may be contributing to making symptoms worse. All of which, is with the aim of helping to reduce the negative impacts of your condition and help promote an improved quality of life.</p> <p>The NHS-funded service is for patients in Cornwall who have a diagnosis (or suspected symptoms) of any of the following conditions:</p> <ul style="list-style-type: none"><li>• Diabetes (Types 1 and 2)</li><li>• Cardiovascular Related Problems</li><li>• Irritable Bowel Syndrome (IBS)</li><li>• Chronic Obstructive Pulmonary Disease (COPD)</li></ul> <p>It is for people who find it difficult managing these long-term physical health conditions, and are also experiencing symptoms of stress, depression or anxiety as a result</p>	<p>Referrals via health professionals only. Refer online: <a href="https://www.healthy-outlook.co.uk/">https://www.healthy-outlook.co.uk/</a></p> <p>For more information contact Outlook South West: 01208 871905</p>
<p><b>Pentreath Ltd</b></p> <p>If you are living with mental health and emotional difficulties. We offer support to help people believe in their own potential and achieve their vocational goals, whatever challenges they face.</p> <p>Pentreath is an award winning Cornish charity that was founded in 1991 and offers a unique approach to support. Many of our team have lived experience and our projects are designed with recovery as a focus.</p>	<p>If you would like to discuss our support, please call 01726 862727 or email <a href="mailto:pentreath@pentreath.co.uk">pentreath@pentreath.co.uk</a> and we will be happy to help. <a href="http://pentreath.co.uk">pentreath.co.uk</a></p> <p>Please note: we are NOT a crisis service.</p>
<p><b>Rethink Mental Illness Advice Line</b></p>	

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<p>The Service is available to people experiencing various mental health issues. We provide support to people experiencing mental ill health and run support groups in the community such as:</p> <p>Obsessive Compulsive Disorder (Liskeard), Chronic Pain such as; Fibromyalgia/MEor CFS (Wadebridge &amp; Bodmin) , Hearing Voices Support Group (Bodmin), Anxiety support (Wadebridge), Wellness (Liskeard &amp; Penzance) and Community cafe chats in St Austell.</p> <p>As well as group work, we also provide one to one support to individuals working towards recovery of their mental health. Please contact us for an up to date list of our activities.</p>	<p>The Betty Fisher Centre Southern Way Wadebridge Cornwall PL27 7BX Tel: 01208 815676 Fax: 01208 815676</p>
<p><b>R.S. Counselling</b></p> <p>Person Centred Counselling/Therapy Sessions tailored to the individual. Can treat general psychological, life issues but have specialism in working with people with learning disabilities and/or autism in a therapeutic way.</p> <p>I have a wide knowledge of the difficulties faced by people and have experience of working with people who have communication and relational difficulties. I can adapt sessions to be creative and flexible depending on the client. I understand that people needs are different and for some sitting and talking face to face may not be comfortable or effective for them. I take a person centred approach to my clients and endeavour to create a safe space to be able to work through any difficulties together at a clients own pace. This may be using creativity and art to communicate, music or going for a walk as well as various other alternatives to verbal expression.</p> <p>I want to work collaboratively with my clients and meet their needs a meaningful and safe way that makes sense for them.</p>	<p>Sessions are 1 hour long – venue/location flexible and to be negotiated and can consider home visits.</p> <p>My rate is £40 per session. I can offer discretionary concessionary rate discussed on an individual basis with clients/families.</p> <p>Roxanne Sutherland roxanne_ashley@hotmail.com</p>

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WELLBEING SUPPORT GROUPS	
<p><b>Anxiety and Depression support group</b></p> <p>Peer Support Group</p> <p>Reaching out to those people with living with mental health issues such as anxiety and depression.</p>	<p>2nd and 4th Wednesday of the month 6pm – 7.30pm</p> <p>Tesco Training room, Daniels Lane, St Austell</p> <p>Hayley Burgoyne 0172662844</p>
<p><b>Man Down Cornwall</b></p> <p>We offer a very informal, safe and relaxed environment for men of all ages who are struggling with any kind of mental health issues. Our sessions are designed to be as inclusive as possible with no judgement, only support and understanding of people who might be able to offer some help. We currently have two locations, but we are planning to branch out further in the future.</p> <p>We not only organise weekly meet ups, we also want to host events and challenges that raise the awareness of the group and bring men together to help each other work through their issues and concerns</p>	<p>For all enquiries please Contact Ross Jackson Hicks <a href="mailto:rossjacksonhicks@yahoo.co.uk">rossjacksonhicks@yahoo.co.uk</a> <a href="http://www.mandowncornwall.co.uk/#contact">http://www.mandowncornwall.co.uk/#contact</a></p> <p>or visit our <a href="#">Facebook Page</a></p> <p>Fortnightly meetings on a Monday Clints barber shop St Austell 7-9pm</p>
<p><b>UnTangled</b></p> <p>Pre/postnatal Depression &amp; Anxiety Support Group - St Austell</p> <p>We run a support group for those experiencing and affected by pre or post-natal depression. We provide a friendly, safe space in which to chat about your experiences or just simply sit and chat. We also produce crafts.</p> <p>The group is free to attend and teas and coffees are supplied. Donations are welcome.</p> <p>Children up to the age of 5 are welcome to</p>	<p>Wednesdays and Fridays from 10am – 2pm</p> <p>St Austell Family Hub</p> <p>Cara White Telephone 07917008776 <a href="mailto:mailcaca21@hotmail.co.uk">E-mailcaca21@hotmail.co.uk</a></p>

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<p>come and play.</p>	
<p><b>“Holistic Healing”</b></p> <p>Nancy Finch offers the chance for people to understand and address challenging feelings and situations that may affect a person’s happiness.</p> <p>She offers professional, confidential and sensitive support to all those who need to experience a positive alternative to a negative situation.</p> <p>Nancy aims to enhance the well -being of all the people who attend her sessions, she does this by using her own tried and tested “Holistic” approach with the aim of empowering everyone she sees.</p> <p>Each session will last an hour and aftercare is always offered.</p>	<p>To book a session contact Nancy Finch direct on 07788623699</p> <p>Email: <a href="mailto:nancyfinch@hotmail.co.uk">nancyfinch@hotmail.co.uk</a></p>
<p><b>One You – Every Mind Matters</b></p> <p><i>We all go through ups and downs</i></p> <p>We all experience times when we're struggling or not coping as we might like, or where our circumstances and life events make things extremely difficult and challenging. It's part of life, and sometimes it's OK to not be OK. Our mental health is not fixed, it's fluid, and just as it can be affected by our life experiences, events and circumstances, there are things we can do to improve it and help others.</p> <p><i>There are simple things you can do</i></p> <p>Just like your physical health, there are things you can do to look after your mental health and wellbeing, no matter who you are or how</p>	<p><a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a></p>

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you're feeling.

Every Mind Matters is where everyone can make a start. There are simple actions and steps we can all take that can help us manage feelings of stress, anxiety, low mood or when we are struggling to get to sleep.

From tips on how to get more physical activity, to mindful breathing exercises and advice on how to reframe unhelpful thoughts, all the information and advice in Every Mind Matters has been developed with experts and approved by the NHS. Royal College of General Practitioners has endorsed Every Mind Matters.