











Support with Mental Health including Carers Support


Please note that information can change at any time. Please contact the organisation for further details or search the following websites for more options



cornwall-link.co.uk/


www.supportincornwall.org.uk/




Organisation	Description	Contact Details	Covid 19 Restrictions
 24/7 NHS mental health response line for support and advice	Call us free on any time day or night if you are worried about your own or someone else's mental health. The team behind our 24/7 open access telephone response line will listen to you and determine how best to help	0800 038 5300	None
	Supporting people with their mental health through 1:1 support, peer support and groups. Clinician Referral only	Cornwall Community Services The Betty Fisher Centre Southern Way, Wadebridge Cornwall, PL27 7BX Right next to Wadebridge Bus Station Telephone 01208 815676 07483431802 Verity.Nicholls@rethink.org	Groups currently suspended. Staff working from home Please email referrals


	<p>Promoting good mental health through personal development, education and employment.</p> <p>Please see website for range of projects</p>	<p>https://pentreath.co.uk/</p> <p>clinician or self-referral 01726 862727</p>	<p>Face to face visits are kept to a minimum. Contact via phone, and online platforms.</p>
 Community Development Workers	<p>For people from Black, Asian and Minority Ethnic communities. This can be activities such as 1:1 case work, support to access mental health services or help to develop your organisation to be more accessible.</p>	<p>https://pentreath.co.uk/</p> <p>clinician or self referral 01726 862727</p>	<p>Face to face visits are kept to a minimum. Contact via phone, and online platforms.</p>
Recovery College Cornwall 	<p>A Pentreath Project</p> <p>Enabling recovery through learning, hope, and opportunity</p> <p>We are currently offering Skype courses to people living in Cornwall who are unemployed and experiencing mental ill health. These courses may help you to identify and manage your mental health challenges allowing you to live the life you want.</p>	<p>https://www.recoverycollegecornwall.org.uk/</p> <p>self-referral only</p>	<p>Contact by telephone and Skype</p>
	<p>Man down is a friendly and informal personal support group for men with mental health concerns. Man down is a Cornish based group offering a safe space to meet the current emotional and mental health needs of men who are struggling to cope with the</p>	<p></p> <p>support@mandowncornwall.co.uk</p> <p></p>	<p>Follow their Facebook page for updates on virtual groups or contact them directly</p>

	<p>everyday pressures facing them in our modern society.</p>	<p>http://www.mandowncornwall.co.uk</p> <p>Facebook:</p> <p>https://en-gb.facebook.com/Man-down-supporting-mens-mental-health-1876974125666362/</p>	
	<p>Free, safe, professional support and information for women and girls over 11 who have been effected by sexual violence or abuse. The Women's Centre Cornwall is run by women, for women. We do this by providing a safe, caring and supportive environment in which women can get access to services</p>	<p>Domestic, Rape & Sexual Abuse Helpline 01208 77099</p> <p>or email: support1@womenscentrecornwall.org.uk</p> <p>Web https://www.womenscentrecornwall.org.uk</p> <p>admin@womenscentrecornwall.org.uk</p>	<p>Support workers will be contacting clients by telephone. For further updates see social media or website.</p>
<p>Cornwall Refuge Trust</p>	<p>Cornwall Refuge Trust provides refuge accommodation for women, men and children who have escaped domestic abuse, offering them a safe and supportive environment in which to recover from their experiences. We offer support and advice, empowering victims and survivors of domestic abuse to create or maintain a safer</p>	<p>24 Domestic Abuse Helpline</p> <p>01872 225629</p>	

	and happier future.	PO Box 80, Truro, Cornwall, England, TR1 1YZ Tel: 01872 277814/ 01872 225629 OPENING HOURS: Monday - Friday: 9am - 5pm Saturday & Sunday: CLOSED	
	Support for carers providing free training that offers carers opportunities to develop their personal and practical skills in a safe learning environment. We're linking carers to other resources that can help, too.	How to contact: Telephone 01736 339226 07775756454 E-mail info@promas.co.uk Website www.promas.co.uk/	
 Carers Helpline	Promas CIC are running a helpline for unpaid carers in Cornwall, we are here to talk & help with any challenges or issues you may be experiencing during this difficult time.	Our phone line will be open Monday to Friday 10am to 4pm, or you can text/email us at any time. Please note calls are charged at standard rate. However, to avoid call charges you can text/phone/email us to request a call and we will contact you within 24 hours (excluding weekends)	

		<p>Email us: info@promas.co.uk Phone or text us: (mob) 07435 870587, 07775 756454, (landline) 01736 339226</p>	
<p>Kernow Carers Support</p> 	<p>Kernow Carers Service is a service committed to supporting carers in Cornwall, (KCS) provides information and support to help you in your caring role. This could include:</p> <ul style="list-style-type: none"> • advice and guidance offered through the helpline • advocacy • the opportunity to meet with a Carer Support Worker • getting support for you and the person you care for (this could be via a carers assessment) • information about benefits • organising someone for you to keep in touch with and talk to • helping you plan for the future 	<p>For more information visit the Kernow Carers Service website</p> <p>https://www.supportincornwall.org.uk/kb5/cornwall/directory/carers.page</p> <p>or call the helpline on:</p> <p>0800 587 8191.</p>	<p>Referrals continue to be taken via the Family Information Service helpline number or email address 0800 587 8191 fis@cornwall.gov.uk</p>
	<p>We plan to safely reopen our garden and allotment projects and offer other services via telephone or video call. Our Creative Writing Workshops are already running via Zoom and</p>	<p>If you need support please email us: info@cornwallmind.org and</p>	<p>We plan to safely reopen our garden and allotment projects and offer other services via telephone or video call. Our Creative</p>

 <p>mind Restormel for better mental health</p>	<p>the feedback has been great. Please bear with us while we make the adjustments, we will keep you posted in our news page and on social media.</p>	<p>we will respond to your email as soon as we can.</p>	<p>Writing Workshops are already running via Zoom and the feedback has been great. we will keep you posted in our news page and on social media.</p>
 <p>Valued LIVES People Focused</p>	<p>Valued Lives are an innovative mental health organisation based in Cornwall. We offer a crisis service, community based care and support, therapeutic activities, enablement programmes, and general advocacy services.</p> <p>We have a mobile crisis lorry The lorry will provide pop up services throughout the county, reaching out to some of our most rural areas. Keep an eye on their facebook page for dates and locations.</p>	<p>Referral via website https://www.valuedlives.co.uk/</p> <p>Telephone: 01209901438</p> <p>Also follow social media for information on location of pop up crisis service</p>	<p>We have been reviewing our offer in light with COVID-19, and have trialled a new remote peer support group #ChooseLife - which will be a daily provision, that can be joined anonymously via phone or normally via video conference, and is designed specifically for those suffering with suicidal ideation.</p>
 <p>LLTF™ living life to the full www.lltf.com</p>	<p>Lots of people struggle at times in life. Living Life to the Full teaches a range of life skills that are based on the tried and trusted CBT approach, to aim to improve wellbeing and resilience as you go through the journey of life.</p>	<p>https://lltf.com/home/living-life-to-the-full-series/</p> <p>The course is recommended by Valued Lives and they use it for their clients</p> <p>Each course offers free modules including worksheets to print off and use and linked books to</p>	

		read.	
 <p>Part of Cornwall Partnership NHS Foundation Trust <small>tsft</small></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, post-traumatic stress disorder (PTSD), self-refer online:</p> <p>https://gateway.mayden.co.uk/referral-v2/01d3ec67-a688-4700-8b1e-ad3acacabf07</p>	<p>https://www.cornwallft.nhs.uk/outlook-south-west/</p>	<p>Continuing our service as a phone/web-based operation and are looking to reassign all face-to-face appointments to a telephone or video consultation for the foreseeable future.</p>

<p>we are withyou</p>	<p>We'll work with you to help you manage, reduce or stop your drug (including prescription drugs) or alcohol use.</p> <p>Phone us or use our online chat to speak to one of our trained experts. We're here to help you - you can tell us as little or as much as you want.</p> <p>You can also talk to us if you're worried about someone else's drug or alcohol use, rather than your own.</p>	<p>https://www.wearewithyou.org.uk/services/cornwall-liskeard/</p> <p>01579 340616</p>	<p>Staff in our local services are working hard to make sure we continue to provide help and support to anyone experiencing issues with drugs or alcohol throughout the coronavirus (COVID-19) outbreak.</p>
<p>The Corona Voice Project</p>	<p>Counselling support for anyone over the age of 16 with Coronavirus related stress anxiety or distress. Countywide.</p> <p>You will receive 6 sessions of counselling over the telephone or via video call with a member of our team.</p>	<p>Email: rachel@pegasusmenswellbeing.co.uk</p> <p>Please put Corona Voice Project in the subject.</p> <p>Or call 07817 261494</p>	<p>Support is free throughout Coronavirus. (6 sessions)</p>