

**List of Resources**

Type	Resource	Contact Details	Description of service
Advice centre	Citizens Advice	Tel: 03 444 111 444 www.citizensadvice.org.uk	Advice centres throughout the country. Free, confidential and impartial advice on most issues.
Alcohol support	Alcoholics Anonymous	Tel: 0800 9177 650 www.alcoholics-anonymous.org.uk	Advice, information and support for people with alcohol dependency.
Alcohol support	Alcohol support	Tel: 020 7403 0888 enquiries@al-anonuk.org.uk www.al-anonuk.org.uk/	Al-Anon is worldwide and offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not.
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.
Armed forces support	High Ground	www.highground-uk.org Tel: 07951 495 272	military personnel transition from the Forces to employment in the rural sector has announced a new programme in Devon.
Armed forces support	British Legion	counties.britishlegion.org.uk/counties/cornwall Tel: 0800 8028080	Memory cafes and support offered, can also signpost.
Armed forces support	PTSD support	Tel: 01209 210350 www.surfaction.co.uk	Supporting military veterans (including 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.
Autism support	Autism Helpline	Tel: 0808 800 4104 www.autism.org.uk	Impartial, confidential information, advice and support to people on the autism spectrum, their families.
Autism support	United Response	unitedresponse.org.uk Tel: 01872 250 150 info@unitedresponse.org.uk	Provides a range of support services for adults and young people with learning disabilities, autism, mental health needs or physical disabilities.
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.

Bereavement Support	Splash Project	<a href="http://www.thesplashproject.org">www.thesplashproject.org</a>	Offers help and support to those who have experienced the loss of a baby through death, or in other ways. Also offer help to Healthcare Professionals.
Bereavement Support	Stillbirth and neonatal death charity (SANDS)	Tel: 020 7436 5881 <a href="http://www.uk-sands.org">www.uk-sands.org</a>	Sands is an organisation which can offer you support when your baby dies during pregnancy or after birth.
Bereavement Support	Suicide Liaison Service	Tel: 01208 871905 <a href="http://www.outlooksw.co.uk/suicide-liaison-service">www.outlooksw.co.uk/suicide-liaison-service</a>	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 <a href="http://www.uk-sobs.org.uk">www.uk-sobs.org.uk</a>	Offers a telephone helpline, support, information and groups for people bereaved by suicide.
Blind support	iSight Cornwall	Tel: 01872 261110 <a href="http://www.isightcornwall.org.uk">www.isightcornwall.org.uk</a>	Advice, support and advocacy for the blind or visually impaired.
Cancer support	Macmillan Cancer relief	Tel: 0808 808 00 00 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>	Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical and financial support and push for better cancer care.
Cancer support	The Cove Macmillan Support Centre	Tel: 01872 256363 Email: <a href="mailto:thecove@nhs.net">thecove@nhs.net</a>	A place for people affected by cancer for information and support.
Cancer support	Marie Curie Cancer care	Tel: 0800 090 2309 <a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>	Nursing support for cancer patients.
Carers and general young persons support	Kernow Young carers	Tel: 01872 321486 <a href="http://kernowyoungcarers.org/">http://kernowyoungcarers.org/</a>	Offering support, information and guidance, activities and trips, short breaks, school groups, training and educational sessions and local young carers forums.
Carers and general young persons support	Young People Cornwall	Tel: 01872 222447 <a href="http://www.youngpeoplecornwall.org">www.youngpeoplecornwall.org</a>	Young People Cornwall engages, inspires and supports young people across the county, with youth work that makes a difference.
Carer's support	Care and Support in Cornwall	<a href="http://www.supportincornwall.org.uk">www.supportincornwall.org.uk</a>	A website for residents of Cornwall requiring help and support. Incorporates Kernow Carer Services
Change Programme	Evolution	Tel: 07584 350 055	A prevention and change programme for male and female perpetrators in Cornwall.
Child and adolescent victim support	Childline	Tel: 0800 111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>	A private and confidential service for children and young people up to the age of 19.
Child and adolescent victim support	Children Linked to and Experiencing Abusive Relationships (CLEAR)	Tel: 01872 261147 <a href="http://www.clearsupport.net/">www.clearsupport.net/</a>	Provides support and therapeutic services to children aged 3-18 who have directly or indirectly experienced abusive relationships.
Child and adolescent victim support	Hear Our Voice	Tel: 01872 222447 <a href="http://www.youngpeoplecornwall.org">www.youngpeoplecornwall.org</a>	Hear Our Voice offers young people in Cornwall the opportunity to explore issues related to their mental health through informal youth work.
Child and adolescent victim support	Kidscape	<a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a> 020 7730 3300	Provides individuals and organisations with practical skills and resources necessary to keep children safe from harm.
Child and adolescent victim support	NSPCC	Tel: 0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>	Provides help, advice and support to stopping cruelty to children.
Childrens Services	Sea Sanctuary	Tel: 01326 378919	Residential children services / therapeutic community
Child and adolescent victim support	Stop It Now	Tel: 0808 1000 900 <a href="http://www.stopitnow.org">www.stopitnow.org</a>	Provide support, information and resources to keep children safe. Provides direct help to individuals with questions or concerns about sexual abuse.
Chinese Mental Health	Chinese mental health association	Tel: 020 7613 1008 <a href="http://www.cmha.org.uk">www.cmha.org.uk</a>	Support to Chinese mental health suffers
Community support - sports	GLL - Leisure centres	Tel: 020 3457 8700	Information for leisure centres for swimming, exercise, gymnasias, and sports clubs in Cornwall

Consumer rights	Citizen's Advice consumer help	Tel: 03444 111444 www.citizensadvice.org.uk/consumer	Advice for consumers, Mon - Fri 9am to 5pm
Counselling and advice for Young people	Kooth	www.Kooth.com	Free, anonymous and safe online counselling service for 11-25 yr olds
Counselling Service	Hugs Foundation	hugsfoundation.org.uk	A rehabilitation centre for horses that also offers counselling, 1 to 1 and equine/animal therapy,
Counselling Service	Penhaligon Counselling	facebook.com/penhaligoncounselling/	Low cost for adults, free assessments, donation to the service from £5 to £15 depending on financial circumstances. There are between 20 to 30 counsellors, all supervised, DBR checked and are completing their required 100 hours clinical practice to complete their BACP accredited Diploma in Person Centred Counselling, at Cornwall College.
Counselling Service	Crossline - Plymouth	24hr listening line: 01752 666777 Counselling by appointment: 01752 664243	Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.
Counselling Service	Helston Counselling		Low cost for adults, donation based (£5 - £15). Qualified registered counsellor.
Deaf support	Hearing Loss Cornwall	Tel: 01872 225868 www.hearinglosscornwall.org	Hearing Loss Cornwall is here to provide information, advice, guidance and communication support to anyone who is affected by any degree of hearing loss.
Debt management	National Debtline	Tel: 0808 808 4000 www.nationaldebtline.co.uk	Telephone helpline for people with debt problems.
Finance / Debt and general support	Farm Cornwall	Tel: 01736 367589 / 07775 667825 www.farmcornwall.co.uk	Farm business advise and rural outreach.
Debt management	Smart Savings	Tel: 01209 212579 www.smartsavings.org.uk	Debt advice, money management and employment skills training.
Debt management	Christians against poverty	01274 760 720 capuk.org	Working to help release people from debt, poverty and their causes.
Debt management	Step Change	Tel: 0800 138 1111 www.stepchange.org	Free debt advice and management.
Dementia Support	Admiral Nurse service	Tel: 01872 250000 pals.service@rcht.cornwall.nhs.uk	To access this service the person with dementia must be an in-patient at The Royal Cornwall Hospital.
Dementia Support	Memory matters south west CIC	Tel: 01752 243333 www.memorymatterssw.co.uk	Provides therapy, support and education for those living with dementia.
Disability support	Aspire	Tel: 020 8954 5759 www.aspire.org.uk	Provides practical support to individuals living with spinal cord injury.
Disability support	Disability Cornwall	Tel: 01736 759500 www.disabilitycornwall.org.uk	A user led, disabled people's organisation providing a range of services to empower, assist and facilitate independent living.
Domestic violence support	Galop	Tel: 0800 999 5428 (helpline) www.galop.org.uk/domesticabuse	LGBT people experiencing domestic abuse.
Domestic Abuse or Family Violence	Waves	Tel: 01872 225629 www.cwrt.org.uk/waves	Free confidential counselling and outreach service for people who have experienced any form of domestic abuse or family violence.
Domestic violence support	Cornwall Refuge trust	Tel: 01872 225629 www.cwrt.org.uk	Refuge accommodation. Short term support services for women and children who have experiences domestic abuse. Community support and advice, empowering victims and survivors of domestic abuse. They also work with perpetrators of domestic abuse.
Domestic Violence Support	East Cornwall Refuge (Devon and Cornwall Housing)	Tel: 01726 871244	Refuge accommodation. Short term support services for women and children who have experiences domestic abuse.

Domestic violence support	Norda House Project	Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 <a href="http://nordahouse.org">http://nordahouse.org</a>	Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.
Domestic violence support	Mankind Initiative	Tel: 01823 334244 <a href="http://new.mankind.org.uk">http://new.mankind.org.uk</a>	Support for male victims of domestic abuse and domestic violence.
Domestic violence support	Refuge	Tel: 0808 2000 247 <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	Provides accommodation, support and information to women who are in abusive relationships.
Domestic violence support	SUSie Project: Survivors Supported into Empowerment, Education and Employment	Tel: 01209 699241 <a href="http://www.susieproject.org.uk">www.susieproject.org.uk</a>	Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.
Domestic violence support	West Cornwall Women's Aid	Tel: 01736 367539 <a href="http://www.wcwaid.co.uk">www.wcwaid.co.uk</a>	Provides accommodation, support and information to women who are in abusive relationships.
Domestic violence support	The Woman's Centre	Tel: 01208 79992 <a href="http://www.womenscentrecornwall.org.uk">www.womenscentrecornwall.org.uk</a>	Helpline and outreach service to women who have experienced domestic violence.
Domestic violence support	Dreadnought	Tel: 01209 218764 <a href="http://www.thedreadnought.co.uk">www.thedreadnought.co.uk</a>	Provides support to children and young people aged 8 to 19 who have been the victim of domestic violence. Anger management, Self esteem building.
Domestic violence support	IDVA (Independent Domestic Violence Advocates)	Tel: 0300 7774777 <a href="mailto:Treach.support@firstlight.org.uk">Treach.support@firstlight.org.uk</a> <a href="http://www.firstlight.org.uk">www.firstlight.org.uk</a>	Supports high risk victims with safety planning and through the court process.
Domestic violence support	National Domestic Violence Helpline	Tel: 0808 2000 247 <a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>	A 24 hour helpline for women experiencing domestic abuse, their family, friends, colleagues and others calling on their behalf.
Domestic violence support	REACH (Risk Evaluation & Co-ordination Hub)	Tel: 0800 088 4194 <a href="http://www.reachdomesticabusesupport.org">www.reachdomesticabusesupport.org</a>	Offers risk assessment of domestic abuse victims, safety planning and referral onto services as appropriate.
Domestic violence support	Respect	Tel: 0808 802 4040 <a href="http://www.respectphoneline.org.uk">www.respectphoneline.org.uk</a>	Offers support and advice for people who are abusive and/or violent towards their partners.
Domestic violence support	SEEDS Cornwall	Tel: 07910 995376 <a href="http://seedscornwall.org">http://seedscornwall.org</a>	Helping to improve services for abused women and children in Cornwall.
Drug and alcohol advice and intervention	Addaction	Tel: 0333 2000 325 <a href="http://www.addaction.org.uk">www.addaction.org.uk</a> Local branches available	and other specialist services for people of all ages with drug or alcohol dependency, their families and carers.
Drugs & general support	Zeb's Youths Project	Tel: 01872 222447 <a href="http://www.youngpeoplecornwall.org/programmes/zeb's">www.youngpeoplecornwall.org/programmes/zeb's</a>	Information and support to young people about alcohol, drugs and other health/youth issues. Café; activity and group work facilities.
Drugs information	FRANK	Tel: 0300 123 6600 <a href="http://www.talktofrank.com">www.talktofrank.com</a>	Call 24 hours a day, 365 days a year, FRANK is around to give you FREE info on drugs.
Drugs support	ADFAM	Tel: 020 3817 9410 <a href="http://www.adfam.org.uk">www.adfam.org.uk</a>	Advice and information to support the families of people addicted to drugs or alcohol.
Drugs support	Freshfield service	Tel: 0500 241952	Charity who provides drug support through telephone helpline, counselling or needle exchange services which are confidential and free of charge.
Drugs support	Narcotics anonymous	Tel: 0300 999 1212 <a href="http://www.ukna.org">www.ukna.org</a>	Helpline and access to support groups for those with Drug addictions.
Drugs support	YZUP (Wise up)	Tel: 01872 263001 <a href="http://www.addaction.org.uk/services/young-addaction-yzup%20">www.addaction.org.uk/services/young-addaction-yzup%20</a>	Yzup offers support, information and advice to young people under the age of 18 about drugs and alcohol.
Eating disorder support	Cornwall Eating Disorder Service	Tel: 0845 207 7711. Option 1 East, Option 2 Mid and Option 3 West	Offers a community based treatment for people with a clinical diagnosis of an eating disorder.
Eating disorder support	Beat	Helpline: 0808 801 0677 Youthline: 0808 801 0711 <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	Provides helplines for adults and young people offering support and information about eating disorders.

Emergency Support	112	Tel: 112	The common emergency telephone number that can be dialled free of charge from any telephone in numerous European countries.
Emergency Support	Police	Non emergencies: 101 Emergencies: 999	Police response in emergency or To report a crime For information and advice To contact a member of your local neighbourhood policing team
Employability Support	CHAOS	Tel: 01872 277600 www.chaosgroupcornwall.co.uk	Works with vulnerable and disadvantaged people delivering employability opportunities to support access to work in the community
Employability Support	Inclusion Cornwall	www.inclusioncornwall.co.uk	Cornwall works has been taken over by Inclusion Cornwall, making a difference by helping more people to start work, stay in work and progress in work.
Employability Support	Pentreath Ltd	Tel: 01726 862727 www.pentreath.co.uk	Offers training, work experience and employment opportunities fro those recovering from mental illness.
Farmers Support	RABI	General enquiries: 01865 724931 Helpline: 0808 2819490 www.rabi.org.uk	Support for farming families.
Family Support	Cornwall One Parent Support	Tel: 01726 65417 or 07737 573647	A charity who are committed to improving the life of one parent families by relieving isolation and increasing leisure activities
Family Support	Refuge4Pets	Tel: 07497 382457 www.refuge4pets.org.uk	Provides a pet fostering service so individuals and families can escape violent and abusive relationships.
Food management	Food Banks	www.foodandcornwall.org.uk/whats-out-there/foodbanks-in-cornwall	There are a number of foodbanks across Cornwall which can supply individuals and families in financial crisis
Food management	Overeaters anonymous	Tel: 07000 784985 www.oagb.org.uk	Support meetings and advice for those who over eat.
Gambling support	GAMCARE	Tel: 0808 8020 133 www.gamcare.org.uk	GamCare provides support, information and advice to anyone suffering through a gambling problem.
Gender support	Mermaids	Tel: 0808 801 0400 www.mermaidsuk.org.uk	Mermaids is a support group for gender variant children and teenagers, and their families.
Health support	Healthy Cornwall	Tel: 01209 615600 www.healthycornwall.org.uk	Access to advice and training on a wide variety of health issues.
HIV Support	Kernow Positive Support	Tel: 01872 258453 www.kernowps.co.uk	Supporting people affected and living with HIV
Homeless support	Breadline	Tel: 01736 366767 www.stpetrocs.org.uk/penzance-centre	Day centre now managed by the St Petroc's Society. Services include showers, laundry, GP surgery, housing advice and community café.
Homeless support	Coastline Care	Tel: 01209 200200 www.coastlinehousing.co.uk	Service for homeless and vulnerably housed adults or anyone who is concerned about their housing and financial situations.
Homeless support	Cornwall Health for Homeless	Tel: 01872 273617	Provides health care for single homeless people who may otherwise not prioritise their health or register with a GP.
Homeless support	St Petroc's Society	Tel: 01872 264153 www.stpetrocs.org.uk	Provides accommodation, advice, training opportunities and resettlement for single homeless people who may have secondary social, mental health or offending difficulties.
Homeless support	The Salvation Army	Tel: 01326 315272 southwestern@salvationarmy.org.uk	Worldwide Christian church and registered charity extending a helping hand to those who are homeless, friendless and in need.

Housing Support	YMCA	Tel: 01736 334820 www.ymcacornwall.org.uk	Helping to house disadvantaged young people throughout the county. A free, confidential and independent advice service.
Housing support	Shelter	Tel: 0808 800 4444 For under 25s: 0808 808 4994 www.shelter.org.uk	Housing information, advice and advocacy.
Housing support (Drugs & Alcohol)	Bosence Farm Community	Tel: 01736 850006 www.bosencefarm.co.uk	Temporary supported housing for people recovering from drug / alcohol dependence.
ME support	ME Association	Tel: 0844 5765326 www.meassociation.org.uk	Information, support and practical advice for people who are affected by ME/CFS /PVFS (Myalgic Encephalopathy/Chronic Fatigue Syndrome/Post Viral Fatigue Syndrome), their families and carers.
Male Domestic Violence	Male DV Advice Line	Tel: 0808 801 0327 www.mensadvice.org.uk	Male Domestic Violence Advice Line.
Male Domestic Violence	Mankind Initiative	Tel: 01823 334244 http://new.mankind.org.uk	For all men suffering from domestic violence or domestic abuse.
Men experiencing Domestic Violence	Norda House Project	Tel: 01872 321546 / 321575 24 hour helpline: 01872 225629 http://nordahouse.org	Refuge and Outreach support for male victims of domestic abuse and their children in Cornwall.
Mental Health Advocacy	SEAP	Tel: 0330 440 9000 www.seap.org.uk	Advocacy for people with mental health difficulties on issues such as service provision.
Mental Health intervention	Early Intervention in Psychosis Team	Tel: 01208 834276 East, 01209 2040033 West cpn.tr.cornwallearlyinterventionpsychosis@nhs.net	Provides advice and support to those aged 14 - 35 experiencing a first episode of psychosis.
Mental Health Services - Adult	Community Mental Health Team (CMHT)	Tel: 0845 207 7711. Option 1 East, Option 2 Mid and Option 3 West	CMHT services are for adults, aged 18-75, suffering from a severe and enduring mental illness.
Mental Health Services - Adult	Out of Hours - Mental Health Team	Tel: 01208 251300	Switchboard number at Bodmin manned 24 hours per day - they can direct your call to someone who can help
Mental Health Services - Children	Child & Adolescent Mental Health Service (CAMHS)	Existing referrals and enquiries: Tel: 01208 251300 cpn-tr.ChildrensCMC@nhs.net	Support children & young people up to the age of 18. Helps children and young people deal with emotional, behavioural or mental health issues.
Mental Health Services - Children	Early Help Hub	Tel: 01872 322277 www.cornwall.gov.uk/earlyhelp	A single point of contact for council and community health Early Help services for children in Cornwall. It provides information, advice and guidance, as well as access to Early Help services.
Mental Health Support	Carrick and Caradon Mind	Tel: 01326 617220 www.carrickmind.org.uk	Helps support people that are socially isolated/have mental health problems with social groups and one to one befriending.
Mental Health Support	Hearing Voices Network	Tel: 01208 815676/ 07807 813996 www.hearing-voices.org	For people who hear voices, see visions or have other unusual perceptions.
Mental Health Support	Quiet Connections	www.quietconnections.co.uk	Coaching, workshops and social meets for those suffering from social anxiety
Mental Health Support	Penta Health & wellbeing	Tel: 07545 428711 pentahealthandwellbeing.com	Support groups, home visits, enablement support and inclusivity activities.
Mental Health Support	Mindfulness Cornwall	Tel: 07582 892434/07932 564241 /www.mindfulnesscornwall.co.uk	Practices which strengthen and deepen the human capacity to live more meaningful, balanced and peaceful lives.
Mental Health Support	Nightlink	Tel: 0808 800 0306 www.re-gain.org.uk/projects	Telephone service for over 18s providing support to those experiencing emotional distress.
Mental Health Support	Pentreath Ltd	Tel: 01726 862727 www.pentreath.co.uk	Offers training, work experience and employment opportunities for those recovering from mental illness.
Mental Health support	Re-Gain	Tel: 0845 1228668 Hotline: 0808 8000306	Emotional support text and helpline. Pre-crisis accommodation (Oakleigh House).

Mental Health Support	Rethink	Tel: 0300 5000 927 www.rethink.org	Provide expert, accredited advice and information to everyone affected by mental health problems.
Mental Health Support	Rural Community Link Project	Tel: 01726 821858 www.cornwallfoundation.com	Offers community based projects to reduce social isolation of those with mental health issues.
Mental Health Support	Samaritans	Tel: 116 123 www.samaritans.org	Provides emotional support to anyone in distress.
Mental Health Support	Saneline	Tel: 0300 304 7000 www.sane.org.uk	National mental health helpline providing advice and support to those with mental ill health and those that care for them.
Mental Health Support	Sanctuary Project - Oakleigh House	Tel: 01579 346663 www.re-gain.org.uk/projects	Respite for adults with mental health problems, referrals are made by CMHTs.
Mental Health Support	Sea Sanctuary	Tel: 01326 378919 www.seasanctuary.org.uk	We provide comprehensive mental health care on board a 43ft classic yacht, catering for young people and adults alike.
Mental Health Support	The Blurt Foundation	www.bluritout.org	Supports, helps and inspires those affected by depression.
Mental Health Support	U Can Cope	www.connectingwithpeople.org/ucancope	A blog providing latest news, updates etc. on the U Can Cope campaign for World Suicide Day 2012: U Can Cope is a film detailing surviving suicide thoughts
Mental Health Support	Valued Lives	Tel: 01209 901438 www.valuedlives.co.uk	Offers a crisis service, community based care and support, therapeutic activities, enablement programmes, and general advocacy services.
Miscellaneous	CASS - Community Advice and Support Service	Tel: 01872 274 104 Mobile: 07949 455 443 http://cassplus.org/	A sign-posting service that operates at Bodmin and Truro Magistrates Courts. Working with offenders and their families providing a diversion service that links clients to the appropriate external support agencies.
Miscellaneous	DISC (Newquay)	Newquay Centre, St Michael's Road	Open Tuesday 16:30 - 17:30, Friday 10:00 - 13:45. Food, clothing, advice and support to marginalised and excluded people
Older person support	Age UK Cornwall	Tel: 01872 266383 www.ageconcerncornwall.org.uk	Transport, Advocacy, befriending and homecare for older people.
Older person support	Royal Voluntary Service	Tel: 0845 608 0122 01209 705159 www.royalvoluntaryservice.org.uk	Helping older people retain their independence and community connections
Older person support	The Silver Line	Tel: 0800 470 8090 www.thesilverline.org.uk	Free confidential helpline providing information, friendship and advice to older people. 24 hours a day.
Parkinsons Support	Parkinsons UK	Tel: 0808 8000303 www.parkinsons.org.uk	Support for yourself or someone you know with Parkinsons.
Parental support	Cry-Sis	Tel: 0845 122 8669 www.cry-sis.org.uk	Offers support for families with excessively crying, sleepless and demanding babies.
Parental support	Family Information service directory (Cornwall Council)	Tel: 0800 587 8191 www.supportincornwall.org.uk	Cornish Information gateway for Children's centres, child care and other community resources for parents.
Parental support	Gingerbread	Tel: 0808 802 0925 www.gingerbread.org.uk	Provide expert advice, practical support and campaign for single parents.
Parental support	Mothers apart from their children, (MATCH)	enquiries@matchmothers.org www.matchmothers.org	Support and advise for mothers estranged from their children.
Pastoral & Spiritual Support	Chaplaincy Hospital Service	Tel: 01872 252883	Support for patients in Royal Cornwall Hospital.
Pastoral & Spiritual Support	Dor Kemmym (Cornwall Faith Forum)	http://dorkemmym.org.uk	Promote understanding and dialogue between faith communities, challenge intolerance, support strategic working, provide a network for district faith representatives.

Pastoral & Spiritual Support	Crossline - Plymouth	24hr listening line: 01752 666777 Counselling by appointment: 01752 664243 <a href="http://www.crossline-plymouth.co.uk">www.crossline-plymouth.co.uk</a>	Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.
Pastoral & Spiritual Support	Street Pastors	Tel: 01726 882768 07429 887 889 <a href="http://www.streetpastors.co.uk">www.streetpastors.co.uk</a>	Offer genuine, non-judgmental pastoral support to those who request help.
PND support (National)	Association for post-natal illness	Tel: 020 7386 0868 <a href="http://www.apni.org">www.apni.org</a>	Advice and counselling for those suffering from post natal depression.
Post abuse support	National Association for people abused in childhood (NAPAC)	Tel: 0808 801 0331 <a href="http://napac.org.uk">http://napac.org.uk</a>	NAPAC provides a national freephone, postal and email information service for adults who were abused as children in any way.
Post abuse support	SALT - Sexual abuse listening therapy	Tel: 01752 600599 <a href="http://www.saltsouthwest.co.uk">www.saltsouthwest.co.uk</a>	Information, support and listening service for those who have suffered sexual abuse.
Pregnancy and mental health support	Perinatal Mental Health Team	Tel: 01872 221031 <a href="https://www.cornwallft.nhs.uk">https://www.cornwallft.nhs.uk</a>	Mental Wellbeing around the time of having a baby. For women of all ages whether they have a pre-existing mental illness, those at risk or women who encounter problems for the first time during or after pregnancy.
Pregnancy support	Pregnancy Choices Directory	<a href="http://www.pregnancychoicesdirectory.com">www.pregnancychoicesdirectory.com</a>	Help for those facing unplanned pregnancy or following an abortion.
Pregnancy support	Twins and multiple births association (TAMBA)	Tel: 0800 1380509 <a href="http://www.tamba.org.uk">www.tamba.org.uk</a>	Information, advice, and phoneline support for parents of TAMB.
Psychological therapy	Outlook south west	Tel: 01208 871905 <a href="http://www.outlooksw.co.uk">www.outlooksw.co.uk</a>	Outlook South West provides psychological therapies for OCD, Depression, PTSD. The service is provided to all GP surgeries across Cornwall & the Isles of Scilly.
Public services information	Direct Gov	<a href="http://www.gov.uk">www.gov.uk</a>	Public service advice page. Includes benefits information.
Relationship counselling.	Relate: Cornwall Ltd	Tel: 01726 74128 <a href="http://www.relatecornwall.org">www.relatecornwall.org</a>	Relationship therapy and counselling. Also provides service for loss and bereavement.
RTA support	Roadpeace	Tel: 0845 4500355 <a href="http://www.roadpeace.org">www.roadpeace.org</a>	Support, advice and advocacy for road crash victims.
Sexual advice	Sexual Advice Association	<a href="http://sexualadviceassociation.co.uk">sexualadviceassociation.co.uk</a>	Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.
Sexual advice	Brook Cornwall	Tel: 01209 710088 <a href="http://www.brook.org.uk">www.brook.org.uk</a>	Free and confidential advice on sexual health and contraception for under 25s.
Sexual Health Advice	Sexual Health Services for Cornwall	Tel: 01872 255044	Counselling, advice and testing for STIs. Support for MSM, young people, psychological issues and contraception.
Sexual Health Advice	Sexual Health and Contraception (SHAC)	<a href="http://www.cornwallshac.org.uk">www.cornwallshac.org.uk</a>	Information on sexual health, contraception, pregnancy and STIs.
Sexuality support	LGBT Help line	Tel: 0800 6123010 <a href="http://www.intercomtrust.org.uk">www.intercomtrust.org.uk</a>	Lesbian, gay, bisexual and transgender helpline and advocacy service.
Sexuality support	Pink Umbrella	Tel: 07542 477302	Mental health support group, meets 3rd Friday in a month in Truro.
Sexuality support	YAY! Cornwall (Young and Yourself)	<a href="http://www.lgbtqyouthcornwall.co.uk">www.lgbtqyouthcornwall.co.uk</a>	Lesbian gay, bisexual trans & questioning youth group for Cornwall.
Social care	Adult Social care	Tel: 0300 1234 131 <a href="http://www.cornwall.gov.uk/health-and-social-care/adult-social-care">www.cornwall.gov.uk/health-and-social-care/adult-social-care</a>	For adults who may require community care resources or safeguarding.
Social Care	Children's, Schools and Families	Tel: 0300 1234 101	Generic number for safeguarding, family support and children in care services.
Sports information	Cornwall Sports Partnership	Tel: 01872 323344 <a href="http://www.cornwallsportpartnership.co.uk">www.cornwallsportpartnership.co.uk</a>	Local sporting information for Cornwall.
Sports information	Get Active Cornwall	Tel: 01872 323346 <a href="http://www.getactivecornwall.co.uk">www.getactivecornwall.co.uk</a>	Website that provides information on local sporting clubs.



Suicide	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.
Suicide	Survivors of Bereavement by Suicide (SOBS)	Tel: 0300 111 5065 www.uk-sobs.org.uk	Offers a telephone helpline, support, information and groups for people bereaved by suicide.
Suicide	Lone Twin Network	lonetwinnetwork.org.uk	A voluntary support group run by and for lone twins, over the age of 18, whose loss has occurred at or around birth, in childhood or during adulthood.
Suicide	ASIST (Applied Suicide Intervention Skills Training)	www.suicidesafercornwall.org	Cornwall's website dedicated to delivering training on Suicide First Aid
Suicide	CALM (Campaign Against Living Miserably)	Tel: 0800 58 58 58 www.thecalmzone.net	Registered charity existing to prevent male suicide in UK
Suicide	Grassroots Suicide Prevention	Stay Alive App available on the App Store and Google Play	Free app offers help and support both to people with thoughts of suicide and to people concerned about someone else.
Suicide	Samaritans	Tel: 116 123 www.samaritans.org	Confidential helpline where you can talk any time you like, in your own way about whatever's getting to you.
Suicide	PAPYRUS - Prevention of Young Suicide	Tel: 0800 068 4141 www.papyrus-uk.org	National charity dedicated to the prevention of young suicide in the UK.
Support	Farm Community Network	Tel: 03000 111 999 www.fcn.org.uk	Farm crisis network provides pastoral and practical support to farming people during periods of anxiety, stress and problems relating to both the farm household and the farm business.
Support	Fisherman's Mission	Tel: 01736 363499 www.fishermensmission.org.uk	A charity that provides emergency support alongside practical and emotional care, helping all fishermen, active or retired, and their families.
Supported accommodation	Cosgarne Hall Supported accommodation	Tel: 01726 74186 www.cosgarne.org	Supported accommodation in the St Austell Area. Support staff can assist with a range of social and emotional difficulties.
Supported accommodation	Pivotal	Tel: 01202 306070 www.pasLtd.uk.com/pas/housing.html	PAS Ltd provide supported accommodation to clients with both mental health and drug and alcohol issues.
Supported accommodation	St Petrocs Society	Tel: 01872 264153 www.stpetrocs.org.uk	Supported accommodation for single homeless people who may have secondary social, mental health or offending difficulties.
Supported accommodation	Liverty	Tel: 0300 123 8080 www.livewest.co.uk/	Supported accommodation for 16-25 year olds. They work with complex needs and provide refuge accommodation.
Supported accommodation	Stonham Housing support	Tel: 0345 141 4663 www.homegroup.org.uk	Range of accommodation, supported housing and floating support.
Therapeutic	Space for you	Tel: 01736 786111 www.spaceforyou.biz	Creative therapeutic project, meeting every Wednesday near St Just.
Various services	Salvation Army	Tel: 01872 225734 www.salvationarmy.org.uk	Various social services including family tracing service.
Victim support	Cornwall Survivors Group	Tel: 07800 940558 www.cornwallrcc.org.uk/ cornwallsurvivors	Support group for adult males who have been the victim of rape.
Victim support	Cornwall Rape and Sexual abuse centre (CRASAC)	Tel: 01872 303038 www.crasacornwall.co.uk	Support, advice and counselling for those who have been the victims of rape and abuse.
Victim support	First Light	Cornwall & IOS Domestic Abuse Helpline: 0300 777 4777 Cornwall & IOS Sexual Violence & Assault Helpline: 03458 12 12 12 www.firstlight.org.uk	Charity and lead agency for the Plymouth Sexual Assault Referral Centre providing support to men, women, children & young people who have been affected by rape and serious sexual assault.

Victim support	Victim Support	Tel: 0300 303 0554 www.victimsupport.org.uk	Free and confidential help to victims of crime, witnesses, their family and friends
Victim support	Willow Centre	Tel: 01872 272059 willow.support@firstlight.org.uk	A specialist safe and discrete centre in Truro providing support to people who have been affected by rape or sexual assault
Victim support	The Woman's Centre	Tel: 01208 77099 www.womenscentrecornwall.org.uk	Free confidential support run by women for women and teenage girls who have experienced any form of violence or abuse at any time.
Young people	Young people Cornwall	Tel: 01872 222447 www.youngpeoplecornwall.org	IAG and mentoring. They also offer employability support on the education programme for 16 – 18yr olds not already in education or training.
Young people	The Haven - Health, Wellbeing & Support (Bude Community School)	Tel: 01288 353271 www.budehaven.cornwall.sch.uk/the-haven-ihc	Offers a mixture of health and wellbeing support which includes drop-in sessions, individual consultations, group work and seminars for students.
Young people	The Zone	Tel: 01752 206626 www.thezoneplymouth.co.uk	Offers a wide range of information, advice and support services for 13-25 yr olds in Plymouth and the surrounding
Young people	Oasis House (NCC Turnaround Project)	Tel: 01637 875114 www.nccdream.com/ministries/oasis-house	Offers support for vulnerable men aged 16-25 from disadvantaged backgrounds. These young men may be homeless, care leavers or in housing need.
Young people	Dreadnought / Aspires	Tel: 01209 218764 www.thedreadnought.co.uk	Autistic support, Play and family support, Work related issues and confidence building.
Young people	Savvy	01209 615600 www.savvykernow.org.uk	Help and advice about health, wellbeing or everyday life for 13-19 year olds inc C-Card & self harm.
Young people	Wave Project	01637 820830 www.waveproject.co.uk/project-locations/cornwall/	Supporting young people and confidence building through surf projects.
Young people	Hayle Youth Project	hayle-youth-project.org.uk Tel: 01736 755790 info@hayle-youth-project.org.uk	Providing fun activities and supporting with challenging situations.
Young people	Quiet Connections	http://quietconnections.co.uk/	Coaching workshops and social meets for those suffering from social anxiety
Young people	The Mix	Tel: 0808 808 4994. www.themix.org.uk	Support to young people via phone, text, email and counselling.
Young people	Tic Tac	Tel: 01579 342344 Extension 160 Mobile number: 07913558843 www.liskeard.cornwall.sch.uk	Teenage health information and advice 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
Work colleagues	NHS Direct - 0845 4647 www.nhsdirect.nhs.uk
Youth groups	999 - Emergency Services
Resource Centres	Libraries