

Mental Health
Mental health Crisis

You are not alone, call your GP surgery or NHS 111 or go to A&E

Crisis Team

Crisis Resolution Home Treatment Team - Exeter, East and Mid Devon
<https://www.dpt.nhs.uk/locations/crisis-resolution-home-treatment-team-exeter-east-and-mid-devon>

Telephone: 01392 674988

I need help now – Devon Partnership trust

<https://www.dpt.nhs.uk/i-need-help-now>

The Moorings – Barnstaple, Exeter & Torquay

No appointment needed

<https://www.mhm.org.uk/the-moorings-devon>

Exeter

6pm to midnight 7 days a week

The Moorings@

St Leonards Practice

Athelstan Rd

St Leonards

Exeter EX1 1SB

07990 790920

07484 061675

devonexeter.mhm@nhs.net

Barnstaple

6pm to midnight Thursday to Sunday

The Moorings@

Braddon House

Princess St

Barnstaple EX32 7EU

07850 927064

07715 122648

devonbarnstaple.mhm@nhs.net

Calls monitored 6pm to midnight

E-mails monitored daily

Samaritans 24 hours a day

Telephone: Free of charge – landline or mobile: 116 123

E-mail: jo@samaritans.org

SANEline 6pm to 11pm 7 days a week

Telephone: Free of charge – landline or mobile: 0300 304 7000

NHS Mental Health Services In Devon

<https://www.dpt.nhs.uk/>

Carers

<https://devoncarers.org.uk/information-and-advice/self-help/mid-devon/>

Adults

<https://www.dpt.nhs.uk/our-services/adults>

QWell

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

Postnatal depression

Recognising the symptoms

<https://www.nhs.uk/conditions/post-natal-depression/symptoms/>

NHS Self help guide

<http://www.selfhelpguides.nth.nhs.uk/devon/leaflets/selfhelp/Postnatal%20Depression.pdf>

National Childbirth Trust (NCT)

<https://www.nct.org.uk/life-parent/how-you-might-be-feeling/postnatal-depression-questions-you-really-want-ask>

Children

(CAMHS)

<http://childrenandfamilyhealthdevon.nhs.uk/camhs/professional/professional-support/request-criteria-camhs/>

Young Devon

<https://www.youngdevon.org/what-we-do/mental-health-well-being>

YES Centre (Exeter)

<https://www.youngdevon.org/where-we-work/exeter-yes-centre>

Kooth

<https://www.kooth.com/>

Child line

<https://www.childline.org.uk/>

Staying safe on-line and reporting abuse

<https://www.ceop.police.uk/safety-centre>

Self help

Excellent set of helpful leaflets that can be accessed on-line

Examples include: anxiety, bereavement, depression, obsessions, PTSD, self harm and sleep problems but there are lots more.

<https://web.ntw.nhs.uk/selfhelp/>

Samaritans

<http://www.samaritans.org>

Sane

<http://www.sane.org.uk>

A Recovery College providing free courses for wellbeing of people in Devon

<https://devonrlc.co.uk/>

Community interest company supported by Devon Partnership Trust

<https://recoverydevon.co.uk/>

Counselling Services

Free, Confidential NHS Talking Therapy Service (Previously The Depression & Anxiety Service) although they can help with more and so had a name change!

<https://www.talkworks.dpt.nhs.uk/>

Barnstaple:

Clarity

<http://www.claritynorthdevon.org.uk/>

Exeter:

Margaret Jackson centre

<http://www.margaretjackson.org.uk/>

Iron Mill College

<https://www.ironmill.co.uk/>

Devon County Council links

<https://www.devon.gov.uk/educationandfamilies/special-educational-needs-and-disability-send-local-offer/support-for-different-types-of-need/social-emotional-and-mental-health>