

Family Support

We understand that in the current climate, families may experience times where they need to call for support. Please see useful links and contact details for support.

General Practitioner

GP's can be a really helpful point of contact in co-ordinating various sources of support

Valued Lives (Crisis Community Café) 01209 901438

(7 days a week 5pm-midnight) for face to face and telephone support if you are in a crisis.

NHS Direct 111 (free from mobile or landline)

Samaritans 116 123 (free from mobile or landline)

Samaritans can be called at any time of the day or night for anyone who is experiencing emotional distress themselves or those supporting people in distress. Calls costs the same as that of a local call or may be a free call, dependent on the arrangements you have with your own phone provider. If you can't afford the cost of a call, Samaritans accept reverse charge calls. You can also ask them to call you back.

SANE

(6pm – 11pm) 0845 767 8000

Papyrus

For young adults 0800 068 4141

Campaign against living miserably (CALM) for men 0800 58 58 58

StayAlive (App) - Free to download on Apple/Android

SHOUT Text Crisis Support

If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258. If at any time you wish to end the conversation, you can text STOP and you won't receive any further texts.

Community Mental Health Team 0845 207 7711

If you are involved with the Community Mental Health Team in your area please call CMHT.

Women's Aid

Domestic Abuse Support

<https://www.womensaid.org.uk/information-support>

National Domestic Abuse Helpline 0808 2000 247

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

Man Down Cornwall

Supporting male mental health in Cornwall <https://www.mandown-cornwall.co.uk>