

Mental Health support; Therapy, Recovery and activities

Outlook South West offers NHS mental health therapy for stress, low mood and worry. You must be registered with a doctor's surgery to use the service. You can register online <https://www.cornwallft.nhs.uk/outlook-south-west/> or by phone **01208 871905**

Recovery College Cornwall run free courses for people living in Cornwall who are experiencing a wide range of mental ill health. Courses include how to deal with stress positively, manage anxiety, challenge unhelpful thoughts, build your confidence, self esteem and your mojo, increase your emotional resilience, improve self care, finding motivation, managing depression, building your recovery tool kit. Find out more and enrol for courses online at: www.recoverycollejecornwall.org.uk

Cornwall MIND. Social Cafes, yoga, creative writing (currently via Zoom), face to face garden projects, walking, art and music groups. If you need support, information or advice please email, or message us via the website, Monday to Thursday info@cornwallmind.org

Pentreath Cornish charity providing support and guidance to people across the county experiencing and recovering from mental ill health. Offer 1;1 support and a range of projects to help people move forward in their lives and achieve their personal goals. **01726 562727**

Social Prescribing your GP surgery may be able to refer you to a social prescriber or link worker who will arrange a face to face appointment during which you can find out about a range of community resources that can improve and support your emotional well being . The purpose is to enable and facilitate you to design your own personalised social 'prescription' empowering you to find solutions that will help to improve your health and wellbeing.

There may be some of resources listed in this handout could be incorporated into your personal social prescription

Online resources for mental wellbeing

Living Life to the Full Free online CBT(cognitive behavioural therapy) course plus a wide range of other free resources www.lltff.com Register for a free 8 session CBT course lltff/home/living-life-to-the-full-series/lltff-adults/

MIND website has a wealth of online resources, information and training materials to support your mental health: www.mind.org.uk

SAM (Self-help anxiety management) An app that can help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour. Visit [https:// sam-app.org.uk](https://sam-app.org.uk)

Clear Fear is an app that helps you to learn to reduce their physical responses to threat as well as challenging thoughts and behaviours and releasing emotions. www.clearfear.co.uk

Woebot uses tools from CBT (Cognitive Behavioural Therapy) to think through situations to reduce stress and challenges. This includes depression, anxiety, relationship problems, procrastination, loneliness, grief, pain management and more. <https://woebot.10>

Some good self-help guides and workbooks based on CBT can be found on the following websites: <https://web.nhs.uk/selfhelp/> <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

YouTube Breathing and Relaxation; search for 'Progressive muscle Relaxation' or Guided meditations for relaxation and improved sleep

Mobile Phone Apps (Free and NHS accredited); Smiling Mind, Breathe, Stop Breathe Think, Headspace, Sleepio, CBTI coach, PTSD coach, Daylight cognitive therapy

If you need emotional support and someone to talk to

CALM (Campaign against living miserably) For men who need support **0800 58 58 58** 5pm to midnight

Man Down run peer support groups for men in 24 different locations across Cornwall. There is bound to be a group near you. Contact www.mandown-cornwall.co.uk

Switchboard LGBTQ community Helpline **0300 330 0630**

MindOut for the LGBTQ(Lesbian, gay, bisexual, trans, queer) communities **01273 234 839**.

Nightlink Cornwall (re-think mental illness) Freephone for emotional support for those experiencing emotional distress 6pm- 10 pm Mon, Tue, Weds, Thurs, Fri **0808800306**

NEST (nightlink emotional support text) Text support service **07717989021**

SANEline national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness every day of the year from 4.30pm to 10.30pm on **0300 304 7000**. Or leave a message on **07984 967 708** giving your first name and a contact number, You can also email at support@sane.org.uk,

The Survivors Trust a free, national helpline 7 days a week for people aged 16+. For all survivors of rape or sexual abuse and violence 08088010818.

Anxiety UK Helpline providing friendly support and guidance on how to deal with anxiety, discuss techniques for immediate short-term relief of anxiety symptoms through to helping you find the right path of action for more long-term support. **03444 775 774**

What to do with Suicidal thoughts

Papyrus Hopeline for people under 35 experiencing suicidal thoughts **0800 068 4141**

Shout 24/7 text service, if you are struggling to cope and need immediate help **Text 85258**

Samaritans **116 123**

Georgia's Voice Cornwall. Provide support and safe places across Cornwall for young women who are struggling with suicidal thoughts. Contact your local group via the website georgia'svoice.co.uk

Staying Safe website https://Staying_Safe.net If you are struggling with suicidal thoughts or are supporting someone else this website provides information on how to make a safety plan. It includes video tutorials and online templates to guide you through the process.

Stay Alive app, full of resources, info and tools to help stay safe in a crisis. Visit www.prevent-suicide.org.uk

You could also download the free **distrACT app**. This gives you easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. [distrACT app - NHS \(www.nhs.uk\)](http://distrACTapp-NHS.com)

Cornwall Mental Health crisis Line , 24 hour helpline **0800 038 5300**

If your life is in immediate danger call 111 or 999

Self- harm

Self-Harm Webchat for women and girls, Tuesday, Wednesday and Thursday from 7pm to 9.30 pm

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

Self-injury support Information and support for women and girls affected by self -harm call **0808 800 8088** or **0780 047 2908** for text support <https://www.selfinjurysupport.org.uk>

Self-Harm Uk support for young people who self-harm www.selfharm.co.uk

Calm Harm App uses dialectical behaviour therapy (DBT) based principles to resist or manage the urge to self harm

<https://calmharm.co.uk>

distrACT app - NHS (www.nhs.uk) The distrACT app has been created by practising UK health professionals together with people with lived experiences of self-harm and experts in self-harm and suicide prevention

Help with alcohol, drugs or substance misuse

Cornwall 'We are with you' provide support to adults, children, young adults and older people to make positive behavioural changes in regards to alcohol, drugs, or mental health and wellbeing. Telephone **0333 2000 325** (available 24 hours) <https://www.wearewithyou.org.uk/>

FRANK Talk to Frank for facts, support and advice on drugs and alcohol. Drugs A-Z; News; Help and advice. What is drug treatment like? Find a support centre; Contact; Call: 0300 1236600 <https://www.talktofrank.com>

Relationship stresses

Relate 0300 003 0396 or to find and contact your nearest local Relate visit www.relate.org.uk

First Light provides specialist support to victims - male and female, adult and child - of sexual violence and domestic abuse in Devon and Cornwall. 0345 812 1212 www.firstlight.org.uk

The Women's Centre Cornwall offers face-to-face support in Mid, East and North Cornwall but also provide an outreach providing face-to-face support to women and girls who have experienced any form of sexual or domestic violence or abuse. 01208 76466 www.thewomenscentrecornwall

WAVES Free confidential counselling and outreach for people who have experienced any form of domestic abuse or family violence 01872 225629

SUsie Project Cornwall offers support to men and women who have experienced domestic abuse and are no longer with their abuser. The project aims to help people in Cornwall regain their confidence, self-esteem and realise their ambitions for the future. tel:01209 699241

Safer Futures- Recovery Pathways. Advice, support, recovery and behaviour change programmes for people affected by domestic abuse and sexual violence. 0300 7774777 <https://saferfutures.org.uk/our-programmes/recovery-pathway/>

CLEAR. Cornwall based charity for people of all ages and all genders impacted by abuse, sexual abuse, rape and other forms of emotional trauma. Providing person-centred counselling, trauma focussed therapy and group activity. tel: 0187 2261147 <https://clearsupport.net/>

Bereavement

Cruse bereavement Care Supports people after the death of someone close, local individual and group support
0808 808 1677.

Cornwall Bereavement Network. A comprehensive directory of a wide range of bereavement support and services
cornwallbereavementnetwork.org.uk

Debt

Free Debt advice Step to change charity Helpline 0800 138 111

Breathing Space, debt respite scheme. The scheme freezes payment demands and legal action by creditors while you get free debt advice 0800 1381111

Citizens Advice Cornwall 03444 111 444

If you are concerned about your eating habits

BEAT UK website providing a wealth of resources for self-help, helplines, chatrooms, webchat 0808 801 0677
beateatingdisorders.org.uk

Rise Up App features a mood and food diary for those with eating disorders Website:
www.recoverywarriors.com/app

Cornwall Healthy Weight Support to eat healthily & exercise www.cornwallhealthyweight.org.uk

Resources for Young People

Young Minds. Is a charity that provides support and empowers young people around their mental health. [Text YM to 85258.](#) (24 hour support)

Young People Cornwall [01872 222447](#) Or [07422 5056](#). Run groups, mentoring 1;1 activities, emotional resilience, self harming coping skills.

Kooth free online counselling and wellbeing service for young people 11-25 years www.kooth.com

Carefree Cornwall Carefree works with young people aged 11-25, who are in and leaving care. [01029 204333](#)
www.carefreecornwall.org.uk.

The Mix support in Cornwall for the under 25's [0808 808 4994](#)

If you are under 19 years you can call **ChildLine** on [0800 11111](#)

Cove App which features a mood journal that allows young people to express their emotions through music www.cove-app.com

Re-Ignite a mental health and well being project for young people aged 14 to 24 living in Cornwall delivered through Pentreath. Providing 1:1 support for up to 8 months to identify goals with support towards and achieving them.

[01726 862727](#)