



Support for Mental Health And Wellbeing links



CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

Cornwall Mind

Cornwall Mind is based in Bodmin and provides support and advice for those experiencing mental health difficulties.

Cornwall Mind
2A Hamley Court
Dennison Road
Bodmin
PL31 2 LL



01208 892 855

www.cornwallmind.org

Download this image onto your phone for **when you might need help**

Samaritans: Emotional support to anyone in distress, struggling to cope, or at risk of suicide. **116 123**

Shout: Text service, free on all major networks, for anyone in crisis anytime, anywhere. **Text: 85258**

Cornwall's 24/7 NHS mental health support: Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help. **0800 038 5300**

If you, or someone else, is in immediate danger call **999**

www.cornwall.gov.uk/mentalhealth

24/7 NHS Mental health response line

For support and advice. Call free any time, day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone response line will listen to you and determine how best to help. t: 0800 038 5300 (free) 24 hours a day

Samaritans

Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. t: 116 123 24 hours a day e: jo@samaritans.org

NHS Cornwall and Isles of Scilly Talking Therapies

NHS talking therapies (previously Outlook South West) for people with anxiety and depression – call 01208 871905 for people aged 16+ years.

Suicide Liaison Service

A service delivered by Cornwall Partnership NHS Foundation Trust to provide support to adults over 18 years old who are bereaved by suicide - www.cornwallft.nhs.uk/suicide-liaison-service

Man Down

Supporting men's mental health in Cornwall - www.mandown-cornwall.co.uk

'We are with you'

For support with alcohol, drugs or mental health call 01872 263001 or visit <https://www.wearewithyou.org.uk/services/cornwall-truro/>.

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: 85258

Safer Futures

Call 0300 777 4777 or visit <https://saferfutures.org.uk/> if you or someone else is affected by domestic abuse, sexual violence and those demonstrating abusive behaviours.

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

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

ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

Helpline: 0800 1111

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

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111