

Apps and online support



Diary app that offers CBT questions to challenge your thoughts



Free CBT programmes online or via GP for access to the app



Mindfulness app, lots of menus to choose from for different situations



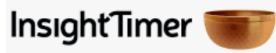
Online CBT



Suicide prevention app



App to help resist the urge to self harm



Free app, thousands of guided meditations and sound tracks



Wide range of information on mental health problems, support, medications



Sleep app, soundtracks, nature sounds, white noise

Other resources

Rethink Mental Illness – 0808 801 0525
Mon-Fri 9.30am-4pm

AA – Alcoholics Anonymous 0800 9177650
alcoholics-anonymous.org.uk
email help@aamail.org Available 24 hours

Victim support 0808 168 911
www.victimsupport.org.uk Available 24 hours

Cruse Bereavement www.cruse.org.uk
national support line 0808 808 1677

Silverline Helpline for people over 55
0800 470 80 90
Available 24/7 offering friendship & support

Beat Eating Disorders Those affected by eating disorders, or difficulty with food, weight and shape
www.beateatingdisorders.org.uk

OCD uk – A national OCD charity, run by, and for people with lived experience of OCD
ocduk.org
www.ocdforums.org – forums dedicated to OCD recovery. Helpline 01332 588 112

Devon carers: Those looking after an adult
www.devoncarers.org 01392 307720



Mental health support in Devon



St Thomas Medical Group

01392 676 676



It's ok, to not be ok.....

Approximately 1 in 4 people in the UK will experience a mental health problem each year.

This is extremely common, yet many people will suffer in silence.

This could be due to:

- Fear or embarrassment
- Worrying about bothering others
- Hoping the problem will go away on it's own
- **If you are feeling out of sorts, like something isn't right, or are worried or feeling low, please reach out to someone.**

Steps that can help maintain good mental health...

- Talk about your feelings
- Keep active
- Eat well
- Drink sensibly
- Try to go to bed and wake up at a similar time each day
- Keep in touch with people
- Ask for help
- Take a break in your day for self care



Urgent help in a crisis

Mental Health Crisis?
You no longer need to visit A&E
Our First Response Service provides 24/7 expert mental health support.
0808 196 8708

If you are feeling unsafe or very distressed

The Mooring
mhm
mentalhealthmatters

Local drop in support (not for medical emergencies)
Wonford House, Dryden Rd
10am–midnight Mon–Fri
12pm–midnight Sat & Sun

Call 116 123

SAMARITANS

Free to call or text
24hrs / 365 days year



SANE

Specialist emotional support for 16+ suffering with a mental health condition or in crisis.

Open 365 days a year between 4pm–10pm



CALM 0800 58 58 58

If feeling suicidal
5pm–midnight 365 days a year



UK Crisis and non crisis text service offering 24/7 support–text shout

Other support (non-crisis)



Free, confidential NHS talking therapy for 18+
0300 555 3344
(may be a waiting list)



Emotional support, advice or guidance
Helpline 0800 470 0317



03444 775 774

Guidance and support for a wide range of anxieties, phobias, OCD, panic attacks



Support for panic attacks, OCD, phobias

0300 772 9844

365 days a year 10am–10pm



01392 204 174 Mon, Weds, Fri, 6–9pm

Or National helpline
24/7 0808 500 2222



For women and children affected by Domestic Abuse
0808 2000 247