

Signposting and Safeguarding – June 2021

Health/Out of Hours/Crisis Support

Name	Contact	Website
NHS DIRECT	111	https://111.nhs.uk
SANE	07984 967 708 support@sane.org.uk	http://www.sane.org.uk
SHOUT <i>Anytime crisis</i>	Text SHOUT to 85258	https://giveusashout.org
NATIONAL SEXUAL HEALTH LINE	0300 123 7123	https://www.nhs.uk/oneyou/for-your-body/sexual-health/
SAMARITANS	116 123 (free) or 0330 094 5717	https://www.samaritans.org/branches/truro/
VALUED LIVES	0800 260 6759 WhatsApp if no credit	https://www.valuedlives.co.uk/
MENTAL HEALTH RESPONSE LINE	0800 038 5300	https://www.cornwallft.nhs.uk/i-need-help-now/
PREGNANCY CRISIS CARE	01752 246 788	https://www.pregnancycrisiscare.org.uk

Anxiety, depression and suicide prevention

Name	Contact	Website
MIND	0300 123 3393 Text 86463	https://www.mind.org.uk
OUTLOOK SOUTH WEST	0800 038 5300	https://www.cornwallft.nhs.uk/i-need-help-now
STUDENTSPACE	0808 189 5260 (3pm-12am)	https://studentspace.org.uk/support-services
CALM <i>Male suicide risk</i>	0800 58 58 58	https://www.thecalmzone.net
PAPYRUS <i>Youth suicide risk</i>	0800 068 4141 T: 07860 039 967 pat@papyrus-uk.org	https://www.papyrus-uk.org
MAN DOWN	https://www.facebook.com/ManDownCornwall/	https://www.mandown-cornwall.co.uk
NO PANIC <i>Anxiety</i>	0300 7729844	https://nopanic.org.uk
THE MIX <i>Under 25s</i>	0808 808 4994 Text THEMIX to 85258	https://www.themix.org.uk/mental-health
PEGASUS <i>Male mental health</i>	01209 205785 or 07817261494	https://pegasusmenswellbeing.co.uk

Relationships/ Sexual Assault/ Domestic Abuse

Name	Contact	Website
CORNWALL REFUGE TRUST	01872 225629 (24 hours)	https://www.cornwallrefugetrust.co.uk
FIRST LIGHT	0300 777 4777 saferfutures@firstlight.org.uk	https://www.firstlight.org.uk
WOMEN'S AID	https://chat.womensaid.org.uk	https://www.womensaid.org.uk
NORDA HOUSE (Male victims of domestic abuse)	01872 225 629	https://nordahouse.org
CLEAR	01872 261147	https://clearsupport.net/
TRUE BUTTERFLIES	07927465978	https://www.truebutterflies.org
FAMILY LIVES	0808 800 2222	https://www.familylives.org.uk
NAPAC	0808 801 0331	https://napac.org.uk
TRURO SARC	0300 3034626	https://sarchelp.co.uk/truro-sarc/
WOMEN'S CENTRE CORNWALL	01208 77099	http://www.womenscentre-cornwall.org.uk
SAFER FUTURES	0300 777 4 777	https://saferfutures.org.uk
SAFELINE	National Male Survivor Helpline: 0808 800 5005 Male survivor text: 07860 065187	https://www.safeline.org.uk
RELATE	03007729681	https://www.relate.org.uk
YOUNG MINDS	<i>Under 18s:</i> Text YM to 85258 <i>Parents:</i> 0808 802 5544	https://youngminds.org.uk
WAVES	07815 136743	https://www.wavescounselingproject.com

Eating Disorders/ Body Image

Name	Contact	Website
BEAT EATING DISORDERS	(adults) 0808 801 0677 (under 18s) 0808 801 0711	https://www.beateatingdisorders.org.uk

Safeguarding

Name	Contact	Website
CHILDLINE	0800 1111	https://www.childline.org.uk
SAFEGUARDING CHILDREN'S PARTNERSHIP	<i>MARU:</i> 0300 123 1116 <i>Out of hours:</i> 01208 251300	https://ciossafeguarding.org.uk/scp
SAFEGUARDING ADULTS	0300 1234 131	https://www.cornwall.gov.uk/health-and-social-care/adult-care-services/safeguarding-adults/

Bereavement

Name	Contact	Website
CRUSE	01726 73100 or cornwall@cruse.org.uk	https://www.cruse.org.uk
HOPE AGAIN <i>(young people)</i>	0808 808 1677	https://www.hopeagain.org.uk
PENHALIGON'S FRIENDS <i>(children)</i>	01209 210624 or 01209 215889	https://penhaligonsfriends.org.uk
SURVIVORS OF BEREAVEMENT BY SUICIDE	0300 111 5065	https://uksobs.org/?doing_wp_cron=1622073904.8631970882415771484375
OUTLOOK SW SUICIDE LIAISON SERVICE	(01208) 871905	https://www.cornwallft.nhs.uk/suicide-liaison-service/

Alcohol/Drug Misuse

Name	Contact	Website
WE ARE WITH YOU	01872 263001	https://www.wearewithyou.org.uk
YZUP	01872 300816	https://www.wearewithyou.org.uk/services/cornwall-for-young-people/
FRANK	0300 123 6600 Text 82111	https://www.talktofrank.com

LGBTQ+

Name	Contact	Website
INTERCOM TRUST	0800 612 3010	https://www.intercomtrust.org.uk
LGBT FOUNDATION	0345 3 30 30 30	https://lgbt.foundation/
SWITCHBOARD	0300 330 0630	https://switchboard.lgbt

Housing and homelessness

Name	Contact	Website
TRURO FOYER STREETWISE PROJECT <i>(Under 19s)</i>	01872 277422	https://www.homeless.org.uk/homeless-england/service/truro-foyer-streetwise-project

Older People

Name	Contact	Website
THE SILVER LINE	0800 470 8090 (24 hours)	http://www.thesilverline.org.uk
U3A	020 8466 6139	https://www.u3a.org.uk/fin_d

Mindfulness/Peer Groups/Resources

Name	Contact	Website
SHE SAID CORNWALL	<i>Women-only peer support</i>	https://www.facebook.com/shesaidcornwall/
THE BROTHERHOOD PROJECT	<i>Men-only peer support</i>	https://www.facebook.com/brotherhoodprojectuk/
U3A		
KOOTH <i>Youth mental health</i>	<i>Community and peer support</i>	https://www.kooth.com
QUELL <i>Adult mental health</i>	<i>Community and peer support</i>	https://www.qwell.io
RECOVERY COLLEGE CORNWALL	<i>Free mental health courses</i>	https://www.recoverycollegecornwall.org.uk/
STUDENTS AGAINST DEPRESSION	<i>Resources only</i>	https://www.studentsagainstdepression.org
GET SELF HELP	<i>Resources only</i>	https://www.getselfhelp.co.uk/gallery.htm

Apps

CALM HARM	<i>Anti self-harm app</i>
HEADSPACE	<i>Mindfulness app</i>
WOEBOT	<i>Mood tracking app</i>
CLEAR FEAR	<i>CBT app for panic</i>
MINDSHIFT	<i>Teen anxiety app</i>
MOODTOOLS	<i>Combat depression app</i>
PACIFICA	<i>Anxiety & depression app</i>
STAY ALIVE	<i>Suicide ideation help app</i>