

List of Resources

Type	Resource	Contact Details	Description of service
Advice centre	Citizens advice bureau	Tel: 08444 111 444 www.citizensadvice.org.uk	Branches throughout the county. Free advice on legal financial and other issues.
Alcohol support	Alcoholics Anonymous	Tel: 0845 769 7555 www.alcoholics-anonymous.org.uk	Advice, information and support for people with alcohol dependency.
Alcohol support	Drinkline	0800 917 8282	Helpline for people who are concerned about their own or others' drinking.
Alcohol support	NACOA - National Association for Children of Alcoholics	0800 358 3456 www.nacoa.org.uk	Providing information advice and support for anyone affected by their parent's drinking
Alzheimer's support	Alzheimer's society	Tel: 01872 277963 alzheimers.org.uk	Information, support and advice.
Armed forces support	Combat Stress	24hr helpline: 0800 138 1619 General Enquiries: 01372 587000 contactus@combatstress.org.uk www.combatstress.org.uk	Works with Veterans of the British Armed Forces and members of the Reserve Forces through effective treatment and support for Mental Health problems
Armed forces support	SSAFA	Tel: 0845 1300 975 www.ssafa.org.uk	Support, and advice for servicemen, ex-service men and their families.
Autism support	Autism Helpline	Tel: 08088004104 Monday-Friday (10am-4pm) www.autism.org.uk	Impartial, confidential information, advice and support to people on the autism spectrum, their families.
Autism support	Spectrum	01326 371000 mail@spectrumasd.org	Provides residential care for both adults and children, education and domiciliary care services for people with Autistic Spectrum Disorders, similar conditions and challenging behaviours.
Bereavement Support	CRUSE Bereavement Care (Cornwall)	Tel: 0808 8081677 Free helpline (young people) Tel: 01726 76100 www.crusecornwall.org.uk	Bereavement support for people of all ages.
Bereavement Support	Jeremiah's Journey	Plymouth - 01752 424348	A Plymouth based charity that offers support and information to children and their families when someone special has died
Bereavement support	Miscarriage association	Tel: 01924 200799 www.miscarriageassociation.org.uk	support and information on the subject of pregnancy loss.
Bereavement Support	Penhaligons friends	Tel: 01209 210624 www.penhaligonsfriends.org.uk	Cornish charity supporting bereaved children, young people, parents and carers throughout the county
Bereavement Support	SCARD support & care after road death and injury	0845 123 5542 www.scard.org.uk	Information and phone support line for those affected by RTA's.
Bereavement Support	Splash Project	www.thesplashproject.org	Offers help and support to those who have experienced the loss of a baby through death, or in other ways. Also offer help to Healthcare Professionals
Bereavement Support	Stillbirth and neonatal death charity (SANDS)	Tel: 02074365881 www.uk-sands.org	Sands is an organisation which can offer you support when your baby dies during pregnancy or after birth.
Bereavement Support	Suicide Liaison Service	01208 871905 www.outlooksw.co.uk/suicide-liaison-service	The service is for anyone who has been affected by suicide. It is open to all without discrimination with regard to age, gender, race, disability, sexual orientation and beliefs
Bereavement Support	Survivors of Bereavement by Suicide (SOBS)	0844 561 6855 www.uk-sobs.org.uk	Offers a telephone helpline, support, information and groups for people bereaved by suicide.
Blind support	Cornwall Blind association	Tel: 01872 261110 info@cornwallblind.org.uk	Advice, support and advocacy for the blind or visually impaired.

Cancer support	Macmillan Cancer relief	Tel: 0808 808 00 00 www.macmillan.org.uk	Macmillan Cancer Support improves the lives of people affected by cancer. We provide practical, medical and financial support and push for better cancer care.
Cancer support.	Marie Curie Cancer care	Tel: 01872 260500 (Truro) www.mariecurie.org.uk	Nursing support for cancer patients.
Carers and general young persons support	ABC Anti-Bullying in Cornwall	www.abccornwall.org.uk	A guide for parents and carers supporting children and young people
Carers and general young persons support	Young People Cornwall	01872 222447 www.youngpeoplecornwall.org	Young People Cornwall engages, inspires and supports young people across the county, with youth work that makes a difference
Carers support	Cornwall Young carers Project	Tel: 01872 243534 www.cornwallrcc.co.uk/young_carers.html	Support for children who have a caring role.
Change Programme	Evolution	Tel: 07584 350 055	A prevention and change programme for male and female perpetrators in Cornwall
Child and adolescent victim support	Childline	0800 1111	A private and confidential service for children and young people up to the age of 19.
Child and adolescent victim support	Children Linked to and Experiencing Abusive Relationships (CLEAR)	Tel: 07542532001 or 01872540366	Provides support and therapeutic service to children aged 3-18 who have directly or indirectly experienced abusive relationships
Child and adolescent victim support	Hear Our Voice	Telephone: 01872 222447 http://www.eefo.net/index.cfm/cornwall/Services.Details/service_id/86/	Hear Our Voice offers young people in Cornwall the opportunity to explore issues related to their mental health through informal youth work.
Child and adolescent victim support	Kidscape	08451 205204 www.kidscape.org	Provides individuals and organisations with practical skills and resources necessary to keep children safe from harm.
Child and adolescent victim support	NSPCC	Tel: Help and advice (0808 800 5000)	Provides help, advice and support to stopping cruelty to children.
Child and adolescent victim support	Stop It Now	www.stopitnow.org	Provide support, information and resources to keep children safe. Provides direct help to individuals with questions or concerns about sexual abuse.
Chinese Mental Health	Chinese mental health association	Tel: 0845 122 8660 www.cmha.org.uk	Support to Chinese mental health sufferers
Community support - sports	Cornwall Council - Leisure centres	Tel: 0300 1234 100 www.cornwall.gov.uk/default.aspx?page=3951	Information for all council run leisure centres for swimming, exercise, gymnasias, and sports clubs.
Consumer rights.	Citizen's advice consumer helpline	Tel: 08454 04 05 06 www.consumerdirect.gov.uk	Consumer rights advice.
Counselling and advice for Young people	Cornwall Share	Tel: 0800 181033 (Freephone) http://www.share.youthcornwall.org.uk/	Information, advice, counselling and mentoring for young people.
Counselling and advice for Young people	Kooth	Kooth.com	Free, anonymous and safe online counselling service for 11-25 yr olds
Counselling Service	Crossline - Plymouth	24hr listening line: 01752 666777 Counselling by appointment: 01752 664243	Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.
Deaf support	Cornwall Deaf association	Tel: 1872 225868 cornwall@deaf.freereserve.co.uk	Information regarding deaf and hard of hearing issues.
Debt management	National Debtline	0808 808 4000 www.nationaldebtline.co.uk	Telephone helpline for people with debt problems
Debt management	Step Change (previously CCCS)	0800 138 1111 www.stepchange.org	Free debt advice and management

Dementia Support	Memory matters south west CIC	Tel: 01208 871683 www.memorymatterssw.co.uk	Provides therapy, support and education for those living with dementia.
Disability support	Aspire	Tel: 020 8954 5759 http://www.aspire.org.uk/home.aspx	Provides practical support to individuals living with spinal cord injury.
Disability support	Disability Cornwall	01736 756655	A user led, disabled people's organisation providing a range of services to empower, assist and facilitate independent living.
Disability support	Enable in Cornwall Ltd	01208 77711 enableincornwall@aol.com	One to One support to people with disabilities, enabling them to increase their independence. Information, advice and guidance, personal advisor service, signposting to sustainable networks, leisure activities and increasing social inclusion.
Disability support	Keeping Safe Devon & Cornwall	01803 520386 www.keeping-safe.org	Team of people representing lots of organisations in Devon to try and reduce bullying and abuse of people with learning disabilities in our community
Domestic violence support	Broken rainbow UK	Tel: 0300 9995428 (helpline) 08452605560 (office) www.broken-rainbow.org.uk	Support for lesbian, Gay, bisexual and transgender (LGBT) people experiencing domestic violence.
Domestic Abuse or Family Violence	Waves	Tel: 07815 136 743	Free confidential counselling and outreach service for people who have experienced any form of domestic abuse or family violence
Domestic violence support	Cornwall Women's Refuge trust	Tel: 01872 225629 (helpline)	Information and support at home, and enquiries about safe accommodation and support groups.
Domestic violence support	DAISY Project (WAVES)	Tel: 01209 202705	Provides support to females who may be experiencing domestic abuse.
Domestic violence support	Esteem	Tel: 01209 202688 (01872 225629)	Empowering men affected by domestic abuse
Domestic violence support	Mankind Initiative	Tel: 01823 334244 www.mankind.org.uk	Support for male victims of domestic abuse and domestic violence.
Domestic violence support	Refuge	0808 2000 247	Provides accommodation, support and information to women who are in abusive relationships.
Domestic violence support	SUSIE Project: Survivors Supported into Empowerment, Education and Employment	Tel: 01209 202695	Helps victims of Domestic Violence through training and confidence-building to encourage women to make a fresh start in their lives.
Domestic violence support	West Cornwall Women's Aid	Tel: 01736332711 Helpline:01736367539 http://www.wcwaaid.co.uk/	Provides accommodation, support and information to women who are in abusive relationships.
Domestic violence support	Women's Domestic Violence Support Network	Tel: 01208 79992 (Mon 7.30am-10pm, Thu 10am-1pm)	Helpline and outreach service to women who have experienced domestic violence.
Domestic violence support	CLEAR	www.clearsupport.net	CLEAR is a charity providing a range of therapeutic services for children and young people who have experienced or been linked to abusive relationships.
Domestic violence support	DIVA	Helpline: 01736 759687 Office: 01736 759684	Serve women in West Cornwall and Isles of Scilly experiencing domestic violence or abuse
Domestic violence support	Dreadnought	Tel: 01209 218764 www.thedreadnought.co.uk	Provides support to children and young people aged 8 to 19 who have been the victim of domestic violence.
Domestic violence support	SEEDS Cornwall	07910 995376 www.seeds-uk.org	Helping to improve services for abused women and children in Cornwall
Drug / medication support	Breakaway	Tel: 07788 572 908 (Truro)	Support for people addicted to Benzodiazepines.

Drug and alcohol advice and intervention	Addaction	Tel: 020 7251 5860 www.addaction.org.uk Local branches available	Information, counselling, rehabilitation and other specialist services for people of all ages with drug or alcohol dependency, their families and carers.
Drugs & general support	Zeb's Youths Project	Tel: 01872 225941 (office)	Information and support to young people about alcohol, drugs and other health/youth issues. Café; activity and group work facilities.
Drugs information	FRANK	Tel: 0800 776600 www.talktofrank.com	Call 24 hours a day, 365 days a year, FRANK is around to give you FREE info on drugs.
Drugs support	ADFAM	Tel: 020 7553 7640 www.adfam.org.uk	Advice and information to support the families of people addicted to drugs or alcohol.
Drugs support	Freshfield service	Tel: 0500 241952 www.freshfieldservice.co.uk	Charity who provides drug support through telephone helpline, counselling or needle exchange services which are confidential and free of charge.
Drugs support	Narcotics anonymous	Tel: 0300 999 1212 www.ukna.org	Helpline and access to support groups for those with Drug addictions.
Drugs support	YZUP (Wise up)	Tel: 0800 1693 787 young people Tel: 01872 263895 professionals	Yzup offers support, information and advice to young people under the age of 18 about drugs and alcohol.
Eating disorder support	Cornwall Eating Disorder Service	To make a referral: 0845 207 7711 or email: spoa@cft.cornwall.nhs.uk	The Cornwall Eating Disorder Service offers a community based treatment for people with a clinical diagnosis of an eating disorder
Eating disorder support	National Eating Disorders Association (NEDA)	www.nationaleatingdisorders.org	Support, advice and research regarding people effected by eating disorders.
Emergency Support	112	112	The common emergency telephone number that can be dialled free of charge from any telephone in numerous European countries
Emergency Support	Police	Non emergencies: 08452 777444 Emergencies: 999	Police response in emergency or To report a crime For information and advice To contact a member of your local neighbourhood policing team
Employability support	Cornwall Works	01872 355015	Cornwall Works makes a difference by helping more people to start work, stay in work and progress in work.
Employability support	Pentreath Ltd	Tel: 01726 862727 www.pentreath.co.uk	Offers training, work experience and employment opportunities fro those recovering from mental illness.
Family Support	Cornwall One Parent Support	01726 65417 0788 7656335 www.cornwall.oneparentsupport.org.uk	A charity who are committed to improving the life of one parent families by relieving isolation and increasing leisure activities
Food management	Food Banks	http://www.cornwallworks.org.uk/cornwall-works/foodbanks-in-cornwall.html	There are a number of foodbanks across Cornwall which can supply individuals and families in financial crisis
Food management	Overeaters anonymous	www.oagb.org.uk	Support meetings and advice for those who over eat.
Gambling support	GAMCARE	0808 8020 133 www.gamcare.org.uk	GamCare provides support, information and advice to anyone suffering through a gambling problem.
Gender support	Mermaids	Tel: (0208) 1234819 www.mermaidsuk.org.uk	Mermaids is a support group for gender variant children and teenagers, and their families.
Health support	Health Promotion Service	Tel: 01209 313 419 www.healthpromcornwall.org	Access to advice and training on a wide variety of health issues.

Homeless support	Breadline	Tel: 01736 366767	Day centre now managed by the St Petroc's Society. Services include showers, laundry, GP surgery, housing advice and community café.
Homeless support	Coastline Care	01209 713457 www.coastlinehousing.co.uk	Service for homeless and vulnerably housed adults or anyone who is concerned about their housing and financial situations.
Homeless support	Cornwall health for Homeless	01872 242 294 24hrs	Provides health care for single homeless people who may otherwise not prioritise their health or register with a GP.
Homeless support	St Petrocs Society	Tel: 01872 264153 www.stpetrocs.org.uk	Provides accommodation, advice, training opportunities and resettlement for single homeless people who may have secondary social, mental health or offending difficulties.
Homeless support	The Salvation Army	01392 822100 southwestern@salvationarmy.org.uk	Worldwide Christian church and registered charity extending a helping hand to those who are homeless, friendless and in need.
Housing Support	YMCA	01736 334850 www.ymcacornwall.org.uk	Helping to house disadvantaged young people throughout the county. A free, confidential and independent advice service.
Housing support	Shelter	Tel: 08445 152300 (e-mail) Cornwall@shelter.org.uk	Housing information, advice and advocacy.
Housing support (Drugs & Alcohol)	Bosence Farm Community	Tel: 01736 850006 www.bosencefarm.co.uk	Temporary supported housing for people recovering from drug / alcohol dependence.
ME support.	ME Association	Tel: 0844 5765326 www.meassociation.org.uk	Information, support and practical advice for people who are affected by ME/CFS /PVFS (Myalgic Encephalopathy/Chronic Fatigue Syndrome/Post Viral Fatigue Syndrome), their families and carers.
Male Domestic Violence	Male DV Advice Line	Tel: 0808 801 0327 Email: info@mensadvice.org.uk	Male Domestic Violence Advice Line
Mankind Initiative	Mankind Initiative	Tel: 01823 334244 Mon-Fri, 10-4 and 7-9pm www.mankind.org.uk	Male Advice Line
Men experiencing Domestic Violence	Norda House Project	Tel: 01872321546/321575 Email: nordahouse@gmail.com	Support for Men experiencing Domestic Violence
Mental Health Advocacy	SEAP	www.seap.org.uk	Advocacy for people with mental health difficulties on issues such as service provision.
Mental Health intervention	Early Intervention in Psychosis Team (West Cornwall)	West Cornwall Team: Redruth Tel: 01209 881660	Provides advice and support to those aged 14 - 35 experiencing a first episode of psychosis
Mental Health Intervention	Early Intervention in Psychosis Team (East Cornwall)	East Cornwall Team - Bodmin Tel: 01208 834276	Provides advice and support to those aged 14 - 35 experiencing a first episode of psychosis
Mental Health Services - Adult	Community Mental Health Team (CMHT)	Referral to the teams can be made by: Tel: 0845 207 7711 Email: spoa@cft.cornwall.nhs.uk Referral line open from 8.30am until 6.30pm every day	CMHT services are for adults, aged 18-75, suffering from a severe and enduring mental illness. CMHTs are available Mon-Fri from 8.45am - 5.15pm
Mental Health Services - Adult	Out of Hours - Mental Health Team	East Cornwall: 0845 230 3901 West Cornwall: 0845 230 3902	Mental Health support in an emergency out of office hours
Mental Health Services - Children	Child & Adolescent Mental Health Service (CAMHS)	Contact the Children's Care Management Centre on: 01872 221400 childrens.services@cornwall.nhs.uk	Support children & young people up to the age of 18. helps children and young people deal with emotional, behavioural or mental health issues
Mental Health Support	Caradon Befrienders Scheme	01579 348382 www.caradonbefriending.org.uk	Volunteers visit clients who are lonely, depressed, anxious or have mental health problems, on a one to one basis
Mental Health Support	Cornwall Mental Health Project	Tel: 01872 243532 www.cornwallrcc.co.uk/contact.html	Signposting, information, service user involvement.

Mental Health Support	Hearing Voices Network (Cornwall)	Tel: 07807813996 www.hearing-voices.org	Offers self help groups for people who hear voices.
Mental Health Support	Mind	Tel: 0845 7660163 (info line) www.mind.org.uk	It provides services to adults with and recovering from mental ill health.
Mental Health Support	Mindfulness Cornwall	07582 892 434 www.mindfulnesscornwall.co.uk	Practices which strengthen and deepen the human capacity to live more meaningful, balanced and peaceful lives.
Mental Health Support	N.E.S.T.	Text: 07717 989021	Similar emotional support to Nightlink, but by text.
Mental Health Support	Nightlink	Tel: 0808 800 0306 http://www.re-gain.org.uk/index.html	Telephone service for over 18s providing support to those experiencing emotional distress
Mental Health Support	Pentreath Ltd	Tel: 01726 862727 www.pentreath.co.uk	Offers training, work experience and employment opportunities fro those recovering from mental illness.
Mental Health support	Re-Gain	Tel: 0845 1228668 Hotline: 0808 8000306	Emotional support text and helpline. P re-crisis accommodation (Oakleigh House).
Mental Health Support	Rethink	0300 5000 927 www.rethink.org	Provide expert, accredited advice and information to everyone affected by mental health problems.
Mental Health Support	Rural Community Link Project	Tel: 01726 821858 www.rclproject.com	Offers community based projects to reduce social isolation of those with metal health issues.
Mental Health Support	Samaritans	08457 909090	Provides emotional support to anyone in distress
Mental Health Support	Sanctuary Project - Oakleigh House	01579 346663	Respite for adults with mental health problems, referrals are made by CMHTs
Mental Health Support	Sea Sanctuary	Tel: 01326 378919 www.sea-sanctuary.co.uk	We provide comprehensive mental health care on board a 43ft classic yacht, catering for young people and adults alike.
Mental Health Support	The Blurt Foundation	www.bluritout.org	Supports, helps and inspires those affected by depression. Offering free online resources which provide easy to understand information on depression. Provides a bank of online mentors who are matched to individuals in need of extra support
Mental Health Support	U Can Cope	http://ucancope.org	A blog providing latest news, updates etc. on the U Can Cope campaign for World Suicide Day 2012: U Can Cope is a film detailing surviving suicide thoughts
Mental Health Support	West Cornwall Mind	01209 714550 contactus@westcornwallmind.com www.westcornwallmind.com	Supports people living in Cornwall who are affected by poor mental health. Provides a range of individual and group activities, promoting social inclusion and challenging stigma and discrimination.
Miscellaneous	Arts for Health Cornwall & Isles of Scilly	01326 377772	A range of arts and health interventions, designed to respond to specific needs.
Miscellaneous	CASS - Community Advice and Support Service	01208 269843	A sign-posting service that operates at Bodmin and Truro Magistrates Courts. Working with offenders and their families providing a diversion service that links clients to the appropriate external support agencies.
Miscellaneous	DISC (Drop in & Share Centre)	01209 613020 www.cambornechurch.org.uk	DISC is a unique facility in Camborne which provides a safe space, warm welcome and valuable support to marginalised and socially excluded people.
Older person support	Age UK Cornwall	Tel: 01872 266388 www.ageconcerncornwall.org.uk	Transport, Advocacy, befriending and homecare for older people.

Older person support	The Silver Line	24hr helpline: 0800 470 8090 www.thesilverline.org.uk	Free confidential helpline providing information, friendship and advice to older people. Open 24hrs a day, every day of the year.
Parental support	Cry-Sis	0845 122 8669 www.cry-sis.org.uk	Offers support for families with excessively crying, sleepless and demanding babies.
Parental support	Family Information service directory (Cornwall Council)	Telephone: 0800 587 8191 Telephone: 01872 323 535 cornwall.childrean.servicedirectory.org.uk	Cornish Information gateway for Children's centres, child care and other community resources for parents.
Parental support	Gingerbread	0808 802 0925 www.gingerbread.org.uk	Provide expert advice, practical support and campaign for single parents
Parental support	Mothers apart from their children, (MATCH)	www.matchmothers.org	Support and advise for parents estranged from their children.
Pastoral & Spiritual Support	Chaplaincy Hospital Service	01872 252883 hospital.chaplains@cornwall.nhs.uk	support for patients in Royal Cornwall Hospital
Pastoral & Spiritual Support	Cornwall Faith Forum	01872 247213	Promote understanding and dialogue between faith communities, challenge intolerance, support strategic working, provide a network for district faith representatives.
Pastoral & Spiritual Support	Crossline - Plymouth	24hr listening line: 01752 666777 Counselling by appointment: 01752 664243	Registered charity operating under the umbrella of Plymouth City Mission. A high quality counselling service covering a very wide range of issues.
Pastoral & Spiritual Support	Street Pastors	01209 613020 07814 033183 www.streetpastors.co.uk	Offer genuine, non-judgmental pastoral support to those who request help.
PND support (National)	Association for post-natal illness	Tel: 020 7386 0868 www.apni.org	Advice and counselling for those suffering from post natal depression.
Post abuse support	National Association for people abused in childhood, (NAPAC)	Tel: 0800 085 3330 www.napac.org.uk	NAPAC provides a national freephone, postal and email information service for adults who were abused as children in any way.
Post abuse support	SALT - Sexual abuse listening therapy	Tel: 01752 600599 www.saltsouthwest.co.uk	Information, support and listening service for those who have suffered sexual abuse.
Pregnancy and mental health support	Perinatal Mental Health Team	Self referral can be made by calling 0845 207 7711 or email SPoA@cornwall.nhs.uk	Mental Wellbeing around the time of having a baby. For women of all ages whether they have a pre-existing mental illness, those at risk or women who encounter problems for the first time during or after pregnancy
Pregnancy support	Care confidential	Helpline: 0800 028 2228 www.careconfidential.com	Free confidential counselling, support, help and advice if you are facing an unplanned pregnancy or have post-abortion concerns.
Pregnancy support	Twins and multiple births association (TAMBA)	Tel: 0800 1380509 www.tamba.org.uk	Information, advice, and phonenumber support for parents of TAMB.
Psychological therapy	Be Me	Tel: 01579 373700 Email: Be.Me@Cornwall.nhs.uk	BeMe is a service for people with emotional or psychological difficulties who want a Talking treatment. Part of the NHS in Cornwall, we offer free and confidential courses and therapy throughout the county.
Psychological therapy	Outlook south west	Referral via GP or self refer: Tel- 01208 871414 www.outlooksw.co.uk	Outlook South West provides psychological therapies for OCD, Depression, PTSD. The service is provided to all GP surgeries across Cornwall & the Isles of Scilly.
Public services information	Direct Gov	www.direct.gov.uk	Public service advice page. Includes benefits information.
Relationship counselling.	Relate: Cornwall Ltd	Tel: 01726 74128 www.relatecornwall.org	Relationship therapy and counselling. Also provides service for loss and bereavement.
Risk Evaluation and Co-ordination Hub	Reach	Tel: 0300 774777 Mon-Fri 9-5pm	Providing support to medium and high risk male victims of domestic abuse.

RTA support	Roadpeace	Tel: 0845 4500355 www.roadpeace.org	Support, advice and advocacy for road crash victims.
Sexual advice	Sexual Advice Association	Tel: 0870 774 3571 www.sda.uk.net	information and support via a telephone Helpline for sufferers of sexual dysfunction, their partners and Healthcare professionals.
Sexual advice	Brook Cornwall	Tel: 01209 710088 www.brook.org.uk	Free and confidential advice regarding sexual health and contraception.
Sexuality support	LGBT Help line	tell: 0800 6123010 www.intercomtrust.org.uk	Lesbian, gay, bisexual and transgender helpline and advocacy service.
Sexuality support	Pink Umbrella	Tel: 01872 243532	Mental health support group, meets 3rd Friday in a month in Truro
Sexuality support	Young and Yourself (LGBTQ youth Cornwall)	Tel: 07796837515 www.lgbtqyouthcornwall.co.uk	Lesbian gay, bisexual trans & questioning youth group for Cornwall
Social care	Adult Social care	Tel: 0300 1234 131 www.cornwall.gov.uk/safeguardingadults www.cornwall.gov.uk/contactadultcareandsupport	For adults who may require community care resources or safeguarding
Social Care	Children's, Schools and Families	Tel: 0300 1234 101	Generic number for safeguarding, family support and children in care services.
Sports information	Cornwall Sports Partnership	Tel: 01872 323344 www.cornwallsportspartnership.co.uk	Local sporting information for Cornwall.
Sports information	Get Active Cornwall	www.getactivecornwall.co.uk	Website that provides information on local sporting clubs.
Suicide	Suicide Liaison Service	01208 871414 www.outlooksw.co.uk/suicide-liaison-service	The service is for anyone who has been affected by suicide. It is open to all without discrimination with regard to age, gender, race, disability, sexual orientation and beliefs
Suicide	Survivors of Bereavement by Suicide (SOBS)	0844 561 6855 www.uk-sobs.org.uk	Offers a telephone helpline, support, information and groups for people bereaved by suicide.
Suicide	ASIST (Applied Suicide Intervention Skills Training)	www.suicidesafercornwall.org	Cornwall's website dedicated to delivering training on Suicide 1st Aid
Suicide	CALM (Campaign Against Living Miserably)	0800 58 58 58 www.thecalmzone.net	Registered charity existing to prevent male suicide in UK
Suicide	Samaritans	01872 277277 jo@samaritans.org www.samaritans.org	Confidential helpline here you can talk any time you like, in your own way about whatever's getting to you.
Suicide	PAPYRUS - Prevention of Young Suicide	0800 068 4141 07786 209697 (text)	National charity dedicated to the prevention of young suicide in the UK.
Support	Farm Crisis Network	Tel: 0845 367 9990 www.farmcrisisnetwork.org.uk	Farm crisis network provides pastoral and practical support to farming people during periods of anxiety, stress and problems relating to both the farm household and the farm business.
Support	Fisherman's Mission	01489 566910 www.fishermensmission.org.uk	A charity that provides emergency support alongside practical and emotional care, helping all fishermen, active or retired, and their families.
Supported accommodation	Cosgarne Hall Supported accommodation	Tel: (01726) 74186 www.cosgarne.com	Supported accommodation in the St Austell Area. Support staff can assist with a range of social and emotional difficulties.
Supported accommodation	PAS Ltd	Tel: 01209 314962 www.pasLtd.uk.com/pas/housing.html	PAS Ltd provide supported accommodation to clients with both mental health and drug and alcohol issues.
Supported accommodation	St Petros Society	Tel: 01872 264153 www.stpetros.org.uk	Supported accommodation for single homeless people who may have secondary social, mental health or offending difficulties.

Supported accommodation	Stonham Housing support	Tel: 01726 871910 www.homegroup.org.uk	Range of accommodation, supported housing and floating support.
Various services	Salvation Army	Various branches - Truro = Tel: 01872 225 734 www1.salvationarmy.org.uk	Various social services including family tracing service.
Victim support	Cornwall Survivors Group	Tel: 07800 940558 (Truro)	Support group for adult males who have been the victim of rape.
Victim support	Cornwall Rape and Sexual abuse centre	Tel: 01872 262 100 www.visioncornwall.com	Support, advice and counselling for those who have been the victims of rape and abuse.
Victim support	Cornwall Women's Rape & Sexual Abuse Centre	Tel: 01208 77099 (Bodmin)	Support and help for women and teenagers girls who are victims of rape and sexual abuse.
Victim support	Twelves Company	08458 121212	Charity and lead agency for the Plymouth Sexual Assault Referral Centre providing support to men, women, children & young people who have been affected by rape and serious sexual assault.
Victim support	Victim Support	0845 056 7999 www.victimsupport.org.uk	free and confidential help to victims of crime, witnesses, their family and friends
Young people	The Haven - Health, Wellbeing & Support	Bude Community School 01288 350864	Offers a mixture of health and wellbeing support which includes drop-in sessions, individual consultations, group work and seminars.
Young people	The Zone	01752 206626	Offers a wide range of information, advice and support services for 13-25 yr olds in Plymouth and the surrounding area.
Young people	Turnaround Project	01637 875684 www.nccturnaround.com	Offers support for vulnerable men aged 16-25 from disadvantaged backgrounds. These young men may be homeless, care leavers or in housing need.
Young people	Tic Tac	0791 355 8843	Teenage health information and advice drop-in centre. Open to all students of Liskeard School and Community College Mon-Thurs 11-2

In addition to these resources don't forget:

Your local GP	Support groups
Counsellors	Online resources e.g. chatrooms
Self-help books	Social groups/clubs/societies
Family/friends	Hobbies
Work colleagues	NHS Direct - 0845 4647 www.nhsdirect.nhs.uk
Youth groups	999 - Emergency Services
Resource Centres	Libraries