

WHERE TO GET SUPPORT FOR YOUR MENTAL HEALTH

every mind
matters

It can sometimes be hard knowing who and where to go for help if you're struggling with your mental health.

Support is available for you, even if services seem busy at the moment because of coronavirus.

You are important and you will not be wasting anyone's time. **Here are some options to help you find the right kind of support:**

Your **local GP** can advise you about helpful treatments and help you access mental health services and support.

Visit [Healthwatch](#) to find out more about local mental health services for issues such as anxiety, stress, depression and bereavement, as well as details of helplines, phone apps, online support and lots of self-care resources and tools.

Parents and carers can visit [Action for Children](#) to find advice and resources on coronavirus and speak to a parenting coach in a 1-to-1 live chat.

Torbay and South Devon COVID-19 Emotional Wellbeing Helpline

A supportive listening and signposting service for relatives affected by COVID-19 and health or care colleagues seeking support in response to the ongoing COVID-19 pandemic. Hosted by Rowcroft Hospice, this helpline is not a crisis response line. Callers are asked to leave their contact details and will receive a call back within 2-3 working days. **Call:** 01803 217433. (Open Mon-Fri 9-5)

[Talkworks](#) is a free NHS talking therapy service for people over 18 for people who are struggling to cope, feeling low, anxious or overwhelmed by their thoughts and feelings. Access Talkworks by **calling** 0300 555 3344 or via an [online](#) self-referral form.

Kooth provides online counselling and emotional well-being support for children and young people.
Visit: www.kooth.com

Checkpoint offers free and confidential information, advice and support services for children and young people aged 8-17yrs. **Call:** 01803 200100
Visit: www.childrenssociety.org.uk/checkpoint

Visit www.everymindmatters.co.uk to get a free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Torbay Community Coronavirus Helpline

Practical help during the COVID-19 Pandemic, including shopping, collecting medication and befriending.
Call: 01803 446022
(8am-8pm, 7 days a week)

The **Campaign Against Living Miserably (CALM)** offers a free helpline or webchat for anyone needing to talk about life's problems. Call on 0800 58 58 58 (5pm-midnight every day) or visit www.thecalmzone.net/ to use their webchat service

The Silver Line provides 24/7 information, friendship and advice to older people. **Call:** 0800 470 8090 **Visit:** wwwthesilverline.org.uk, for online support and lots of self-care resources and tools.