



Devon & Cornwall Service Directory – East Devon – July 2026

Categorised by area and by type of service. Some services cross over and so these may have been placed under multiple categories/areas. This list is not exhaustive. Please contact devonandcornwalldirectory@hotmail.com or visit www.devoncornwalldirectory.com regarding any queries/enquiries.

APPENDIX (by type of service)

Activities & Community; Advocacy; Alcohol Misuse; Anxiety; Asylum Seekers & Refugees; Autism & ADHD; Benefits; Bereavement & Loss; Bipolar Disorder; Brain Injury; Carers; Children & Young People (0-16); Counselling Services; Criminal Justice; Crisis Support; Debt & Money Management; Dementia; Depression; Domestic & Sexual Abuse; Eating Disorders; Elderly Adult Support; Employment, Education & Training; Families; Food Support (e.g. Foodbanks); Gambling; Health & Wellbeing; Housing & Homelessness; Learning Disabilities & SEN; Legal Aid; LGBTQ+; Marriage & Relationships; Mental Health; Men's Services; Parents & Pregnancy; Personality Disorders; Physical Disabilities; Psychosis; PTSD; Self-Harm & Suicide; Sexual Health; Substance Misuse; Trauma; Women's Services; Young Adult Support (16+).

****Please use the search function to find specific services/specific support.**



EAST DEVON

Activities & Community

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes, including Movement with Communities, and Movement for Health and Wellbeing (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Age UK Devon: Provides information and signposting on local community activities, events, groups, and support → Visit <https://www.ageuk.org.uk/devon/activities-and-events/east-devon/>

Devon Carers: As part of its services, Devon Carers runs an initiative 'Carer Friendly Devon Community', which aims to work with organisations and businesses to raise awareness of unpaid carers and their contribution to the community. Offers training and events, plus much more → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk> (click 'Community' tab).

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon (including Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, support groups, and events to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Knit and Natter: A local community group, whereby all levels of knitter are welcome to join. You can bring your own project or gain inspiration from one of their patterns. Every Thursday 1.30-3.30pm, at Number One, 1 Harepath Road, Seaton, EX12 2RP. Free to attend (donations welcome), and no booking required → Call 0333 241 2340 or visit info@ageukdevon.org.uk

Magic Carpet: Brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups. They make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton → Call 01392 205 800, email magiccarpet@eci.org.uk or visit <https://www.eci.org.uk/projects/magic-carpet>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Open Arms East Devon: A local charity that provides a safe, welcoming environment and community-based mental health resources, including for those who have faced trauma. Also offer activities and peer support groups for members of the local community. Based at The Mackarness Hall, High Street,



Honiton, EX14 1PE. Open Tues & Fri, 10.30am-4pm → Call 07716 519 608 or email info@openarmseastdevon.org.uk or visit <https://openarmseastdevon.org.uk/>

Refugee Support Devon: Amongst other services, RSD runs a wide range of activities, events, and excursions for refugees in the wider Devon area, including Refugee Week, a women's group, and a community garden → Call 01392 682 185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Rethink Mental Illness: Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Also provides info on employment, rights, and support for carers. Can search for services in your area → Call 0808 8010525 or 0121 5227007 (general enquiries) or email info@rethink.org or visit <https://www.rethink.org/>

Rock Choir: The UK's original and award-winning, local, contemporary choir experience. Allows members to build new friendships and experience unique events. Also provides opportunities to engage with your local community and support local & national charities. Open to people of all ages → For your nearest Rock Choir in Exeter, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

Seaton Wetlands Activity Club: Join their ranger-led sessions to explore and enjoy the beautiful Seaton Wetlands. The session is supported by volunteers Anne and John. Every other Friday 10.30am-12pm. Meet at Seaton Wetlands car park (what3words location: ///fronted.amaze.thinnest). £4 per session to include refreshments; no booking required. Remaining 2026 dates: July 24th, August 21st, September 4th & 18th, October 2nd, 16th, & 30th; November 13th & 27th; December 11th → Call 0333 241 2340 or email info@ageukdevon.org.uk

Social Café, Seaton: A drop-in coffee morning provides an opportunity to meet new people and form new friendships; the session is run by volunteers Anne, Barbara, & Jean. Runs every Wednesday 10am-12pm at Number One, 1 Harepath Road, Seaton, EX12 2RP. Free to attend (donations welcome), and no booking required → Call 0333 241 2340 or email info@ageukdevon.org.uk

Southwest Autism Support Services: a small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the Autistic Spectrum together with associated comorbidities. They provide a wide range of services for CYP and families on the autism spectrum, including advice, guidance, activities, a sensory room, plus much more → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of support, including activities → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including criminal justice support. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

YMCA Exeter: Based in Exeter but covers East Devon. Provides a range of activities, events, and community support for all ages. Based at 39/41 St Davids Hill, Exeter, EX4 4DA → Call 01392 410 530 or email office@ymcaexeter.org.uk or visit <https://www.ymcaexeter.org.uk/>



Advocacy

Devon Advocacy Consortium: Provides independent, professional advocacy for Devon residents (based in Exeter), in order to help people say what they want, secure their rights, represent their interests, and to access services. Advocates can provide home or community visits. Can also signpost to other services if necessary. Offers all types of statutory advocacy for adults → Call 01392 822377 or email devonadvocacy@livingoptions.org or <https://devonadvocacy.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide advocacy, and support and advice to the LGBTQ+ community → Call 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Alcohol Misuse

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of support including alcohol misuse support and information → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including for those with addiction/alcohol misuse issues. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Anxiety

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around anxiety. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including anxiety/ anxiety disorders. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those with any type of anxiety disorder. Also provides information on types of anxiety, symptoms, and treatment options available. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or more information available <https://www.rehab4addiction.co.uk/mental-health/anxiety-disorder-treatment>



TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing anxiety, phobias, panic attacks, PTSD, and health anxiety. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Asylum Seekers & Refugees

Refugee Support Devon: Offers a wide range of support for refugees and asylum seekers, including Refugee Resettlement and an Immigration advice clinic → Call 01392 682185 (M-F 9-5) or visit <https://refugeesupportdevon.org.uk/services/>

Autism & ADHD

Dimensions for Autism: A group for adults on the spectrum (without a learning disability) in Devon that aims to provide support and information for these individuals, including their families and carers. Also aim to schedule group outings → More information <https://www.dimensionsforautism.life/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including autism and ADHD. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Southwest Autism Support Services: A small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' with ASD and associated comorbid conditions. They provide a wide range of services for CYP and families on the ASD spectrum, including but not limited to – advice & guidance, 1-1 mentoring, family support sessions, tutoring, a sensory room, a craft room, plus much more → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

Benefits

Age UK Devon: Offers free, confidential Welfare Benefit entitlement checks for pensioners. They help identify and apply for entitlements like Attendance Allowance, Pension Credit, and Carer's Allowance, and provide practical support with complex application forms. Also runs a dedicated information and advice helpline for those in rural areas such as South Hams and East Devon → Call 0333 241 240 or email infoandadvice@ageukdevon.org.uk or for more info visit <https://www.ageuk.org.uk/devon/our-services/welfare-benefits-help-cdfeba7a-4d49-ed11-97b2-00155d588368/>

Citizens Advice East Devon: Provides free, confidential advice on debt, benefits, and other financial difficulties/issues for those living in East Devon. Based at 118 High Street, Honiton, EX14 1JP. Open M-F, 10am-3pm → Call 01395 265 070 or email enquiries@citizensadviceeastdevon.org or visit <https://www.citizensadviceeastdevon.org/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and



people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadvicetnmwd.org.uk/our-projects/>

Bereavement & Loss

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or visit <https://www.hospiscare.co.uk>

Pete's Dragons: Offers bereavement support for anyone affected by suicide, regardless of their relationship with the person, or how long ago loss occurred. Provides resource packs tailored to individual needs, emotional support (face-to-face/telephone/email), practical advice, signposting to other services, and children & family fun days. Self-referrals accepted. Based in North/South/East Devon, but open to all Devon residents → https://www.petesdragons.org.uk/Contact_730.aspx or more information https://www.petesdragons.org.uk/Home_341.aspx

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those experiencing grief, loss, or bereavement. Includes signs and types of loss, and signposting to help and support, including bereavement counselling. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bereavement-counselling>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Bipolar Disorder

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including bipolar disorder. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for those any type of bipolar disorder. Provides information on causes, symptoms, treatment options, and signposting to services for bipolar disorder. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/mental-health/bipolar-disorder-treatment>



Brain Injury

Headway Devon: A local charity dedicated to improving life after brain injury. They provide essential services across Devon & Torbay for people with acquired brain injuries, their families, and carers. They support individuals with brain injuries (& loved ones) to come to terms with what has happened, and overcome their disabilities. They also provide support and advice to their families and carers → Call 01392 211 822 or email info@headwaydevon.org.uk or visit <https://headwaydevon.org.uk/>

Carers

Age UK Devon: Offers tailored support for unpaid carers across the county, including regular respite visits, free benefit checks, and emotional support. Their services aim to provide a much-needed break for caregivers while ensuring older, vulnerable individuals receive quality assistance at home → Call 0333 241 240 or email infoandadvice@ageukdevon.org.uk

Devon Carers: A service (based in Exeter) that aims to provide support services and assessments to unpaid carers across Devon. Offers a range of support, including but not limited to preventative advice and information, training, and community support → Call 03456 434 435 (M-F 8-6; Sa 9-1) or email info@devoncarers.org.uk or more information <https://devoncarers.org.uk>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or visit <https://www.hospiscare.co.uk>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources for carers. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadviceetnmwd.org.uk/our-projects/>

TALKWORKS: As part of its services, TALKWORKS offers support for carers in Devon (excluding Plymouth) who may be struggling with their own low mood/anxiety and encourages carers to seek help for their own needs. Self-referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support>

Children & Young People (0-16)

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes for children of all ages, including Movement in Early Life (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit <https://activedevon.org>



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Devon's Learning Disability Team: (Part of Children & Family Health Devon) Gives advice and support to professionals and families of children and young people with severe or profound learning disabilities → Call 0330 0245321 (ask for a duty member from the LDT) or email TSDFT.DevonSPA@nhs.net or <http://childrenandfamilyhealthdevon.nhs.uk/learning-disability-nursing/>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and friends/family/partners of those) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

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Normal Magic CIC: A group of professionals with backgrounds in Mental Health Nursing, Occupational Therapy, Teaching, Clinical Psychology and Consultant Psychiatry, who aim to demystify and destigmatise mental health, and raise awareness of mentally healthy living, loving, and learning. Works closely with children & young people, families, schools, and related professionals. Covers East & West Devon and Exeter → Email team@normalmagic.co.uk or visit www.normalmagic.co.uk

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadviceetnmwd.org.uk/our-projects/>

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services to people needing them, including support for children and young people. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts, cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or visit <https://www.lgbtqyouthdevon.org.uk/young-people>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including supported accommodation, youth and schools work, and work with offenders, and mental health activities that improve day to day wellbeing, and work to bring individuals out of crisis → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or more information <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children aged 5+. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities. They provide services via local authorities, organisations, schools and for families directly → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>

Counselling Services

Counselling Directory: An online directory of all available counsellors in the East Devon and surrounding areas. In-person, online, and telephone counselling offered, inclusive of lots of different types of therapy → More information www.counselling-directory.org.uk

Devon Therapy Services: Provides counselling for a wide range of issues, such as abuse, ADHD, anxiety, autism, bereavement, depression, OCD, and PTSD. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 07572 432391 or email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon that aims to provide support and advice, and counselling to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or www.intercomtrust.org.uk

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: www.marriagecare.org.uk/contact

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides an extensive list of counselling and different types of therapy for a wide range of issues, including alcohol/substance misuse, eating disorders, and mental illness. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addiction-treatment>

TALKWORKS: Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD,



depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Criminal Justice

Prisoners' Families Helpline: Supports those who have a family member in contact with the CJS. Provides advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release. Operated by Prison Advice and Care Trust under contract to Her Majesty's Prison & Probation Service and provides information and support for families across England and Wales. All calls are free, from landlines and mobiles, and confidential → Call 0800 8082003 or email info@prisonersfamilies.org or <https://www.prisonersfamilies.org>

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offer a wide range of services, including criminal justice support → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including working with offenders. Is the main YMCA hub for East Devon → Call 01392 410530 or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Crisis Support

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

First Response: A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 111 and select Mental Health Option.

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and crisis support. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Marriage Care: Provides information, advice, and signposting to other services for people who may be experiencing a crisis (women, domestic abuse victims, young people, people with poor mental health) → More information <https://www.marriagecare.org.uk/crisis-support/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including crisis support and signposting. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/need-urgent-help/>



YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including work to bring individuals out of crisis. Covers East Devon too. → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts & Health Trust: Amongst other services, YAHT provide mental health crisis advice and guidance for children, young people, and families → Visit <https://www.youthartsandhealth.org/help-in-a-crisis>

Debt & Money Management

Citizens Advice East Devon: Provides free, confidential advice on debt, benefits, and other financial difficulties/issues for those living in East Devon. Based at 118 High Street, Honiton, EX14 1JP. Open M-F, 10am-3pm → Call 01395 265 070 or email enquiries@citizensadviceeastdevon.org or visit <https://www.citizensadviceeastdevon.org/>

East Devon District Council: If your debts include council tax and rent arrears, the council can help facilitate free and independent debt advice → Call them on 01395 517 444 or visit <https://eastdevon.gov.uk/benefits-and-support/financial-support-and-advice/>

Money Advice Plymouth: Offers free, independent, impartial and confidential debt advice and support around debt and financial issues → Call 01752 208 126, email enquiries@moneyadviceplymouth.org.uk or visit <https://www.plymouthonlinedirectory.com/article/1925/Money-Advice-Plymouth-MAP>

Dementia

Devon Memory Café Consortium: A membership organisation which aims to support memory cafes across Devon to provide a quality service to people living with dementia and their carers. Their mission is to provide our members with quality information, guidance and training on running memory cafes, and also opportunities to meet, learn and share with each other. Has many cafes all across Devon → Email jane@dmcc.org.uk or visit www.dmcc.org.uk or <https://dmcc.org.uk/find-a-memory-cafe/> to find a café in your specific area.

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

Depression

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around depression. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Marbles Lost and Found: A CIC that offers mental health support and awareness, peer support groups, information, and resources on a wide range of conditions/disorders, including depression. Search for services in your area using the 'Local Services' tab → Email



enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or more information <https://www.marbleslostandfound.co.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone experiencing depression/a depressive disorder. Includes information on causes, symptoms, types of depression, and signposting to sources of support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/depression-rehab>

TALKWORKS: Part of the IAPT for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies, including CBT. Offers support for those experiencing low mood and depression (amongst other conditions). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Domestic & Sexual Abuse

Ahimsa: Offers a programme (including in-depth counselling, safety advice, and information) to perpetrators of domestic abuse/violence across Devon & Cornwall; open to any adult who wants to change their abusive behaviour and is able to engage in the programme. Also provides emotional support, information, and safety advice to the partners and ex-partners of those on the programme → Call 01752 21353 (M, T, W 9-5; T + F 9-2), email enquiries@ahimsa.org.uk or more information <https://www.ahimsa.org.uk/>

Marbles Lost and Found: A CIC that offers support and awareness, peer support groups, information, and resources on a wide range of difficulties, including domestic abuse. Search for services in your area using the 'Local Services' tab → Email enquiries@marbleslostandfound.co.uk or contact via <https://www.marbleslostandfound.co.uk/contact-us> or <https://www.marbleslostandfound.co.uk/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including domestic abuse support (both victim and perpetrator support). Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Eating Disorders

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around eating disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or www.healyourconfidence.com

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides extensive information, advice, and support for anyone with an eating disorder (including anorexia and bulimia, which R4A has its own pages for). This includes information on causes, symptoms, types of EDs, and available treatment options. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health/eating-disorder-rehab>



Elderly Adult Support

Older People's CMHT: Provide assessment and treatment of older adults who are experiencing mental health problems such as bipolar, depression, anxiety disorders or schizophrenia. Also provide a service to people of any age who are experiencing behavioural and psychological symptoms of dementia. Our staff work in the Devon Memory Service which provides the majority of assessments and post diagnostic support for people with early dementia. Referrals are made via the person's GP → 01752 690 967 or visit <https://www.dpt.nhs.uk/service-details/service/older-peoples-community-mental-health-team-90/>

Seaton Wetlands Activity Club: Join their ranger-led sessions to explore and enjoy the beautiful Seaton Wetlands. The session is supported by volunteers Anne and John. Every other Friday 10.30am-12pm. Meet at Seaton Wetlands car park (what3words location: ///fronted.amaze.thinnest). £4 per session to include refreshments; no booking required. Sessions for those over 50 include gentle walks, pond dipping, mindfulness activities, bird watching, and craft activities. Remaining 2026 dates: July 24th, August 21st, September 4th & 18th, October 2nd, 16th, & 30th; November 13th & 27th; December 11th. → Call 0333 241 2340 or email info@ageukdevon.org.uk

Employment, Education & Training

Citizens Advice East Devon: Provides free, confidential advice on employment issues and opportunities for those living in East Devon. Based at 118 High Street, Honiton, EX14 1JP. Open M-F, 10am-3pm → Call 01395 265 070 or email enquiries@citizensadviceeastdevon.org or visit <https://www.citizensadviceeastdevon.org/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around employment and education. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Refugee Support Devon: Allows refugees within Exeter the opportunity to develop their English proficiency, as well as employment opportunities and integration into the local community. Also provides ESOL (English to Speakers of Other Languages) tuition, opportunities to develop literacy skills with tutors, access to Higher Education, work placements, and employment placements → Call 01392 682185 (M-F 9-5) or head to their drop-in service at Exeter Community Centre (appointment only) or <https://refugeesupportdevon.org.uk/services/>

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of services, including employment & education support/advice → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including support with employment and skills-building. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>



Families

Balloons: A charity that provides support for children, young people, and their families before an expected death, or following the death, of someone significant in their lives (across Exeter, Mid and East Devon). Provides a dedicated phone line, one-to-one support with children and young people in a safe environment, activity days for children and family events → Call 01392 982570 or email admin@balloonscharity.co.uk or more information <https://www.balloonscharity.co.uk/>

Hospiscare: A service whereby healthcare professionals can refer families for bereavement support (specifically those who have passed away from COVID-19 in community settings), that provides information, support, and advice. Based in Exeter, East Devon, and Mid Devon → Call 01392 688034 (bereavement referral line), or 01392 688000 (general helpline; both open M-S 8am-8pm) or email supportivecare.hospiscare@nhs.net or visit <https://www.hospiscare.co.uk>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Normal Magic CIC: A group of professionals with backgrounds in Mental Health Nursing, Occupational Therapy, Teaching, Clinical Psychology and Consultant Psychiatry, who aim to demystify and destigmatise mental health, and raise awareness of mentally healthy living, loving, and learning. Works closely with children & young people, families, schools, and related professionals. Covers East & West Devon and Exeter → Email team@normalmagic.co.uk or visit www.normalmagic.co.uk

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadviceetnmwd.org.uk/our-projects/>

Southwest Autism Support Services: A small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the Autistic Spectrum together with associated comorbidities. They provide a wide range of services for CYP and families on the autism spectrum, including advice, guidance, activities, a sensory room, plus much more → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

TALKWORKS: Provides information, support, and signposting for family members/friends who may be worried about a loved one's mental wellbeing. Provides services for anyone aged 18+ across Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or more information available <https://www.talkworks.dpt.nhs.uk/>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes.



Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of support including alcohol misuse support and information → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including support for families. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children and young people aged 5 to 25. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities. They provide services via local authorities, organisations, schools and for families directly → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>

Food Support (e.g. Food Banks)

Community Fridge Network: Coordinated by Hubbub (which brings together all UK-based groups running a community fridge) and aims to provide spaces that bring people together to share food, meet up, learn new skills, and prevent fresh food from going to waste. The community fridges are open to all and anyone can share or take food, including surplus from supermarkets, local food businesses, households, and gardens. The network offers free, comprehensive guidance on how to set up a fridge as well as tools covering everything you need, from posters to health and safety templates and more. Has community fridges throughout all of Devon. To find your nearest Community Fridge visit <https://www.communityfridgemap.org.uk> → Call 020 3701 7543 or email them at hello@hubbub.org.uk or visit <https://hubbub.org.uk/community-fridge-network>

Gambling

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support with anyone who is addicted/potentially addicted to gambling. Includes information of signs of gambling, common myths about gambling, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/addictions/gambling-addiction>

The South West Gambling Service: Open to anyone living in the South West and registered with a GP, SWGS provides free confidential support to those affected by gambling addiction. People can refer themselves directly to the service → Call 0330 022 3175 (M-F 9am-7pm) or fill out the referral form https://sw-gambling.cogassess.co.uk/pages/SW_Self_Referral_Start or for more information visit their website <https://www.awp.nhs.uk/our-services/az-services/south-west-gambling-service>

Health & Wellbeing

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes (click 'Connect with Us' on their website). Based



in Exeter but open to all of Devon → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around health and wellness. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 email hello@healyourconfidence.com or www.healyourconfidence.com

TALKWORKS: As part of its services, TALKWORKS offers information, advice, and workshops around health and physical wellness, for anyone aged 18+ in Devon (excluding Plymouth) → Call 0300 555 3344 or email dpt.talkworks@nhs.net or visit <https://www.talkworks.dpt.nhs.uk/>

Housing & Homelessness

Citizens Advice East Devon: Provides free, confidential advice on housing difficulties/issues for those living in East Devon. Based at 118 High Street, Honiton, EX14 1JP. Open M-F, 10am-3pm → Call 01395 265 070 or email enquiries@citizensadviceeastdevon.org or for more information visit their website <https://www.citizensadviceeastdevon.org/>

Shelter (Plymouth and Devon): A charity that exists to defend the right to a safe home. They provide housing advice, legal aid, support with housing issues and homelessness. They also run campaigns and research around different areas. Are predominantly providing online and telephone support at present → Call 03301 755 121 (free advice line), or call 0808 800 444 (urgent housing advice, open M-F 8am-8pm & Sat and Sun 9am-5pm) or email info@shelter.org.uk or for more info https://england.shelter.org.uk/get_help/local_services/devon

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of support, including a homeless outreach team → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including housing and homelessness support. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

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Learning Disabilities & SEN

Community Learning Disability Team: The East Devon CLDT offers specialised health and social care support for adults (18+) with learning disabilities, including personalised care planning, intensive assessment, and access to therapies. Based at St Michael's Orchard Way, Honiton, EX14 1HU → Call 01392 385 878 or email dpn-tr.EastDevonLDTeam@nhs.net (referrals) or for more information visit



<https://www.dpt.nhs.uk/service-details/service/learning-disability-intensive-assessment-and-treatment-service-75/>

Devon Access Wallet: (Part of DCC) An initiative that aims to help make journeys by bus or train easier for anyone with communication difficulties, people with disabilities, deaf people and those whose first language is not English → Call 01392 383509 or email accesswallet@devon.gov.uk or <https://www.traveldevon.info/accessibility/devon-access-wallet/>

Heal Your Confidence CIC: Provides holistic and personalised online support for people with learning difficulties, such as dyslexia and dyspraxia. Support offered includes screenings, 1-1 support, and coaching → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Magic Carpet: Brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups. They make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton → Call 01392 205 800, email magiccarpet@eci.org.uk or visit <https://www.eci.org.uk/projects/magic-carpet>

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadviceetnmwd.org.uk/our-projects/>

Legal Aid

Shelter (Plymouth and Devon): As part of its service, Shelter provides legal aid, for those who may need to go to court about a housing problem or to challenge a council's homelessness decision. To speak to their legal team, an appointment is needed → Call 0344 5151 880 (M-F 9-5) or email info@shelter.org.uk or more info https://england.shelter.org.uk/get_help/local_services/devon

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, advocacy, counselling, and support groups to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

X-Plore Devon: Runs a group for young people in the LGBTQ+ community aged 11-19, providing them with a safe space, allowing them to chat about important issues. Offers activities such as arts & crafts,



cooking, and games. Option for 1:1 chats with youth workers if needed → Call 0800 6123010 or email xploreouthdevon@gmail.com or visit <https://www.lgbtqyouthdevon.org.uk/young-people>

Marriage & Relationships

Marriage Care: Offers marriage preparation, relationship counselling, and more. Specialise in helping couples build and sustain strong, fulfilling relationships, and also providing support for relationship difficulty. Charges initial £15 registration fee. Sessions typically 50 minutes. Operates across different areas ('Get Involved' → 'Find a Centre') → Call 0800 3893801 (Relationship Counselling helpline M-Th 9am-6pm) or email appointments@marriagecare.org.uk or <https://www.marriagecare.org.uk/> contact form: <https://www.marriagecare.org.uk/contact-2/>

Mental Health

Core (Community Mental Health Teams): Part of Devon Partnership Trust. DPT's core (community) mental health teams focus on your early contact with their mental health services to give you the best chance of getting better and supporting your recovery. Their aim is to work together with you to support you with your mental health needs to enable you to return to manageable levels of activity and independence. People can be referred to this service by their GP or another health professional; you will then be offered an initial assessment in one of their health & wellbeing clinics in Exeter, Torbay, or Barnstaple. CMHT is based in Honiton → Visit <https://www.dpt.nhs.uk/service-details/service/core-community-mental-health-teams-10/>

Devon Mental Health Alliance (DMHA): Launched in 2022 as part of the Community Mental Health Framework, the Alliance brings together five voluntary, community and social enterprise (VCSE) organisations working alongside statutory partners — Devon Partnership NHS Trust and Livewell Southwest — to deliver more connected, person-centred mental health support for people across the county → Visit <https://www.mentalhealthdevon.co.uk/>

Devon Mind: An independent mental health charity affiliated with Mind. They provide advice, information, and support to empower anyone living in Devon who may be experiencing a mental health problem. They also campaign to improve local support services, raise awareness, and promote the understanding of mental health across Devon → Call 01752 512 280 or email hello@devonmind.com or visit <https://www.devonmind.com/about/our-story>

First Response: A 24/7 Urgent Mental Health Helpline, for those experiencing mental health distress or worried about someone else's emotional state → Call 111 and select 'mental health'.

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around mental health. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Magic Carpet: Brings together creative practitioners and adults with learning disabilities and mental health difficulties for weekly art and drama groups. They make art, act, sing and most of all talk, socialise and make friends. We currently run 8 weekly groups across Exeter, Exmouth and Honiton → Call 01392 205 800, email magiccarpet@eci.org.uk or visit <https://www.eci.org.uk/projects/magic-carpet>

Mental Health Peer Support, Devon: An online support group for all people with all sorts of mental health conditions of depression bpd (borderline personality disorder), OCD, anxiety, and other mental health disorders, across different regions of Devon (and the wider UK) → More information <https://www.facebook.com/groups/1463070880667609/>



Normal Magic CIC: A group of professionals with backgrounds in Mental Health Nursing, Occupational Therapy, Teaching, Clinical Psychology and Consultant Psychiatry, who aim to demystify and destigmatise mental health, and raise awareness of mentally healthy living, loving, and learning. Works closely with children & young people, families, schools, and related professionals. Covers East & West Devon and Exeter → Email team@normalmagic.co.uk or visit www.normalmagic.co.uk

Open Arms East Devon: A local charity that provides a safe, welcoming environment and community-based mental health resources, including for those who have faced trauma. Also offer activities and peer support groups for members of the local community. Based at The Mackarness Hall, High Street, Honiton, EX14 1PE. Open Tues & Fri, 10.30am-4pm → Call 07716 519 608 or email info@openarmseastdevon.org.uk or visit <https://openarmseastdevon.org.uk/>

Rehab 4 Addiction: Although primarily a drug and alcohol treatment service, R4A also provides information, advice, and support for anyone struggling with poor mental health. This includes signs and symptoms, causes, and signposting to further support. Operates all across Devon → Call 0800 140 4690 or email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk/mental-health>

TALKWORKS (Depression and Anxiety Service): Part of the IAPT services for people aged 18+ in Devon (excluding Plymouth), that offers a free, confidential, NHS talking therapy service, offering effective treatments and therapies (including CBT) for a wide range of psychological conditions and issues (e.g. anxiety, PTSD, OCD, depression, agoraphobia). Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of services to people needing them, including a wide range of mental health support. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

YMCA Exeter: An organisation committed to helping children and young people build resilience so they can cope during mental health challenges and experience fullness of life in the future. Offer lots of projects, including supported accommodation, youth and schools work, work with offenders, mental health activities that improve daily wellbeing, and work to bring individuals out of crisis. Covers East Devon too. → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for children and young people aged 5 to 25, in order to provide additional mental health support. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive and creative arts therapies and opportunities → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>

Men's Services

Andy's Man Club: A men's suicide prevention charity that runs support groups for men going through emotional difficulties or having difficulty managing their mood/mental health. It's a group where men don't have to battle to be heard or listened to, but where they can join the fight against reducing the rate of suicide in men → Email info@andysmanclub.co.uk or visit <https://andysmanclub.co.uk>

Operation Emotion: A Plymouth based charity that provides services for adult male survivors of sexual abuse (across Devon & Cornwall), linking with specialist organisations where appropriate. They do not work with perpetrators of sexual abuse. Provides a range of services and programmes, including peer-



led groups and educational opportunities → Call 07539 810096 or 07837 321514 or email open@pm.me or more information <https://operationemotion.co.uk/contact>

Parents & Pregnancy

Choices: A Devon based charity that offer you a safe place to talk about any concerns you have relating to pregnancy. Their team of dedicated advisors have been specifically trained. They adhere to BACP code of ethics and practice. Support offered includes pregnancy tests, impartial advice and help for unplanned pregnancies, pregnancy crisis support, and support after baby loss → Email contact@choicespregnancycentre.co.uk or visit <https://www.choicespregnancycentre.co.uk>

Quids for Kids: (Part of Citizens Advice) A project that provides specialist advice to families of children (or young people up to age 21) with additional needs, long-term illness/disability, foster parents, and people looking after a child with special guardianship order. Helps see if service users are eligible for benefits, and can challenge benefit decisions. Available in DCC areas of East Devon, Exeter, Mid Devon, North Devon, South Hams, Teignbridge Torridge, and West Devon → more information <https://citizensadvicenmwd.org.uk/our-projects/>

Southwest Autism Support Services: a small Exeter based organisation that specialises in supporting children and young people who are deemed as 'high functioning' on the ASD spectrum together with associated comorbidities. They also provide a support and guidance for parents of children and young people on the ASD spectrum → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/>

The Compassionate Friends: A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause → Call 0345 1232304 or email helpline@tcf.org.uk or visit <https://www.tcf.org.uk>

Personality Disorders

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around personality disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Physical Disabilities

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Psychosis

Rethink Mental Illness: Aim to improve the lives of people severely affected by poor mental health through local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone severely affected by poor mental health has a good quality of life. Provides



information, research, resources, and signposting to support for those experiencing psychosis → <https://www.rethink.org/search-results?q=psychosis>

THE MIX: Provides information on signs and symptoms of psychosis, types of support available, where/how to access support, and other resources. Aimed at under-25s but their website is accessible to anyone → For more info visit https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EA1aIQobChMI-qKe4d3EggMV5oCDBx0XTAyhEAAYBCAAEgKAMfD_BwE

PTSD

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around PTSD. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Self-Harm & Suicide

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support around self-harm and suicide. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

YMCA Exeter: An organisation committed to helping children and young people struggling with self-harm and suicidal thoughts build resilience so that they can cope during these challenges and experience the fullness of life in the future. Covers East Devon. → Call 01392 410530 (ask for Martha) or email wellbeing@ymcaexeter.org.uk or <https://www.ymcaexeter.org.uk/i-need-support/resilience-overview/>

Sexual Health

Devon Sexual Health: An organisation that provides sexual health services that support healthy relationships and sexual well-being across Devon → Call 0300 303 3989 (Triage line, M-F) or <https://www.devonsexualhealth.nhs.uk>

Substance Misuse

Rehab 4 Addiction: Offers various drug and alcohol addiction treatment options in Devon/the wider Southwest of England. Support offered includes a confidential helpline, and mental health support. R4A specialises in 'making sense' of the complex nature of seeking out professional help for these issues → Call 0800 140 4690 email info@rehab4addiction.co.uk or <https://www.rehab4addiction.co.uk>

Together: (Previously under the EDP service, now part of Waythrough). Aims to help people regain control of their life, by building on their strengths and supporting people to make healthy changes. Accepts self-referrals and referrals from others, such as professionals/family members. Offers a wide range of support including substance misuse support and information → Call 0800 233 5444 or email SW_together@waythrough.org.uk or <https://www.waythrough.org.uk/find-support-near-me/together/>

Waythrough: A new charity that comprises 2 organisations – Together (based in Exeter) and Reach (based in Weymouth). Previously known as EDP Drug & Alcohol Service. Waythrough aims to address systemic barriers that prevent people from getting the support they need, and provide a wide range of



services to people needing them, including substance misuse support. Together and Reach still exist as separate organisations under the Waythrough umbrella → Call 01325 731 160 or email info@waythrough.org.uk or visit <https://www.waythrough.org.uk/who-we-are/what-we-do/>

Trauma

Devon Mind: An independent mental health charity affiliated with Mind. They provide advice, information, and support to empower anyone living in Devon who may be experiencing poor mental health through trauma. They also campaign to improve local support services, raise awareness, and promote the understanding of mental health across Devon → Call 01752 512 280 or email hello@devonmind.com or visit <https://www.devonmind.com/about/our-story>

FearFree (Devon): Provides an Interpersonal Trauma Response service within local GP surgeries. People can ask their GP to refer them or self-refer → Call 0300 124 0927 or email itrs@fearfree.org.uk or visit <https://www.fearfree.org.uk/refer/devon/>

Open Arms East Devon: A local charity that provides a safe, welcoming environment and community-based mental health resources, including for those who have faced trauma. Also offer activities and peer support groups for members of the local community. Based at The Mackarness Hall, High Street, Honiton, EX14 1PE. Open Tues & Fri, 10.30am-4pm → Call 07716 519 608 or email info@openarmseastdevon.org.uk or visit <https://openarmseastdevon.org.uk/>

TALKWORKS: Part of the IAPT services offered to people aged 18+ in Devon (excluding Plymouth), that offers free, confidential talking therapy (mainly CBT), as well as other effective treatments. Offers support for a wide range of mental health conditions, including trauma, as well as workshops and other support. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

Women's Services

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Heal Your Confidence CIC: Provides holistic and personalised online support for neurodivergent adults, both diagnosed and suspected/undiagnosed, with conditions such as ADHD, autism, dyslexia, and dyspraxia. HYC offers screenings, 1-1 support sessions, and coaching. Also offers group and leadership support, and support for women. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Refugee Support Devon: Offers a monthly women's group that offers them a chance to get together in a fun, educational and relaxing atmosphere. A different activity is chosen by the group each month and these typically involve cooking, arts, music, exercise, excursions to local places of beauty or interest, and talks from invited speakers about issues relating to women and life in the UK. A crèche, with fully qualified child minders, is provided when funds permit, which gives mums a break and allows them to fully immerse themselves in the activities → Call 01392 682 185 (M-F 9-5), or visit <https://refugeesupportdevon.org.uk/services/>

Young Adult Support (16+)

Active Devon: A community-focused, non-profit organisation with a vision of everyone in Devon active for life. Their mission is to unlock the ability of movement to change lives for the better. Active Devon



works together with communities and partners to connect, advocate, and enable people to move more, in order to help reduce inequalities and deliver huge value in their communities. Offers a wide range of activities, clubs, events, resources, and programmes for young adults, including the Movement in Early Life programme (click 'Connect with Us' on their website). Based in Exeter but open to all of Devon, including Plymouth and Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit their website <https://activedevon.org>

Devon Rape Crisis and Sexual Abuse Services: Offers confidential, professional support to anyone aged 13+ (and their friends/family/partner) who have experienced rape, sexual assault, and childhood sexual abuse in Devon. Provides specialist support online, in person, or by phone. Their confidential & anonymous support services are available Mon/Wed/Fri 6-9pm. People can leave a message outside of these times → Call them on 01392 204174 or email support@devonrapecrisis.org.uk or <https://devonrapecrisis.org.uk/>

Girl Guiding Devon: A leading charity for girls/young women in the UK aiming to give them a safe space to be themselves, have fun, build friendships, gain valuable life skills, and make a positive difference to their lives & communities. Offers services all across Devon, including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

Intercom Trust: A LGBTQ+ charity working across Devon (including Exeter) that aims to provide support and advice, advocacy, counselling, and support groups to the LGBTQ+ community → Call 01392 201015 (local helpline) or 0800 6123010 (general helpline), or email office@intercomtrust.org.uk or more information www.intercomtrust.org.uk

MoorVision: Provides support, activities and shared experiences for families of children and young people (aged 0-29) with vision impairment, including those with additional needs, across Devon. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carers training and other support sessions. They have a database of useful resources and a very busy Facebook page. They can provide advice on all aspects of your vision impaired child's care or signpost you to relevant organisations for further help → Call 01752 891934 or email info@moorvision.org or visit <https://www.moorvision.org>

Proud2Be: A grassroots user-led social enterprise that supports all LGBTQ+ people in Devon and beyond, to lead empowered, fulfilled, and authentic lives. Also runs support groups → Call 0333 7721187 or email hello@proud2be.org.uk or <https://www.proud2be.org.uk>

Quids For Kids: (Part of Citizens Advice) A project that provides specialist advice to young people (aged up to 21) with additional needs. Helps to assess whether these individuals can claim benefits, and can challenge benefit decisions → Visit <https://citizensadviceetnmwd.org.uk/our-projects/>

TALKWORKS: Part of the IAPT services offered to people aged 18+ in Devon (excluding Plymouth), that offers free, confidential talking therapy (mainly CBT), as well as other effective treatments. Offers support for a wide range of mental health conditions, as well as workshops and other support. Self-referrals and professional referrals accepted → Call 0300 555 3344 or email dpt.talkworks@nhs.net or <https://www.talkworks.dpt.nhs.uk/>

THE MIX: Provides essential information and support for under 25s regarding sex and relationships, physical and mental health, housing, alcohol and substance misuse, employment issues, money, and much more. Also offers 1-1 chat and crisis support → Contact <https://www.themix.org.uk/about-us/contact-us> or visit <https://www.themix.org.uk>

Youth Arts & Health Trust: A registered charity based in Exeter who specialise in providing arts therapies for young people aged up to 25. They offer face-to-face and online sessions and work alongside young people and their families, to develop confidence and resilience through safe, inclusive



and creative arts therapies and opportunities. Also provide mental health support and signposting → Visit info@youthartsandhealth.org or visit <https://www.youthartsandhealth.org/>