



Devon & Cornwall Service Directory – Torbay – Sept 2025

An extensive directory of services, resources, groups, and workshops offered across the Plymouth, Devon, Cornwall, and wider UK areas, for professionals and individuals. East Devon included in 'Devon & Cornwall' due to service scarcity. 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 regarding any queries/enquiries.

APPENDIX (by type of service)

Activities, Clubs, Events, & Hobbies; Advocacy; Alcohol Misuse; Anxiety; Asylum Seekers & Refugees; Autism & ADHD; Benefits; Bereavement & Loss; Bipolar Disorder; Carers; Children & Young People; Community Support; 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 & Special Education Needs; 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; Women's Services; Young Adult Support.

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

TORBAY

Activities, Clubs, Events, & Hobbies

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 → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or <https://activedevon.org>

Bay Yoga Torbay: Runs a gentle chair yoga class to improve mobility and flexibility in a soft and gentle way, learn ways to relax your body and mind using your breath and improve overall well-being. Runs every Monday 9.30-10.30am at the Windmill Centre in Torquay. Free to attend → Call 07818 814 676 or email bayyogatorquay@gmail.com or visit <https://bayyoga.info/#contact>

BeWell@Step One: Runs a Men's Wellbeing Walk every Tuesday at 10.30am. Starts from and ends at The Community Hut behind St Paul's Church, Paignton, TQ3 2DH. This wellbeing walk offers men the opportunity to feel the benefit of getting out in the fresh air, connect with others, and enjoy the positive effect that spending time outside can have on both the body and mind. Increasing our activity levels and connection with others can be a key strategy in lifting mood and reducing anxiety. Open to people in Devon aged 18+ → Email training@steponecharity.co.uk or for more information visit <https://devonconnect.org/activity/mens-mental-health-and-wellbeing-walk>

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/>

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, including Torbay. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer 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>

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 Torquay, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

Southwest Autism Support Services: Provides a range of community-based services and support, aimed at providing activities within local communities and settings, for young people on the autistic spectrum (and for their families). Covers all Devon regions → Email southwestautism@gmail.com or more information available on their website <https://www.southwestautismsupport.com/services.html>

The Beacon Torbay (previously Heart of Torbay CIC): A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health



support, health and wellness, plus much more → Call 01803 363305 or email sharon.nelson@heartoftorbaycic.com or visit <https://sharonnelson.co.uk/heart-of-torbay-cic/>

The Last Kiss Foundation: A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK (has services in Torbay), that runs different events, fundraisers and workshops all year round. Also provides a wide range of services, support, and resources to help families cope with their grief and begin their healing journey. Also provides a mini directory of other available services → Email thelastkissfoundation@gmail.com or for the directory visit <https://thelastkissfoundation.co.uk/support> or visit <https://thelastkissfoundation.co.uk/latest-news>

Torbay Council: Provides a directory of available family activities in the Torbay area → Visit <http://fis.torbay.gov.uk/kb5/torbay/fsd/family.page?familychannel=1>

Torbay Gymnastics: Runs a weekly fun, age & dementia friendly seated movement programme to music. Physical, emotional & cognitive benefits designed to get you moving more and having fun, at Torbay Olympic Gymnastics Club, Barton Hill Way, Torquay, TQ2 8JG. Open to ages to 35-65+ → Call 01803 317 817 or email info@torbaygymnastics.co.uk or for more information visit <https://devonconnect.org/activity/love-to-move1-copy>

Torbay Sensory Team: Run a monthly 'Hearing Impaired Coffee Morning' and 'Visually Impaired Coffee Morning' for anyone experiencing some form of hearing or sight loss on the 1st Tuesday of every month, 10am-12pm. Specialist Workers are on hand for support, advice, and information. £2.50 voluntary donation. Enjoy a coffee, cake and a chance to win a prize in our raffle. Held at Jasmyn House, 1 Midvale Road, Paignton, TQ4 5BD → Call 01803 551 846 or email Jayne at tsdft.sensoryadmin@nhs.net or for more information visit <https://devonconnect.org/activity/hearing-impaired-coffee-morning-copy-copy-copy1> (hearing) or <https://devonconnect.org/activity/coffee-morning-visually-impaired> (visual)

Torbay Together: Torbay's central community hub that lists local volunteering opportunities, peer support groups, events, and much more → Visit <https://devonconnect.org/torbay>

Advocacy

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including advocacy for parents → Email your name and number to Breathing.Space.Service@torbay.gov.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

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/>

Devon & Torbay Advocacy Service: Provided by Rethink Advocacy, DTAS provides many of the statutory advocacy services within the Devon Advocacy Consortium as one of the providers, including Devon and Torbay Independent Mental Health Advocacy (IMHA) Service and Devon and Torbay Independent Care Act Advocacy (ICAA) Service. Their advocates work in partnership with the people they support. They take action to help people say what they want, secure their rights, represent their interests, and obtain services they need. They promote social inclusion, equality, and social justice →



To refer to any DAC advocacy service, please contact their Single Point of Contact on 01392 833 277 (M-F 9-5) or email devonadvocacy@livingoptions.org or <https://www.rethinkadvocacy.org.uk/our-services/south-west-england/devon-torbay-advocacy-service/>

Healthwatch Torbay: The independent consumer champion for people using local health and social care services in Torbay. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 052 0029 or email (M-F, 10-4) or email info@healthwatchtorbay.co.uk or visit <https://healthwatchtorbay.org.uk>

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

Plymouth & Devon Racial Equality Council: Offers and advocates for equality and diversity in the workplace, and works in partnership with individuals & organisations committed to race equality. Their aim is to build a just and fair society where everyone has equal opportunities to live and learn free from prejudice, discrimination, and racism → Call 01752 224 555 or contact them via their form <https://www.plymouthanddevonrec.org.uk/contact.html> or <https://www.plymouthanddevonrec.org.uk/> (based in Plymouth, Exeter, and Torbay)

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 1404690 or email info@rehab4addiction.co.uk or for more information visit <https://www.rehab4addiction.co.uk>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including alcohol misuse → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

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 visit their website <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/>

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including anxiety → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

Asylum Seekers & Refugees

Citizens Advice Torbay: Provides information, advice, and signposting for asylum seekers and refugees, including visas, the EU Settlement Scheme and applying for British Citizenship → Call 0808 2787859 or <https://www.citizensadvice.org.uk/immigration/>

TORBAY.GOV.UK: Provides information, advice, and support for Ukrainian Refugees in the Torbay area → <https://www.torbay.gov.uk/leisure-sports-and-community/essential-information-for-ukrainian-guests/>

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 throughout Devon → <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: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

Therapy Services South West CIC: A mental health and wellbeing organisation, on a mission to empower people from neurodiverse communities to thrive. They are founded, managed and staffed by therapists with lived experience of the systemic oppressions. They seek to challenge, placing your uniqueness, individuality and intersectionality at the heart of their work. They believe everyone should



be able to access the help they need. Amongst other services, provides autism support and guidance → Email admin@therapyservicesouthwest.co.uk or <https://www.therapyservicesouthwest.co.uk/i-ve-discovered-i-m-autistic-what-next>

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

Benefits

Citizens Advice Torbay: Provides information, advice, and signposting for anyone needing help with benefits and tax credits (for people who are working or unemployed, sick or disabled, a parent, a young person, an older person or a veteran). Also provides information about payment of benefits and problems with benefits → Call 0808 2787859 or <https://www.citizensadvice.org.uk/benefits/>

Torbay Carers Service: Offers support and guidance to anyone caring for their relatives or friends, such as benefits advice → Call 01803 666 620 or email signposts@nhs.net or for more information visit <https://www.torbayandsouthdevon.nhs.uk/services/carers-service/>

TORBAY.GOV.UK: Provides information, advice, and support for Ukrainian Refugees in the Torbay area, including information on benefits → For more info visit <https://www.torbay.gov.uk/leisure-sports-and-community/essential-information-for-ukrainian-guests/>

What's Your Problem: A non-profit organisation that offers friendly, confidential help and support to ensure that all people have equal and fair access to justice and support. Their team is available Monday-Friday, from 9.00am-3.00pm, and can offer support to access justice and legal advice for family matters such as divorce and child arrangements, and welfare rights advice for housing support and benefit entitlement → Call 01803 524 044 or email info@whatsyourproblem.org.uk or visit www.whatsyourproblem.org.uk/

Bereavement

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 for those experiencing loss, 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>

Survivors of Bereavement by Suicide: Aims to help (and provide peer-to-peer support to) those aged 18+ overcome their isolation resulting from bereavement by suicide, in a safe and confidential environment. Also strive to improve public awareness. Services provided include peer-led support groups, online/virtual support groups, a national helpline, an online community forum, and email support → Call 0300 111 5065 (M+Tu 9-5) or email email.support@uksobs.org or more information visit www.uksobs.com



The Last Kiss Foundation: A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK (has services in Torbay), and to nurturing the hearts and supporting the families of those who have experienced the loss of a baby. Provides a wide range of services and resources to help families cope with their grief and begin their healing journey, and aim to create a compassionate environment for families. Offers bereavement care resources, specialised equipment, training, and wellbeing support to those who provide direct care to bereaved families. Also provides a mini directory of other available services → Email thelastkissfoundation@gmail.com or for visit <https://thelastkissfoundation.co.uk/support> or their website <https://thelastkissfoundation.co.uk/>

Bipolar Disorder

Bipolar UK (Torbay Support Group): Free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

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>

Carers

Bipolar UK (Torbay Support Group): A peer support group that's free to attend and open to anyone affected by bipolar disorder, including carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

CAMHS (Torbay): Provides information and support to carers of young people aged 0-18, who require mental health assessment and treatment. Aims to provide this through a high-quality service, and is part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 03300 245321 or <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

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>

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.

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/>

Signposts for Carers: Provides support, signposting, and information for carers of anyone (partner, child, relative, friend, or neighbour) through Carer Support Workers based at GP services across Torbay → Call 01803 666 620 (9am-4.30pm M-F), email signposts@nhs.net or visit www.tsdf.org.uk/carers

Start for Life: (Part of the Torbay Family Hub umbrella of services). Aimed at providing support and services (such as midwifery services, health visiting services, and parental mental health support) for parents and carers-to-be, and for those who have a child under 2-years-old → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/torbays-start-for-life-offer/>

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>

Torbay Carers Service: Offers support and guidance to anyone caring for their relatives or friends, such as shopping or meals, attending appointments with them, free health and wellbeing checks, group support, and benefits advice → Call 01803 666 620 or email signposts@nhs.net or visit <https://www.torbayandsouthdevon.nhs.uk/services/carers-service/>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including for carers → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

Children & Young People

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, including Torbay → Call 01392 925 150 or email hello@activedevon.org or contact via <https://activedevon.org/contact-us/> or visit <https://activedevon.org>

CAMHS (Torbay): Provides emotional and mental health assessment + treatment to children and young people aged 0-18 years. CAMHS aims to provide a high-quality service, to ensure that children and young people within Torbay develop positive mental health. Part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 0330 0245321 or visit <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Checkpoint: (Part of The Children's Society) Provides help to young people aged 8-18 across Devon, including Torbay. Offer face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or <https://www.childrensociety.org.uk/information/young-people/checkpoint>



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/>

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/>

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, including Torbay. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer 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>

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Torbay who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

Southwest Autism Support Services: Provides services for children, young people and families on the autistic spectrum. Offers advice and guidance for the families and professionals who care for them in settings such as schools, colleges, and in the community. Open to all individuals/families, and due to the length of the local waiting list a firm diagnosis is not required. Covers all Devon regions → Email southwestautism@gmail.com or more information: <https://www.southwestautismsupport.com>

The Pioneers Project: Aims to work with and support children & young people in Devon who are struggling with their social, emotional, and mental health, by giving them the opportunity to step out of their comfort zone in a safe manner, and help them to engage in interests and find hope → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including a wide range of support for children and young people → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/young-person/>

Torbay GOV Youth Service: A service that works with young people to promote their social and personal development and to encourage young people to have their own voice in their communities and within our society. Also provide a small open access youth offer, which is available to all young people who would like to engage in activities with the Youth Service → For more information visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-service-1/>



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>

Community Support

Age UK Torbay: A local charity that provides advice, companionship, and support for people over 50 in Torbay. Offers a wide range of different activities and events → Call 01803 555181 (open 10-1 and 3-6pm M-F and 11.30-12.30 Sa) or visit <https://www.ageuk.org.uk/torbay/>

BeWell@Step One: Runs a Men's Wellbeing Walk every Tuesday at 10.30am. Starts from and ends at The Community Hut behind St Paul's Church, Paignton, TQ3 2DH. This wellbeing walk offers men the opportunity to feel the benefit of getting out in the fresh air, connect with others, and enjoy the positive effect that spending time outside can have on both the body and mind. Increasing our activity levels and connection with others can be a key strategy in lifting mood and reducing anxiety. Open to people in Devon aged 18+ → Email training@steponecharity.co.uk or for more information visit <https://devonconnect.org/activity/mens-mental-health-and-wellbeing-walk>

Bipolar UK (Torbay Support Group): A peer support group that's free to attend, and open to anyone affected by bipolar, including family, friends, and carers. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

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/>

Home Start (South and West Devon): As part of their services, Home Start offers community support by way of volunteers, support groups, and opportunities for parents to widen their links with the local community → Call 01752 892455 or email homestart.shpt@gmail.com or visit <https://homestart-southandwestdevon.org.uk/ethos/>

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

LocalMotion Torbay: Their network brings people, organisations and institutions together, so that communities in six places can benefit from joined up thinking, pooled resources and long-term collaboration and planning with the UK funding community. Their main aims are to collaborate with local communities, strengthen collaboration and participation, and to make sustainable changes to the ecosystem to tackle deep rooted systemic issues within it. Also offers support for families, food poverty, & financial wellbeing → Email torbay@localmotion.org.uk or <https://localmotion.org.uk/torbay/>

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,



including Torbay. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer 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>

Plymouth & Devon Racial Equality Council: Provides a wide range of activities to help support local diverse communities, including support to form a group, assisting with the planning of community events and activities, and attending community events and activities → Call 01752 224555 or more information <https://www.plymouthanddevonrec.org.uk/community-support-plymouth-devon-racial-equality-council-exeter-torbay.html>

Rethink Mental Illness (Torbay): 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 Torquay, visit <https://rockchoir.com/locations-choir-leaders/> or call 01252 714 276 or email office@rockchoir.com for more info visit <https://rockchoir.com/>

Southwest Autism Support Services: Provides a range of community-based services & support, and opportunities for young people on the autism spectrum to gain social communication and activities within the wider community. Covers all Devon regions → Email southwestautism@gmail.com or visit <https://www.southwestautismsupport.com/services.html>

The Beacon Torbay (previously Heart of Torbay CIC): A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email sharon.nelson@heartoftorbaycic.com or visit <https://sharonnelson.co.uk/heart-of-torbay-cic/>

The Pioneers Project: Provides community work and support (including a community café and allotment project) for people of all ages across Devon. Aims to provide services that benefit everyone, reduce isolation, improve community connectedness, and to help create lasting connections between service users → Call 01752 916016 or email info@thepioneersproject.co.uk or more information <https://thepioneersproject.co.uk/community-work>

Torbay Carers Service: Offers support and guidance to anyone caring for their relatives or friends, such as peer support groups → Call 01803 666 620 or email signposts@nhs.net or visit <https://www.torbayandsouthdevon.nhs.uk/services/carers-service/>

Torbay Communities: (Previously known as Torbay Community Development Trust). Established following discussions with over 100 voluntary sector representatives, The Torbay Community Development Trust (TCDT) was formed with the intention of making Torbay a place where all people feel included. The Trust empowers communities, building on strengths and skills through Asset-Based Community Development → Call 01803 212638 or email info@torbaycdt.org.uk or visit <https://www.torbaycommunities.com/>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to



young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including community support and groups → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/>

Torbay Gymnastics: Runs a weekly fun, age & dementia friendly seated movement programme to music. Physical, emotional & cognitive benefits designed to get you moving more and having fun, at Torbay Olympic Gymnastics Club, Barton Hill Way, Torquay, TQ2 8JG. Open to ages to 35-65+ → Call 01803 317 817 or email info@torbaygymnastics.co.uk or for more information visit <https://devonconnect.org/activity/love-to-move1-copy>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information on support groups available in Torbay → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

Torbay Sensory Team: Run a monthly 'Hearing Impaired Coffee Morning' and 'Visually Impaired Coffee Morning' for anyone experiencing some form of hearing or sight loss on the 1st Tuesday of every month, 10am-12pm. Specialist Workers are on hand for support, advice, and information. £2.50 voluntary donation. Enjoy a coffee, cake and a chance to win a prize in our raffle. Held at Jasmyn House, 1 Midvale Road, Paignton, TQ4 5BD → Call 01803 551 846 or email Jayne at tsdft.sensoryadmin@nhs.net or for more information visit <https://devonconnect.org/activity/hearing-impaired-coffee-morning-copy-copy-copy1> (hearing) or <https://devonconnect.org/activity/coffee-morning-visually-impaired> (visual)

Torbay Together: Torbay's central community hub that lists local volunteering opportunities, peer support groups, events, and much more → Visit <https://devonconnect.org/torbay>

Counselling Services

Counselling Directory: A free directory of all available counselling services and therapists in Torbay → Visit <https://www.counselling-directory.org.uk/search.php?search=Torbay>

Devon Therapy Services: Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in the Torquay area with any type of personality disorder. Before making your session appointment(s), please contact them to arrange an initial session. They also talk about what has brought you to counselling, what you'd like to get out of your sessions, and whether you've had any counselling or psychotherapy sessions before. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 01803 428740 or email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.uk/>

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

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 info@rehab4addiction.co.uk or visit <https://www.rehab4addiction.co.uk/addiction-treatment>

Therapy Services South West CIC: A mental health and wellbeing organisation, on a mission to empower people from neurodiverse communities to thrive. They are founded, managed and staffed by therapists with lived experience of the systemic oppressions. They seek to challenge, placing your uniqueness, individuality and intersectionality at the heart of their work. They believe everyone should be able to access the help they need. Provides counselling on a wide range of issues, including ADHD,



autism, dyslexia, and dyspraxia → Email admin@therapyservicesouthwest.co.uk or visit <https://www.therapyservicesouthwest.co.uk/>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling about relationships. Sessions take place with individuals/couples in a safe space → Visit <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

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/>

Criminal Justice

Citizens Advice Torbay: Provides advice, information, and signposting for anyone experiencing a criminal justice issue, such as discrimination, civil rights, and claiming compensation → Call 0808 278 7859 or <https://www.citizensadvice.org.uk/law-and-courts/>

What's Your Problem: A non-profit organisation that offers friendly, confidential help and support to ensure that all people have equal and fair access to justice and support. Their team is available Monday-Friday, from 9.00am-3.00pm, and can offer support to access justice and legal advice for family matters such as divorce and child arrangements, and welfare rights advice for housing support and benefit entitlement → Call 01803 524 044 or email info@whatsyourproblem.org.uk or visit www.whatsyourproblem.org.uk/

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 Service: Provided by Devon Partnership Trust, First Response runs a 24/7 crisis line that provides advice, support, and signposting for people experiencing mental health problems → 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/>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. eXETER hub is based in Torbay Business Centre → Call 07483 991848 or email devontorquay.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>



Debt & Money Management

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including financial help → Email your name and number to Breathing.Space.Service@torbay.gov.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

Citizens Advice Torbay: Provides information, advice, and support around dealing with debt and money problems, how to avoid losing your home and how to get your finances back into shape → Call 0808 2787859 or <https://www.citizensadvice.org.uk/debt-and-money/>

LocalMotion Torbay: Amongst other types of support, LocalMotion Torbay are exploring how systemic change can make a long-term change for the local communities' financial wellbeing. They are aiming to do this through collaboration, sharing resources, looking at cultural narrative & norms, education, funding models → Email torbay@localmotion.org.uk or visit www.localmotion.org.uk/torbay

Torbay Carers Service: Offers support and guidance to anyone caring for their relatives or friends, such as financial advice → Call 01803 666 620 or email signposts@nhs.net or for more information visit <https://www.torbayandsouthdevon.nhs.uk/services/carers-service/>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including financial difficulties/issues → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

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.

Devon Memory Service (Torbay, South and West Devon): Following a referral from your GP, we will assess you to try to find out why you are having memory problems and if it could be the early stages of a dementia - such as Alzheimer's disease. Whatever the diagnosis, we will give you the information, support and treatment that you need to help you to live well and independently → Call 01803 396 520 or email dpn-tr.SouthDevonMemoryService@nhs.net or for more information visit <https://www.dpt.nhs.uk/locations/devon-memory-service-torbay-south-and-west-devon>

Torbay Gymnastics: Runs a weekly fun, age & dementia friendly seated movement programme to music. Physical, emotional & cognitive benefits designed to get you moving more and having fun, at Torbay Olympic Gymnastics Club, Barton Hill Way, Torquay, TQ2 8JG. Open to ages to 35-65+ → Call 01803 317 817 or email info@torbaygymnastics.co.uk or <https://devonconnect.org/activity/love-to-move1-copy>

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/>

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including depression → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

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/>

Devon County Council: Provides information on the DVSA (Domestic and Sexual Violence and Abuse) Strategy and Action Plan, under the DVSA Alliance. DVSA works together to end domestic and sexual violence and abuse in Devon → <https://www.devon.gov.uk/dsva/the-dsva-strategy-and-action-plan/>

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 Light: A collective hub of services aimed at supporting victims of sexual abuse/harm across Devon and Cornwall (and other Southwest areas). Self-referral only → All services offered can be found here <https://www.firstlight.org.uk/make-a-referral/>



Home Start (South & West Devon): Primarily supports families with young children/children under 18 across Devon (including Plymouth). Also offers a 12-week 'Own My Life' course for women who have suffered domestic abuse, using a trauma-informed approach, and a 6 week Own My Life group add-on, to encourage peer support networks. A rolling programme, delivered via Zoom → Call 07307 873163 or email homestart.shpt@gmail.com or <https://homestart-southandwestdevon.org.uk/current-services/>

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 more information <https://www.marbleslostandfound.co.uk/>

Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Torbay who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less (recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

Torbay Domestic Abuse Service: (Part of Sanctuary Supported Living). TDAS are working to break the cycle of domestic abuse. They offer a wide range of help to individuals and families in the Torbay area, including confidential advice, one-to-one and group support sessions, and safe accommodation. Based at Torbay Business Park, Paignton, TQ4. Available M-F 8am-5pm. → Call 0800 916 1527 (free phone; 24/7) or visit <https://www.sanctuary-supported-living.co.uk/support-services/domestic-abuse/torbay-domestic-abuse-service-tdas-torbay>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including domestic abuse and violence → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

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 depression. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit 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>

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including eating disorders → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>



Elderly Adult Support

Age UK Torbay: A local charity that provides advice, companionship, and support for people over 50 in Torbay. Offers advice on a wide range of topics including benefits, and advocacy, as well as many different activities and events → Call 01803 555181 (open 10-1 and 3-6pm M-F and 11.30-12.30 Sa) or visit <https://www.ageuk.org.uk/torbay/>

Torbay Gymnastics: Runs a weekly fun, age & dementia friendly seated movement programme to music. Physical, emotional & cognitive benefits designed to get you moving more and having fun, at Torbay Olympic Gymnastics Club, Barton Hill Way, Torquay, TQ2 8JG. Open to ages to 35-65+ → Call 01803 317 817 or email info@torbaygymnastics.co.uk or for more information visit <https://devonconnect.org/activity/love-to-move1-copy>

Employment & Education

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including employment and education support for parents → Email your name and number to Breathing.Space.Service@torbay.gov.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

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. HYP 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

TORBAY.GOV.UK: Provides information, advice and support around skills and tools for employment & education development for people in Torbay, including CVs and local volunteering opportunities → <https://www.torbay.gov.uk/children-and-families/services-and-support/supportingfamilies/employment-support-advice/>

Young Devon: Runs several 1-2-1 Support and Employment Mentoring programmes that give personalised support and advice to young people aged 16-24, to help them take their next steps into education, employment, and training. Based in Plymouth, Torbay, and Devon → Call 01752 691511 or email info@youngdevon.org or visit <https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring>

Families

Bipolar UK (Torbay Support Group): A peer support group that's free to attend and open to anyone affected by bipolar disorder, including families. Meets on the first Thursday of every month, 7-9pm → Call 07490 183404 or email Torbay@bipolarukgroups.org or <https://www.bipolaruk.org/torbay-support-group>

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas for parents/children and families → Email your name and number



to Breathing.Space.Service@torbay.gov.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

CAMHS (Torbay): Provides information and support to families of young people aged 0-18, who require mental health assessment and treatment → Call 0300 024 or <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

Home Start (South & West Devon): A leading family support charity across Plymouth, Torbay, South Hams, and West Devon, aiming to support families with young children with the challenges they face, to help them create the best outcomes for their children. Offers a range of parent support services, including peer support → Call 07307 873163 or email homestart.shpt@gmail.com or www.homestart-southandwestdevon.org.uk

LocalMotion Torbay: Works with children, young people and families in order to share ideas and collaborate on finding solutions and ways of working, allowing organisations and families to work together and thrive → Email torbay@localmotion.org.uk or visit www.localmotion.org.uk/torbay

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, including Torbay. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer 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>

Southwest Autism Support Services: Provides a range of services for parents/families of people on the autistic spectrum, including parental support, workshops, sibling support, plus information and advice. Due to the length of local waiting lists, a firm diagnosis is not required. Covers all Devon region: Email southwestautism@gmail.com or <https://www.southwestautismsupport.com/services.html>

Start for Life: (Part of the Torbay Family Hub umbrella of services). Aimed at providing support and services (such as midwifery services, health visiting services, and parental mental health support) for parents and carers-to-be, and for those who have a child under 2-years-old → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/torbays-start-for-life-offer/>

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 <https://www.talkworks.dpt.nhs.uk/>

The Last Kiss Foundation: A non-profit organisation dedicated to supporting bereaved families in hospitals and maternity units across the UK (has services in Torbay), and to nurturing the hearts and supporting the families of those who have experienced the loss of a baby. The Last Kiss Foundation provides a wide range of services and resources to help families cope with their grief and begin their healing journey, and aim to create a compassionate environment where families can find comfort and their hearts can begin to heal during this challenging time. Offers bereavement care resources, specialised equipment, training, and wellbeing support to all who provide direct care to bereaved families. Also provides a mini directory of other services → Email thelastkissfoundation@gmail.com or for the directory visit <https://thelastkissfoundation.co.uk/support> or <https://thelastkissfoundation.co.uk/>

The Pioneers Project: Their services aspire to reach whole families across Devon, as a positive way of shaping a more hopeful future for children and young people. Aim to empower their service users to



create lasting and meaningful change as they grow in their purpose and identity → Call 01752 916016 or email info@thepioneersproject.co.uk or <https://thepioneersproject.co.uk/what-we-do/>

Torbay Domestic Abuse Service: (Part of Sanctuary Supported Living). TDAS are working to break the cycle of domestic abuse. They offer a wide range of help to families in the Torbay area, including confidential advice, one-to-one and group support sessions, and safe accommodation. Based at Torbay Business Park, Paignton, TQ4. Available M-F 8am-5pm. → Call 0800 916 1527 (free phone; 24/7) or visit <https://www.sanctuary-supported-living.co.uk/support-services/domestic-abuse/torbay-domestic-abuse-service-tdas-torbay>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including a wide range of support for families → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/>

What's Your Problem: A non-profit organisation that offers friendly, confidential help and support to ensure that all people have equal and fair access to justice and support. Their team is available Monday-Friday, from 9.00am-3.00pm, and can offer support to access justice and legal advice for family matters such as divorce and child arrangements, and welfare rights advice for housing support and benefit entitlement → Call 01803 524 044 or email info@whatsyourproblem.org.uk or visit www.whatsyourproblem.org.uk/

Food Services (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, including Torbay. 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>

LocalMotion Torbay: Amongst other types of support, LocalMotion Torbay is aiming to address the root causes of food insecurity, through tools such as apprenticeships, talks and workshops, school & college partnerships, and community connection → Email torbay@localmotion.org.uk or visit www.localmotion.org.uk/torbay

Torbay Food Alliance: A partnership of 10 local community and voluntary organisations, working together to support people who are struggling to afford food, who work closely with the Torbay Community Helpline, and various statutory/community partners. They aim to support people to address food poverty, and improve their situation → <https://www.torbayfoodalliance.org/contact> or <https://www.torbayfoodalliance.org>

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, including 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>

Bay Yoga Torbay: Runs a gentle chair yoga class to improve mobility and flexibility in a soft and gentle way, learn ways to relax your body and mind using your breath and improve overall well-being. Runs every Monday 9.30-10.30am at the Windmill Centre in Torquay. Free to attend → Call 07818 814 676 or email bayyogatorquay@gmail.com or visit <https://bayyoga.info/#contact>

BeWell@Step One: Runs a Men's Wellbeing Walk every Tuesday at 10.30am. Starts from and ends at The Community Hut behind St Paul's Church, Paignton, TQ3 2DH. This wellbeing walk offers men the opportunity to feel the benefit of getting out in the fresh air, connect with others, and enjoy the positive effect that spending time outside can have on both the body and mind. Increasing our activity levels and connection with others can be a key strategy in lifting mood and reducing anxiety. Open to people in Devon aged 18+ → Email training@steponecharity.co.uk or for more information visit <https://devonconnect.org/activity/mens-mental-health-and-wellbeing-walk>

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including health and wellness advice for parents → Email your name and number to Breathing.Space.Service@torbay.gov.uk or for more information visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

Healthwatch Torbay: The independent consumer champion for people using local health and social care services in Torbay. Their work covers all areas of health and adult social care, including but not limited to: GPs, hospitals, dentists, care homes, pharmacies, and opticians. They listen to local residents' feedback about the healthcare services they use and make sure they are heard by the people in charge who have the power to improve available services. The more people share their ideas, experiences, and concerns about their NHS and social care, the more services can understand what works, what doesn't, and what people want from care in the future → Call 0800 052 0029 or email (M-F, 10-4) or email info@healthwatchtorbay.co.uk or visit <https://healthwatchtorbay.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 around health and wellness. Covers Plymouth, Devon, Cornwall, and



the UK → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

Start for Life: (Part of the Torbay Family Hub umbrella of services). Aimed at providing support and services, including health visiting services, for parents and carers-to-be, and for those who have a child under 2-years-old → Email familyhubtorbay@actionforchildren.org.uk or for more information visit <https://torbayfamilyhub.org.uk/torbays-start-for-life-offer/>

TALKWORKS (Depression and Anxiety Service): 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 more information <https://www.talkworks.dpt.nhs.uk/>

The Beacon Torbay (previously Heart of Torbay CIC): A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email sharon.nelson@heartoftorbaycic.com or visit <https://sharonnelson.co.uk/heart-of-torbay-cic/>

Torbay Carers Service: Offers support and guidance to anyone caring for their relatives or friends, such as free health and wellbeing checks → Call 01803 666 620 or email signposts@nhs.net or visit <https://www.torbayandsouthdevon.nhs.uk/services/carers-service/>

Torbay Gymnastics: Runs a weekly fun, age & dementia friendly seated movement programme to music. Physical, emotional & cognitive benefits designed to get you moving more and having fun, at Torbay Olympic Gymnastics Club, Barton Hill Way, Torquay, TQ2 8JG. Open to ages to 35-65+ → Call 01803 317 817 or email info@torbaygymnastics.co.uk or for more information visit <https://devonconnect.org/activity/love-to-move1-copy>

Housing & Homelessness

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including housing support → Email your name and number to Breathing.Space.Service@torbay.gov.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

Devon Home Choice (Torbay): A service that allows Devon residents to search and apply for council and housing association homes across Devon → Call 01237 428849 or <https://www.devonhomechoice.com/contact-us-6>

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

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including housing and homelessness → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>



What's Your Problem: A non-profit organisation that offers friendly, confidential help and support to ensure that all people have equal and fair access to justice and support. Their team is available Monday-Friday, from 9.00am-3.00pm, and can offer support to access justice and legal advice for family matters such as divorce and child arrangements, and welfare rights advice for housing support and benefit entitlement → Call 01803 524 044 or email info@whatsyourproblem.org.uk or visit www.whatsyourproblem.org.uk/

Learning Disabilities & Special Education Needs

Devon Partnership Trust: Provides a range of clinical services for those with learning disabilities, such as inpatient units (short-term assessment and treatment, specialist provision for autism), specialist learning disability services, community team involvement, and therapeutic day time services → More information <https://www.torbayandsouthdevon.nhs.uk/services/learning-disabilities/>

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 sessions, and coaching → Call 07476 946 303 or email hello@healyourconfidence.com or visit www.healyourconfidence.com

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, including Torbay. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer 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>

Therapy Services South West CIC: A mental health and wellbeing organisation, on a mission to empower people from neurodiverse communities to thrive. They are founded, managed and staffed by therapists with lived experience of the systemic oppressions. They seek to challenge, placing your uniqueness, individuality and intersectionality at the heart of their work. They believe everyone should be able to access the help they need. Provides counselling on a wide range of issues, including dyslexia and dyspraxia → Email them at admin@therapyservicessouthwest.co.uk or visit their website <https://www.therapyservicessouthwest.co.uk/>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including a wide range of support for children and young people with special education needs → To find out more email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/young-person/>

Torbay Mencap: A registered charity that provides information, advice, support, activities, and events for people with any type of learning disability. Aims to promote inclusion and independence. Runs different campaigns → Call 07912 481 008 or email secretary@torbaymencap.co.uk or visit <https://www.torbaymencap.co.uk/>

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

Legal Aid



Citizens Advice Torbay: Provides advice, information, and signposting for anyone seeking legal aid or assistance, such as civil rights, and information on the legal system → Call 0808 278 7859 or <https://www.citizensadvice.org.uk/law-and-courts/>

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

What's Your Problem: A non-profit organisation that offers friendly, confidential help and support to ensure that all people have equal and fair access to justice and support. Their team is available Monday-Friday, from 9.00am-3.00pm, and can offer support to access justice and legal advice for family matters such as divorce and child arrangements, and welfare rights advice for housing support and benefit entitlement → Call 01803 524 044 or email info@whatsyourproblem.org.uk or visit www.whatsyourproblem.org.uk/

LGBTQ+

Intercom Trust: A LGBTQ+ charity working across Torbay that aims to provide support and advice, advocacy, counselling and support groups to the LGBTQ+ community → Call 0800 6123010 (general helpline) or email office@intercomtrust.org.uk or 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 xplore youthdevon@gmail.com or visit <https://www.lgbtqyouthdevon.org.uk/young-people>

Marriage & Relationships

Psychology Today: A directory of therapists that provide counselling for couples/those in a relationship in Torbay → Visit <https://www.psychologytoday.com/gb/counselling/eng/torquay?category=couples-counselling>

Torbay Talking Therapy: A counselling service in Torbay & South Devon that offers both individual counselling and couples counselling about relationships. Sessions take place with individuals/couples in a safe space → <https://torbaytalkingtherapy.co.uk/can-we-help/relationships/>

Mental Health

BeWell@Step One: Runs a Men's Wellbeing Walk every Tuesday at 10.30am. Starts from and ends at The Community Hut behind St Paul's Church, Paignton, TQ3 2DH. This wellbeing walk offers men the opportunity to feel the benefit of getting out in the fresh air, connect with others, and enjoy the positive effect that spending time outside can have on both the body and mind. Increasing our activity levels and connection with others can be a key strategy in lifting mood and reducing anxiety. Open to people in Devon aged 18+ → Email training@steponecharity.co.uk or for more information visit <https://devonconnect.org/activity/mens-mental-health-and-wellbeing-walk>

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are



expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including mental health support for parents → Email your name and number to Breathing.Space.Service@torbay.gov.uk or for more information visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

CAMHS (Torbay): Provides emotional and mental health assessment & treatment to children and young people aged 0-18 years. Aims to provide a high-quality service, to ensure that children and young people within Torbay develop positive mental health. Part of a wider, comprehensive agency network which helps to promote the importance of good mental health → Call 0330 0245321 or more information <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

First Response Service: Provided by Devon Partnership Trust, First Response runs a 24/7 crisis line that provides advice, support, and signposting for people experiencing mental health problems → 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 support around mental health. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or www.healyourconfidence.com

Mental Health Assessment Team: A service based in Torbay (and South/West Devon) that manages new referrals, and provides a single point of assessment and access to adult community mental health services across Devon → Call 01803 397401/402 or for more information visit <https://www.dpt.nhs.uk/locations/mental-health-assessment-team-torbay-south-and-west-devon>

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/>

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>

Start for Life: (Part of the Torbay Family Hub umbrella of services). Aimed at providing support and services, including parental mental health support, for parents and carers-to-be, and for those who have a child under 2-years-old → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/torbays-start-for-life-offer/>

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/>

The Beacon Torbay (previously Heart of Torbay CIC): A community interest company that provides information, signposting, and support for activities, community events, workshops, mental health support, health and wellness, plus much more → Call 01803 363305 or email sharon.nelson@heartoftorbaycic.com or visit <https://sharonnelson.co.uk/heart-of-torbay-cic/>



The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. The Torbay hub is based in Torbay Business Centre → Call 07483 991848 or email them at devontorquay.mhm@nhs.net or <https://www.mhm.org.uk/the-moorings-devon>

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

Torbay Gymnastics: Runs a weekly fun, age & dementia friendly seated movement programme to music. Physical, emotional & cognitive benefits designed to get you moving more and having fun, at Torbay Olympic Gymnastics Club, Barton Hill Way, Torquay, TQ2 8JG. Open to ages to 35-65+ → Call 01803 317 817 or email info@torbaygymnastics.co.uk or for more information visit <https://devonconnect.org/activity/love-to-move1-copy>

Torbay Recovery Initiatives: (Part of Torbay and South Devon NHS) Provides information, support, and signposting for a wide range of issues, including mental health and wellness → Contact 0300 4568000 (local rate) or 01803 614567 or visit <https://www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/>

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

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>

BereaveMENT: A peer support group for men (held virtually online) who may feel more comfortable speaking to other men about their loss to suicide (run by Survivors of Bereavement by Suicide). Provides an open and safe space where they can talk openly about their experiences. Meets once a month, every 2nd Tuesday, for approx. 90 minutes → Call 0300 111 5065 or email them on bereaveMENT@uksobs.org or <https://uksobs.org/we-can-help/bereavement>

BeWell@Step One: Runs a Men's Wellbeing Walk every Tuesday at 10.30am. Starts from and ends at The Community Hut behind St Paul's Church, Paignton, TQ3 2DH. This wellbeing walk offers men the opportunity to feel the benefit of getting out in the fresh air, connect with others, and enjoy the positive effect that spending time outside can have on both the body and mind. Increasing our activity levels and connection with others can be a key strategy in lifting mood and reducing anxiety. Open to people in Devon aged 18+ → Email training@steponecharity.co.uk or for more information visit <https://devonconnect.org/activity/mens-mental-health-and-wellbeing-walk>

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 opem@pm.me or more information <https://operationemotion.co.uk/contact>



The Last Kiss Foundation: Amongst other services, TLKF provides advice, support, and resources for men faced with bereavement and loss, including the incredibly brave story of Arthur. Also provides resources, signposting, events, and training → Email thelastkissfoundation@gmail.com or visit <https://thelastkissfoundation.co.uk/mens-stories>

Parents & Pregnancy

Breathing Space: Breathing Space is a voluntary support service that offers support to any parent living in Torbay, who has had a child removed from their care. They also support some parents who are expecting a baby, when there are worries about the care of baby after birth. Their team will help you to decide which parts of your life you would most like support with and we will help you to make a plan. Offers support in many different areas, including advocacy, health and wellness, employment & education, and achieving stable accommodation and financial help → Email your name and number to Breathing.Space.Service@torbay.gov.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

Start for Life: (Part of the Torbay Family Hub umbrella of services). Aimed at providing support and services (such as midwifery services, health visiting services, and parental mental health support) for parents and carers-to-be, and for those who have a child under 2-years-old → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/torbays-start-for-life-offer/>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including for parents → Email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/support-for-parents-and-carers/>

Personality Disorders

Devon Therapy Services: Provides a range of counselling and psychological therapies, such as Dialectical Behaviour Therapy, for individuals in the Torquay area with any type of personality disorder. Before making your session appointment(s), please contact them to arrange an initial session. They also talk about what has brought you to counselling, what you'd like to get out of your sessions, and whether you've had any counselling or psychotherapy sessions before. Online, telephone, and face-to-face sessions offered, and last around 50 minutes. Session costs vary → Call 01803 428740 or email info@devontherapyservices.co.uk or visit <https://devontherapyservices.co.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 around personality disorders. Covers Plymouth, Devon, Cornwall, and the UK → Call 07476 946 303 or email hello@healyourconfidence.com or for more information visit www.healyourconfidence.com

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including personality disorder → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

Physical Disabilities



Disability Support Torbay: Their aim is to make a positive difference to the quality of life of people with disabilities, health and mental health issues. DST are an independent voluntary organisation, and our staff includes both paid employees and volunteers. Provides lots of support and services, including befriending, help with benefits, counselling, and other signposting & resources → Call 01803 215871 or email info@dstorbay.org.uk or visit <https://dstorbay.org.uk/home/>

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, including Torbay. The activities offered include the child with vision impairment along with the whole family. Also runs residential trips, parent/carer 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>

Torbay Sensory Team: Run a monthly 'Hearing Impaired Coffee Morning' and 'Visually Impaired Coffee Morning' for anyone experiencing some form of hearing or sight loss on the 1st Tuesday of every month, 10am-12pm. Specialist Workers are on hand for support, advice, and information. £2.50 voluntary donation. Enjoy a coffee, cake and a chance to win a prize in our raffle. Held at Jasmyn House, 1 Midvale Road, Paignton, TQ4 5BD → Call 01803 551 846 or email Jayne at tsdft.sensoryadmin@nhs.net or for more information visit <https://devonconnect.org/activity/hearing-impaired-coffee-morning-copy-copy-copy1> (hearing) or <https://devonconnect.org/activity/coffee-morning-visually-impaired> (visual)

United Response: Support people with learning disabilities, physical disabilities, autism, and mental health support needs across Devon, including Torbay, South Hams, Teignbridge, Exeter, Exmouth, and Honiton. They use person centred planning, ensuring they listen to you and the people who are important in your life → Call 01803 868550 or <https://www.unitedresponse.org.uk/support-area/devon/>

Psychosis

Mind: Provides information on what psychosis is, including possible causes and how to access treatment and support. Also includes tips for helping yourself, as well as guidance for friends and family → https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/treatment-and-support/?gclid=EAlaIqobChMl-qKe4d3EggMV5oCDBx0XTAyhEAAyAAEgLcZPD_BwE

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 → Visit their website https://www.themix.org.uk/mental-health/psychosis/about-psychosis-6636.html?gclid=EAlaIqobChMl-qKe4d3EggMV5oCDBx0XTAyhEAAyBCAAEgKAMfD_BwE

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including psychosis → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

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

Psychology Today: Provides a directory of psychologists in the Torbay area that provide support, guidance, and therapy for issues relating to PTSD → For more information visit their website <https://www.psychologytoday.com/gb/counselling/eng/torquay?category=trauma-and-ptsd>

Torbay and South Devon NHS Foundation Trust: Provides signposting and information for adult mental health services in the Torbay area, which are provided by Devon Partnership NHS Trust. Can provide information and support for many mental health issues, including PTSD → Visit their website <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>

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

Torbay CAMHS: provides emotional and mental health assessment and treatment to children, young people, aged 0-18 years, and their families/carers, including for young people who may be self-harming or experiencing suicidal thoughts → Call 0330 0245 321 or for more information visit <https://www.torbayandsouthdevon.nhs.uk/services/camhs/>

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 or email info@rehab4addiction.co.uk or for more information visit <https://www.rehab4addiction.co.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 Torbay), including meetings, holidays, activity days, and social evenings → More information <https://devonguides.org.uk/>

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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

Women's Wellbeing Club Paignton: A peer-led support group for any woman who needs a safe space to talk. Open to any woman aged 18+. Based at Marine Parade, Paignton → Email info@womenswellbeingclub.co.uk or visit www.womenswellbeingclub.co.uk

Young Adult Support

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 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>

Checkpoint: (Part of The Children's Society) A service that provides help to young people aged 8-18 across Devon, including Torbay. Offers face-to-face, telephone, and online support, to help young people overcome challenges they face, and to provide skills and strategies to help them move forward → Call 01803 200100 (M-F 9-5) or visit <https://www.childrenssociety.org.uk/information/young-people/checkpoint>

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/>

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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

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Plymouth Sexual Assault Children's Referral Centre: A dedicated children's service for children up to 18 years old who have been sexually assaulted. Any child in Torbay who has experienced sexual assault will be seen in their specialist paediatric service in Exeter. Every referral is reviewed by the clinical team, to make sure all health needs are addressed. They consider a broad range of support services for children and ensure appropriate onward referrals to relevant services. The process followed and support offered is dependent upon whether the assault took place more (non-recent) or less



(recent) than 10 days ago. Those who have experienced recent assaults will receive urgent medical care, a forensic medical assessment, and emergency contraception if required → Call 0300 303 4626 or visit <https://sarchelp.co.uk/childrens-service/>

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>

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>

The Moorings @ Devon: (Part of mental health matters) Provides out-of-hours mental health support to anyone aged 18+ in Barnstaple, Exeter, and Torquay. Offers information and emotional support for anyone who feels they are in a crisis, or heading towards a crisis situation. eXETER hub is based in Torbay Business Centre → Call 07483 991848 or email devontorquay.mhm@nhs.net or for more information visit <https://www.mhm.org.uk/the-moorings-devon>

Torbay Family Hub: (Previously 0 to 19 Torbay). Family Hubs bring together all the support a family may need and provides a welcoming space and a 'front door' for families from pregnancy through to young people turning 19 (or 25 if they experience SEND). Amongst other services, Torbay Family Hub provides free, local and trusted information and support, including a wide range of support for children and young people with special education needs → To find out more email familyhubtorbay@actionforchildren.org.uk or visit <https://torbayfamilyhub.org.uk/young-person/>

Torbay GOV Youth Service: A service that works with young people to promote their social and personal development and to encourage young people to have their own voice in their communities and within our society. Also provide a small open access youth offer, which is available to all young people who would like to engage in activities with the Youth Service → For more information visit <https://www.torbay.gov.uk/children-and-families/services-and-support/youth-service-1/>

Women's Wellbeing Club Paignton: A peer-led support group for any woman who needs a safe space to talk. Open to any woman aged 18+. Based at Marine Parade, Paignton → Email info@womenswellbeingclub.co.uk or visit www.womenswellbeingclub.co.uk

Young Devon: A young people's charity that aims to help young people aged 16-24 across Plymouth, Devon, and Torbay, making it their mission to make Devon a better place for all young people. Comprises different programmes and teams, such as Skills, Accommodation, and Wellbeing → Call 08082 810155 or email info@youngdevon.org or www.youngdevon.org