

Useful Contacts

General

ONE YOU PLYMOUTH

ONE YOU PLYMOUTH

Providing free support to help you eat well, move more, stress less, stop smoking and more, includes useful information and self assessment tools.

www.oneyouplymouth.co.uk

PLYMOUTH ONLINE DIRECTORY

A community-based directory with a focus on health, social and wellbeing services.

www.plymouthonlinedirectory.com

Livewell Southwest

Community mental and physical health services in Plymouth, South Hams and West Devon.

www.livewellsouthwest.co.uk

NHS University Hospitals Plymouth NHS Trust

Accident & Emergency
(Hospital)

tel: 01752 792511

PLYMOUTH CITY COUNCIL

Adult Social Care
Mon - Fri, 9am - 5pm

tel: 01752 668000
after 5pm: 01752 346984

NHS choices

Advice, tips and tools to help you make the best choices about your health.

www.nhs.uk

Eat Well / Move More / Smoke Free

This free app quickly and simply shows you how many brisk 10 min walks you're doing and how to fit more into your day.



www.nhs.uk/oneyou/apps



Eat well Move more Live longer

Fun ideas to help keep your kids healthy.

www.nhs.uk/change4life

CHILDREN'S FOOD TRUST Eat Better Do Better

Working to make sure every child eats the food they need to thrive.

www.childrensfoodtrust.org.uk

This free app has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions.



www.nhs.uk/oneyou/apps

This free app is a great way to eat foods that are healthier for you, with delicious, easy meal ideas to help get you going if you're ever short of inspiration.



www.nhs.uk/oneyou/apps

everyone ACTIVE

Provider of local health facilities and swimming pools.

www.everyoneactive.com

Useful Contacts

Eat Well / Move More / Smoke Free

ONE YOU PLYMOUTH

HealthUnlocked

A social network for health.

By finding others with similar health backgrounds people can take on day to day health concerns together.

www.healthunlocked.com



RunTogether

RunTogether believe that running / jogging is for everyone and is most fun when shared with others. Try a group run to find out for yourself.

www.runtogether.co.uk



SMOKEFREE

Millions have use Smokefree support to help them stop smoking. Choose from an app, email, SMS and face-to-face guidance.

www.nhs.uk/smokefree



Information on heart conditions and guides to healthier living.

www.bhf.org.uk



Walking for Health offers over 1,800 free short walks every week!

www.walkingforhealth.org.uk

Drink Less / Stress Less

Andy's Man Club

Peer to peer support group open to any man aged 18 or over, providing a safe space to talk.



www.andysmanclub.co.uk
www.facebook.com/Andys-Man-Club-Plymouth-2575726852501370/
email: plymouth@andysmanclub.co.uk

At a Loss.org

A charitable movement of people across the UK who are passionate about easing the pain together by enabling the bereaved to receive the support that they need.

www.ataloss.org



Support with any issue for anyone under 19. Free, confidential and 24 hour.

freephone: 0800 1111
www.childline.org.uk

DadPad™

Developed in conjunction with the NHS, it's the essential guide for new dads.

www.thedadpad.co.uk
email: hello@thedadpad.co.uk



Helping over 50s in Plymouth to live full and independent lives.

www.eldertreeplymouth.co.uk
email: admin@eldertreebefriending.co.uk



FIRST LIGHT

Supporting people living in Plymouth and the surrounding area who have suffered historical or recent sexual violence, abuse and rape.

tel: 03458 121212
www.firstlight.org.uk

Useful Contacts

Drink Less / Stress Less

ONE YOU PLYMOUTH



Help for anyone, including family and friends, affected by the misuse of drugs and alcohol.

tel: 01752 434343

Offers an out-of-hours service for people who consider that they are approaching a mental health crisis.

Head Space



email: headspace@colebrooksw.org
tel: 07890 257614 (6pm to 10pm)



Improving Lives Plymouth

Supporting people since 1907

Information, advice and support services for people with disabilities and long-term health conditions.

tel: 01752201766
www.improvinglivesplymouth.org.uk



Free one-to-one online chat for 11 - 18 year olds, offering emotional and mental health support.

Mon - Fri: 12pm - 10pm
Sat - Sun: 6pm - 10pm

www.kooth.com

Males Allowed

A signposting page for men to gain information, attend social events, join in with LIVE Facebook chats, advice, email chat, WhatsApp group and one-to-one support.



www.malesallowed.org

Men's Sheds

Community spaces for men to connect, converse and create. With activities for groups of men to enjoy together, they help reduce loneliness and isolation, but most importantly, they're fun.



www.menssheds.org.uk



Support both in crisis and with problems of day to day living.

Mon & Fri: 10am - 4pm
Tues & Weds: 10am - 2pm

tel: 01752 512280
www.plymouthmind.com



Helpline and online support for people aged 26 - 14. One-to-one online messenger available 11am - 11pm every day.

freephone: 0808 808 4994
www.themix.org.uk



PAPYRUS

PREVENTION OF YOUNG SUICIDE

A helpline for young people who are feeling suicidal or for anyone who is worried about a young person who is feeling suicidal.

Mon - Fri: 10am - 10pm
Sat - Sun: 2pm - 20pm

freephone: 0800 068 4141
email: pat@papyrus-uk.org



Offering a range of bereavement support to anyone affected by suicide within Devon – soon to be available in Plymouth too.

tel: 01395 277780
www.petesdragons.org.uk

Plymouth Options

Offering a range of services to people experiencing common mental health problems.



Mon - Fri: 9am - 5pm
tel: 01752 435419
www.plymouthoptions.com



Pregnancy Crisis Care

(Plymouth & SE Cornwall)

Support for women and their partners with any pregnancy related crisis.

tel: 01752 246788
email: contact@pregnancycrisiscare.org.uk

Useful Contacts

Stress Less / Drink Less

PLYMOUTH



Advice, information and support in the community.

tel: 01752 251072
www.rethink.org



Helpline available 24 hours a day, 365 days a year.

tel: 116 123
email: Jo@samaritans.org



An independent charity that provides free and confidential advocacy services

tel: 0300 343 5719



The UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

text: SHOUT 85258



helpline for older people

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year.

tel: 0800 4 70 80 90
www.thesilverline.org.uk



Affordable, quality counselling for everyone living and working in Plymouth and its surrounds, with a sliding scale of fees based on household income.

Mon - Fri: 9am - 4pm
tel: 01752 560 900



Meeting the needs and overcoming isolation experienced by people over 18 who have been bereaved by suicide. Mon - Fri 9am - 9pm

tel: 0300 111 5065
www.uksobs.org



TESS: Webchat for young women up to 24 years affected by self harm. Sun - Thurs: 7pm - 9pm

SMS: 0780 047 2908
(aim to text back within 30 mins)
www.selfinjurysupport.org.uk



Putting veterans and their families in touch with organisations best placed to help with the information, advice and support they need.

www.veteransgateway.org.uk



Information for parents and young people about mental health and wellbeing

www.youngminds.co.uk



Offering a range of information, advice, counselling and support services to young people.

Drop in Mon - Fri, 12pm - 5pm

tel: 01752 206626
www.thezoneplymouth.co.uk