

KeepSafe Connections (continued)

Marbles Lost and Found: <https://www.marbleslostandfound.co.uk>

The Samaritans: Phone: 116123 (24 hours a day) - www.samaritans.org

The Silver Line (For older people): Phone: 0800 470 8090 (24 hours a day)-
www.thesilverline.org.uk

Sane Charity crisis support between 4.30pm and 10.30pm 365 days per year on
0300 034 7000

Shout: UK's first free 24/7 text service for anyone in crisis anytime, anywhere
just Text SHOUT to 85258



Head Space

Peer 2 Peer Mental Health Support

Here for you when times get rough

OPEN 7 DAYS A WEEK 6pm - 10pm

**A safe, calm place where
you can find support**

MON & TUES: Four Greens Wellbeing Hub,
Whiteleigh Green, Plymouth, PL5 4DD

WEDS: The Rees Centre,
Mudge Way, Plympton, PL7 2PS

THURS & FRI: The Cumberland Centre,
Damerell Close, Devonport, Plymouth, PL1 4JZ

SAT & SUN: The Jan Cutting Centre,
Scott Business Park, Beacon Park Road, Plymouth, PL2 2PQ

No need for an appointment
Just come by or give us a call
07890257614 - opening hours only
headspace@colebrooksw.org

Find us on  
#YourHeadSpace

 

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13th March 2020