

Sources of mental health help and support in Cornwall and Isles of Scilly

What	When	Who for
999	Call 999 in a medical emergency. This is when someone is seriously ill or injured and their life is at risk. If someone has self-harmed or is having suicidal thoughts that they intend to act on, going to the Emergency Department (ED) or calling 999 for help is the right thing to do.	Anyone in a medical emergency
111 option 2	Call the 24/7 NHS Cornwall and Isles of Scilly urgent mental health response phone line on 111 option 2 if you're concerned about your own or someone else's mental health. 24 hours a day, 7 days a week. Go online to www.111.nhs.uk (for assessment of people aged 5 and over only) Call 111 for free from a landline or mobile phone.	It's free to access by anyone, any age, any time
Your GP	Please call your GP or visit their website for up-to-date information on accessing medical advice. You may be able to have a consultation with a GP by phone or online. Ask for an emergency appointment in a crisis situation.	Anyone registered with a GP in Cornwall and Isles of Scilly
Integrated Community Mental Health Teams	Integrated Cornwall Community Mental Health Teams (ICMHTs) are available Monday to Friday from 8.45am – 5.15pm for advice and signposting. Call: 0845 207 7711	Anyone aged 18+
Support Matters Cornwall	Out-of-hours helpline (5pm to 9am weekdays and 24 hours a day at weekends and bank holidays). Call: 0800 001 4330 , via text @MHM_Helpline , email info@mhm.org.uk or web chat www.mhm.org.uk	For all patients (aged 16+) under the care of Cornwall Partnership NHS Foundation Trust's mental health services (e.g., Community Mental Health Team or CAMHS).

CAMHS	The Child and Adolescent Mental Health Service is a county-wide multi-disciplinary team who support young people to access the right support, at the right time. Available Monday to Friday 9am to 5pm. Call: 01209 881600	Anyone up to age 17
NHS Talking Therapies (Previously Outlook South West)	Free, confidential talking therapies for people Talking therapies (IAPT) Cornwall Partnership NHS Foundation Trust (cornwallft.nhs.uk) or call 01208 871905	For anyone registered with a GP in Cornwall and the Isles of Scilly.
People in Mind	Free mental health support in Cornwall and Isles of Scilly. Support for issues around self-harm, debt, social isolation and long term conditions. Access is via the Community Gateway. Call 01872 266383 or email gateway@ageukcornwall.org.uk	For people aged 16+
Samaritans	Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. Call: 116 123 (24 hours a day, free to call) www.samaritans.org Email: jo@samaritans.org	For anyone at any time
Shout	Shout is a 24/7 text service, free on all major mobile networks. It's a place to go if you're struggling to cope and you need immediate help. Text: shout to 85258	For anyone in crisis anytime, anywhere.
Mind	Mind provides confidential mental health information services and wellbeing groups. Call: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463 Email: info@mind.org.uk Website: www.mind.org.uk/information-support/helplines	Anyone

	Mind Cornwall call: 01208 892 855 Website: www.cornwallmind.org Email: info@cornwallmind.org	
Pentreath	Pentreath is an award-winning charity, based in Cornwall who support recovery from mental ill health and develop opportunities for people. Their offer includes outreach, one to one coaching and support to help you achieve your goals, whatever they may be. Includes the recovery college. www.pentreath.co.uk Tel: 01726 862 727 Email: pentreath@pentreath.co.uk	Anyone aged 14+ in Cornwall and Isles of Scilly
Clear	Cornwall based charity offering trauma therapy for adults and children. Hope for Harm programme supports adults who self-harm. www.clearsupport.net Tel: 01872 261147	Children and adults
Age UK	Befriending services (over age 65), community hubs and Step into Wellness programmes across Cornwall and Isles of Scilly. www.ageuk.org.uk/cornwall or Tel: 01872 266383	Adults and over 65s for some services
Papyrus	UK charity that provides confidential suicide prevention advice, support and resources for young people and their families. Website: Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org) Call HOPELINE247: 0800 0684141 Text: 07860 039967 Email: pat@papyrus-uk.org	Young people up to age 35
Rethink	Rethink Mental Illness offer information and advice, resources and support for people with mental illness. Their website has all you need to know about mental illness, diagnosis, treatment and your rights: www.rethink.org Email: advice@rethink.org Call: 0300 5000 927	Anyone

Online sources of help and support

Cornwall Partnership NHS Foundation Trust	Worried about someone's mental health? Cornwall Partnership NHS Foundation Trust	Anyone
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Cornwall Council Mental Health	Information about mental health support and training in Cornwall and Isles of Scilly.	Anyone
Qwell and Kooth	Free, safe, anonymous online counselling service for people who live in Cornwall and Isles of Scilly by a team of qualified counsellors. Young people, and parents/carers. Does not require a referral. www.kooth.com www.qwell.io	Kooth: 11–19-year-olds Qwell: 19 – 25-year-olds and all parents/carers
SilverCloud	Online cognitive behaviour therapy (CBT) programme which allows you to complete therapy in your own time at your own pace. www.cornwallft.nhs.uk/silvercloud	Anyone who lives in Cornwall and Isles of Scilly aged 16 or older
Every Mind Matters	Expert advice, practical tips and support for stress, anxiety, low mood and sleep. You can also complete a Mind Plan to discover what works for you. Mental health issues - Every Mind Matters - NHS (www.nhs.uk)	Anyone

Peer support groups

Man Down	Informal peer-support talking groups for men with mental health concerns Support Man Down Cornwall Cornwall (mandown-cornwall.co.uk)	Any man in Cornwall and Isles of Scilly
Georgia's Voice	Preventing suicide in young women. Small, free, confidential support groups for young women with mental health concerns. Georgia's Voice – Preventing suicide in young women in Cornwall (georgiasvoice.co.uk)	Young women Cornwall and Isles of Scilly up to the age of 25
A Band of Brothers	Works with young men involved in the criminal justice system, providing them with the support they need to make the transition to an adulthood free of crime, and filled with a sense of belonging, connection and purpose. Cornwall Background ABandOfBrothers	Young men in Cornwall and Isles of Scilly

Survivors of Bereavement by Suicide (SoBS)	Peer support groups for adults impacted by suicide loss offering safe, confidential environments where people can share their experiences and feelings. Truro – Survivors of Bereavement by Suicide (uksobs.org)	Adults. Group in Truro
Mind Cornwall	Our peer support groups provide a safe place for people to share, understand and give mutual support to other people who are struggling with their mental health. We offer a range of groups that help to support your recovery and empower you to take control of your wellbeing.	Adults in venues across Cornwall
Steve's Legacy	Men's mental health group offers an opportunity to share experiences, understand emotions and their sources, and manage difficult feelings. Steve's Legacy The Sparkle Foundation UK	Men in Cornwall. Groups in Helston and Penzance

Other support, tools and training

Mental Health Employment Advisors	For anyone aged 16+ years who appears to be experiencing poor mental health or those who said this acted as a barrier to their employment in some way are referred to a work coach and MHEAs who are co-located in Job Centres across Cornwall; Bodmin, Bude, Helston, Launceston, Liskeard, Newquay, Penryn, Penzance, Redruth, St Austell and Truro.	Anyone aged 16+ claiming or applying for Universal Credit, Jobseeker's Allowance or Employment Support Allowance
Safety Planning	A safety plan is for someone to use when they are feeling that their mental health and wellbeing is low, and/or that they are at risk of self-harm or acting on suicidal thoughts – a plan to remind themselves of reasons to live, family and friends they can talk with and things they can do to help gain control of their feelings. https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-safety-plans/	Anyone

Healthy Cornwall training	Mental Health First Aid (Adults and Youth), Suicide First Aid (Adults and Youth), ASIST, Self-Harm Awareness www.healthycornwall.org.uk/training	For anyone aged 18+ who lives or works in Cornwall and Isles of Scilly
Sound Doctor training	Free, online mental health training for working people. Includes modules covering psychological first aid, mental health and trauma awareness cornwall (thesounddoctor.org)	For anyone of working age in Cornwall and Isles of Scilly
With You	Free and confidential support to adults and young people facing challenges with drugs, alcohol and mental health. Offices in Truro, Redruth, Penzance, Bodmin and Liskeard. Our teams also work from hubs across the whole of Cornwall as well as in the local community - so regardless of where you live, you can access the support you need. https://www.wearewithyou.org.uk/	Anyone
Smokefree Cornwall	Stop Smoking Support from Healthy Cornwall. Telephone - 01872 324200; Email - healthy.cornwall@cornwall.gov.uk https://www.healthycornwall.org.uk/make-a-change/smokefree-cornwall/	Anyone