

WELLBEING CONTACTS - Plymouth and The Southwest

Wellbeing Team at The Cathedral School of St Mary.

Mrs L Bemand - SENDCo

Mrs T Cook - Pupil and Parent Support.

Mrs M Penelrick - SMHL & Trauma informed practitioner.

Experiencing a mental health crisis, call

NHS 111 - Mental health line If someone is at risk now call 999

<https://www.livewellsouthwest.co.uk/childrens-services>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-ca-mhs/>

LIVEWELL SOUTHWEST 24 -7 crisis line

<https://www.livewellsouthwest.co.uk/wp-content/uploads/2024/09/First-Response-leaflet-2024-v4.pdf>

Who is this crisis line available to?

First Response is available to anyone in Plymouth at the time of experiencing a mental health crisis.

You do not need to be an existing service user of Livewell.

Just call us on **NHS 111 (select the mental health option)** if you need help 24/7.

Other health and care professionals can contact First Response on 01752 434135 if they need advice when working with an individual experiencing mental health difficulties or would like to refer someone.

Plymouth Options: 01752 435419 www.plymouthoptions.com

Devon Mind: 01752 512280 www.devonmind.com

Marbles Lost and Found www.marbleslostandfound.co.uk

Improving Lives www.improvinglivesplymouth.org.uk

Headspace: 07890 257614
www.colebrooksw.org/head-space

Samaritans: 116 123 www.samaritans.org Shout: text 'Shout' to 85258 www.giveusashout.org

Andy's Man Club (men only) www.andysmanclub.co.uk

Sunflower Women's Centre (women only - not a crisis or mental health centre) Providing support to those that are in a place of change and need help to recover. During that transition they offer advice and support.

www.trevi.org.uk/services/sunflower-womenscentre/ Veterans' Gateway: 0808 802 1212

www.veteransgateway.org.uk Rethink: 0808 801 0525 www.rethink.org Arteme: 07554 665461

www.arteme.com Livewell Southwest @livewellsw We support people to lead independent,

healthy lives Additional Support (other services are available) Plymouth Options: 01752 435419

www.plymouthoptions.com Devon Mind: 01752 512280 www.devonmind.com Marbles Lost and

Found www.marbleslostandfound.co.uk Improving Lives www.improvinglivesplymouth.org.uk
Headspace: 07890 257614 www.colebrooksw.org/head-space/ Samaritans 116 123

www.trevi.org.uk/services/sunflower-womenscentre/ Veterans' Gateway 0808 802 1212

www.veteransgateway.org.uk Rethink 0808 801 0525 www.rethink.org Arterne 07554 665461

www.arterne.com Livewell Southwest @livewellsw Additional Support (other services are available) Substance Misuse Harbour 01752 434343

www.harbour.org.uk Hamoaze 01752 566100

www.hamoazehouse.online Sexual and Domestic Abuse Support First Light 03458 121212

www.firstlight.org.uk Plymouth Domestic Abuse Service (PDAS) 0800 458 2558

www.sanctuary-supported-living.co.uk

Bereavement Cruse Bereavement Support 0808 808 1677

www.cruse.org.uk Mon and Fri: 9:30am - 5pm Tue, Wed, Thur: 9:30am - 8pm Sat and Sun: 10-am - 2pm Advice Citizens Advice Plymouth www.citizensadviceplymouth.org.uk Carers Caring for Carers 01752 201890

www.improvinglivesplymouth.org.uk/ourservice/services/caring-for-carers Befriending Services (aged 50+) Plymouth Age UK 01752 256020

www.ageuk.org.uk/plymouth/ Elder Tree 01752 227447

www.eldertreeplymouth.co.uk

Urgent mental health support for anyone in Plymouth CALL 111

KOOTH is a free, safe and anonymous online wellbeing service for children and young people with an online counselling service, forums and articles.

Guide to CAMHS

<https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/>

What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Services. CAMHS is the NHS mental health services for children and young people.

CAMHS support covers [depression](#), [problems with food and eating](#), [self-harm](#), [abuse](#), violence or [anger](#), [bipolar disorder](#), [schizophrenia](#) and [anxiety](#), and other difficulties.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), support workers and social workers, as well as other professionals.

What is CYPMHS?

You might also see CYPMHS used which stands for Children and Young People's Mental Health Services. This is a new term and it includes all the services that might be available to help you as well as CAMHS.

On this page, we will use the term CAMHS to refer to the NHS service that helps people like you, with emotional, behavioural or mental health difficulties.

Our local Family Hub - Manor Street Stonehouse & Green Ark Devonport.

The wellbeing team at CSOSM can help complete this referral if you would prefer

<https://docs.google.com/document/d/1Dc-7r47YP9EWPjoCwUty-q3EeVfJT8wC/edit?usp=sharing&oid=113364363392047965121&rtpof=true&sd=true>

Please reach out.

Reminder of The Wellbeing Team at The Cathedral School of St Mary.

Mrs L Bemand - SENDCo

Mrs T Cook - Pupil and Parent Support.

Mrs M Penelrick - SMHL & Trauma informed practitioner.