



Iron Mill
Counselling Service

Emergency Contacts for Mental Health Crisis

First Response Service (FRS)

Provides urgent mental health care, advice, and guidance 24/7 for people with mental health and learning disability needs.

Phone: NHS 111 (select mental health option)

Accident and Emergency (A&E)

If you are experiencing suicidal thoughts and feel that you may be at risk of acting on these feelings.

If you feel you may be at risk of harming yourself or others.

If you have caused serious harm to yourself and need urgent medical attention.

- Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB
- Royal Bournemouth Hospital, Castle Lane East, Bournemouth, BH7 7DW
- Christchurch Hospital, Fairmile Road, Christchurch, BH23 2JX
- Or call 999

Emergency GP Appointment - Contact your GP Surgery

If you need urgent support, but your immediate safety is not at risk

If you have caused harm to yourself and need medical attention

Out of Hours (follow advice on Surgery out-of-hours message)

OR dial 111 for free 24hr NHS helpline

Samaritans

24/7 support for anyone in distress.

Phone: 116 123

Exeter Campus

Morwenstow, 7 Barnfield Crescent,
Exeter, Devon United Kingdom, EX1 1QT

Tel: 01392 499388

Poole Campus

Unit C, Acorn Business Park, Ling Road, Poole,
BH12 4NZ

Email: counselling@ironmill.co.uk



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SANEline

A national out-of-hours telephone helpline offering practical information, crisis care and emotional support to anybody affected by mental health problems.

Phone: 0300 304 7000 Website: <http://www.sane.org.uk/>

Shout

24/7 text support for anyone in the UK.

Text: 85258

HOPELINEUK (PAPYRUS)

Support for anyone under 35 experiencing thoughts of suicide.

Phone: 0800 068 4141

Text: 07860 039967 Email: pat@papyrus-uk.org

Rape Crisis England & Wales

National Rape and Sexual Abuse Helpline, which is available 24 hours a day, 7 days a week for anyone over the age of 16.

Phone: 0808 500 2222 Website: www.rapecrisis.org.uk which has a live chat facility which can be accessed 24/7

National Domestic Abuse Helpline

Phone: 0808 2000 247 Website: www.nationaldahelpline.org.uk

ChildLine

A free helpline for children and young people in the UK.

Phone: 0800 1111 Website: <http://www.childline.org.uk/>

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LGBT Foundation

Phone: 0345 3 30 30 30 Email: helpline@lgbt.foundation

Talk to Frank

Free confidential drugs information and advice 24 hours a day via email or telephone (calls from landlines are free and won't show up on the phone bill).

Phone: 0300 1236600 Website: <http://www.talktofrank.com/>

Local Support

The Moorings @ Devon

Offers mental health support in a welcoming, safe, non-judgmental environment.

Locations:

- Exeter: Wonford House, Dryden Road, Exeter, EX2 5AF
- Barnstaple: The Voice Meeting Rooms, Belle Meadow Court, Albert Lane, Barnstaple, EX32 8RJ
- Torquay: South Devon & Torbay Mental Health Centre, Torbay Hospital, Lowes Bridge, TQ2 7AA

Phone: 07990 790920 Website: www.mhm.org.uk/the-moorings-devon

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TALKWORKS

Free and confidential NHS talking therapies service for adults (18+).

Address: Compass House, 52 Magdalen Road, Exeter, EX2 4TL

Phone: 0300 555 3344 Website: www.talkworks.dpt.nhs.uk/locations/talkworks-exeter

Devon Mind

Offers affordable, high-quality counselling services.

Phone: 01752 512280 Website: www.devonmind.com

The Margaret Jackson Centre

Provides affordable one-to-one counselling sessions.

Address: 1 Barnfield Crescent, Exeter, EX1 1QT

Phone: 01392 256711 Website: www.margaretjackson.org.uk

Devon Mental Health Alliance (DMHA)

Partnership between six organizations providing mental health support. Website:

www.mentalhealthdevon.co.uk

Community Mental Health Team – Exeter

Specialist assessment and treatment for adults experiencing mental health difficulties.

Address: Wonford House, Dryden Road, Exeter, EX2 5AF Website:

www.dpt.nhs.uk/locations/community-mental-health-team-exeter

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Children and Young People

CAMHS (Child and Adolescent Mental Health Services)

Provides crisis support for children and young people under 18.

Phone: 03300 245 321 (office hours) or 0300 555 5000 (out-of-hours)

Young Devon / Exeter YES Centre

Offers support for young people, including mental health services.

Provides community-based and school-based counselling for young people.

Address: 22 Cathedral Yard, Exeter, EX1 1HB

Phone: 01392 331666 Website: www.youngdevon.org

Services for Parents of Youth in Crisis

YoungMinds Parents Helpline

Offers a free, confidential helpline for parents and carers who are worried about a child or young person under 25. They also provide a webchat service and online advice.

Phone: 0808 802 5544 Website: www.youngminds.org.uk/parent/parents-helpline/

Parenting Mental Health

Peer support organization for parents of children struggling with mental health. Website:

www.parentingmentalhealth.org

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MindEd for Families

Description: Provides safe and reliable advice about young people's mental health, created by experts and parents together. It includes information on signs, symptoms, and where to go for support. Website: www.mindedforfamilies.org.uk

NSPCC

Description: Offers support and advice for parents dealing with various issues, including mental health problems in children and young people.

Phone: 0808 800 5000 Website: www.nspcc.org.uk/keeping-children-safe/support-for-parents/

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