

Service	Details	Area	Contact details
Children Adolescent Mental Health Service (CAMHS) NHS	Children and young people with a mental health condition	Torbay	Torbay Child and Adolescent Mental Health Service (CAMHS) - Torbay and South Devon NHS Foundation Trust - 0330 0245 321
Child and Family Health Devon	Mental health support team in schools (MHST), pathways for support for addressing Adverse Childhood Experiences, Mood, emotions and relationships and more.	Torbay/Devon	The Mental Health Support Team in Schools (MHST) - Children and Family Health Devon
Brighter Horizons	Peer support group for women 18 and over. No referral necessary, free to attend.	Paignton	Brighter Horizons in Paignton
Girls against anxiety	Peer led groups for girls aged 18-25 with anxiety. Also 1 day a week for under 18's. Safe space to talk and do crafts plus days out. See website for details.	Paignton - Winner street	Girls Against Anxiety
Torbay Mental Health Directory NHS	Directory with full range of community support services.	Torbay	Mental Health - Torbay and South Devon NHS Foundation Trust
CentrePeace (adults) - community café	Free counselling (with trainees), Informal emotional support, Companionship and outreach	Paignton - 56 Palace avenue, TQ3 2HF	CentrePeace Paignton
Checkpoint	Wellbeing drop ins and mental health support. Free and confidential information, advice and support services to children and young people aged 8–17	Torbay	CheckPoint The Children's Society
TALKWORKS - Previously Depression Anxiety Service (DAS)	NHS talking therapy service for adults: These include Cognitive Behavioural Therapy (CBT), Silvercloud (an online programme), Eye Movement Desensitisation and Reprocessing (EMDR), self-help management programmes, and mood management groups and courses.	Torbay	TALKWORKS Devon's NHS Talking Therapies Service
The Devon Clinic	Parent's under pressure program (free but asks for a donation). Carer's under pressure program (free but asks for a donation). Affordable counselling with trainees (£15 ph)	Torbay - Based in Paignton 30 Hyde Road, Paignton, TQ4 5BY	The Devon Clinic – People Before Profit
Key Counselling Training	Free counselling with trainee counsellors, up to 12 sessions. Children over 13 can be referred by parent/carers.	Devon and Birmingham	Professional / Personal Counselling Birmingham Devon

Windmill centre	Free counselling with trainees. Weekly wellbeing group in centre. Monthly walking wellbeing group. Advising Torbay – help with benefits and benefit applications.	The Windmill Centre, Pendennis Road, Torquay, TQ2 7QR	Windmill Torbay Charity The Windmill Centre, Pendennis Road, Torquay, UK
Mental Health recovery and drop in service.	Hope program and weekly mental health support drop in's.	Torquay and Newton Abbot	Drop-ins — Devon Mental Health Alliance Working together for better mental health
RELATE	Relationship Counselling, Sex Therapy, Children and Young People's Counselling, Family Counselling- fees apply for all counselling. Free toolkits and resources to explore healthy relationships and co-parenting.	Torbay	https://www.relate.org.uk/
Shekinah	Range of support for adults including: Health and wellbeing, Connecting with others, Restorative justice, Mental health, Confidence, Employability, Homelessness	Endeavour House, Torquay	Shekinah - Building lives & futures
HOPE	Bringing together people living with chronic pain, fatigue and low-level anxiety and depression. 6 week program	Torbay Courtenay Centre, Kingsteignton Rd, Newton Abbot, TQ12 2QA	Newton Abbot Community Interest Company community centre newton abbot
Kooth	Online counselling for children aged 13 and over. Wellbeing tips and advice and online tools.	Online	Home - Kooth
Qwell	Free digital online support for adults on UK. Live chat with qualified counsellors and mental health practitioners. Online resource and tips for wellbeing.	Online	Home - Qwell
Childline	Free counselling, tips, tools and advice.	Nationwide telephone support	Childline Free counselling service for kids and young people Childline
Young Devon	Support for 11-25 years. Mental health support, drop in's, Housing support, Skills workshops and courses, Employability.	Torbay/Devon	Young Devon Changing the odds in favour of young people
Lumi Nova	Therapeutic digital intervention for children aged 7-12 years experiencing mild to moderate anxiety.	Online	Lumi Nova: A therapeutic game for children's worries and anxiety - Children and Family Health Devon

Papyrus	Young suicide prevention charity - 24 hour Hopeline for young people who feel suicidal. Support and advice for carers of young people who feel suicidal	Nationwide telephone support	Papyrus UK Suicide Prevention Prevention of Young Suicide
Eating Disorder Team	Children and family health Devon. Referrals for support around Eating disorders	NHS Torbay	CFHD - Managing Eating
Man down UK	Fortnightly mens' mental health Support group	Acorn centre	Man Down UK
Bro project	bringing men together thorough golf and other activies to support wellbeing and mental health.	Torbay	Home The BroProject
Men who talk	Online facilitated social spaces	Online	Free Online Men's Support Groups Men Who Talk
MANUP?	Free online therapy sessions	Online	Free Group Therapy for Men in UK MANUP? Mens Mental Health — MANUP?