

THRIVE DIRECTORY

Local Mental Health Support
in Devon for Children
& Young People

If you wish to add more organisations to this document, please contact
Parental Minds at admin@parentalminds.org.uk



PARENTAL MINDS C.I.C.
Mental Healthcare ; Exploring Pathways



PARENTAL MINDS SUPPORT
Mental Healthcare ; Supporting Families

Local Mental Health Support Thrive Directory

This directory lists the places that parents and caregivers can get support and advice, and is grouped into four levels of support:

Getting Advice	For those who need advice and signposting, where issues have just arisen
Getting Help	For those who need focussed, goal-based input and where issues are ongoing.
Getting More Help	For those who need more intensive and targeted goal-based input.
Getting Risk Support	For families experiencing a crisis situation, where there may be for example suicidal thoughts, hospitalisation.

F2F = Face to Face

Thriving		
Name	Description	Link
Action East Devon	Non-clinical peer support group work. 1-2-1 mentoring and support toolkits.	https://www.actioneastdevon.org.uk/
Devon Community Foundation Trust	Devon village profiles	https://devoncf.com/our-work/reports-and-publications/
Devon Connect	Things to do and services in Devon	https://devonconnect.org/
Facebook	Search 'Whats on' in your area	https://www.facebook.com/
Happy Maps	Mental Health Directory	https://happymaps.co.uk/
Health for Kids	Interactive resource for children	https://www.healthforkids.co.uk/
Involve	Volunteering opportunities and events	https://involve-middevon.org.uk/news/
Pinpoint	Things to do and services in Devon	https://www.pinpointdevon.co.uk/
Sid Valley Help	Sidmouth and surrounding areas	https://www.sidvalleyhelp.co.uk/
Health for Teens	Interactive resource for teens	https://www.healthforteens.co.uk/
The Joy App	Social Prescribing	https://www.thejoyapp.com/
The Waffle House	Axminster and Seaton	https://waffle.org.uk/about/waffle-house/

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Thriving and Getting Advice			
Type	Name	Description	Link
F2F	Action East Devon	Non-clinical peer support group work. 1-2-1 mentoring and support toolkits	https://www.actioneastdevon.org.uk/
Online/ Phone	DiAS	SEND information	https://devonias.org.uk/resources/
Online/ F2F	Parental Minds	Awareness, upskilling and how to support	https://www.parentalminds.org.uk/category/all-resources/
Online/ F2F	Place2Be	Mental health in schools	https://www.place2be.org.uk/our-services/services-for-schools/mental-health-support-in-schools/
Phone	School Nurse (Chat Health)	Text support for 11-19	07520 631722
Phone	School Nurse (Chat Health)	Parent and caregivers	07520 631721
Online/ Phone/F2F	School Nurse (Primary)	General health information	https://www.healthforkids.co.uk/?fbclid=IwAR3b8hhGEA0AIRV-UfomohweeIGvmaadHRmY_R6tclTngHYIXovCdkcNPfQ
Online/ Phone/F2F	School Nurse (Secondary)	General health information	https://www.healthforteens.co.uk/devon/?fbclid=IwAR16B61UMdXwxk0FLWc4min324lcYeGWkM_8aaFUiGLLDgW4eGloPAwGI-sdevon/?fbclid=IwAR16B61UMdXwxk0FLWc4min324lcYeGWkM_8aaFUiGLLDgW4eGloPAwGI-s
Phone	Starting Point (Exmouth)	Single point access for mental health support 4-17 years	07984 354049
Online	Starting Point (Exmouth)	Single point access for mental health support 4-17 years	https://headsupmha.com/starting-point/
F2F	Young Devon	Wellbeing Cafe	https://www.youngdevon.org/news/the-wellbeing-cafe
F2F	GP	MH and wellbeing team, community connectors/builders	https://www.eastdevonhealth.co.uk/about/members/

Getting Help			
Type	Name	Description	Link
F2F	Action East Devon	Non-clinical peer support group work. 1-2-1 mentoring and support toolkits	https://www.actioneastdevon.org.uk/
Online	Alumina	Weekly support course and upskilling	https://www.selfharm.co.uk/alumina-online-support-for-mental-health-and-wellbeing
Online	Battlescars	Self-harm support	https://www.battle-scars-self-harm.org.uk/
Online	Bounce	Mental health charity	https://www.bouncebrighterfutures.co.uk/

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Online/ F2F	Bounce	School based counselling for children and carers	https://www.bouncebrighterfutures.co.uk/counselling-service/
F2F	Building Futures	1-2-1 Mentoring with Young Devon	https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring
F2F	Community Links	Support Groups	https://www.communitylinks-sw.co.uk/
F2F/ Phone	DiAS	Support for parents and caregivers re SEND in meetings and navigation	https://devonias.org.uk/support-page/telephone-and-email-support/
F2F/ Phone	DiAS	Support for parents and caregivers re SEND - in youngster's voice	https://devonias.org.uk/children-young-people/information-and-signposting/support/
F2F/ Phone	DiAS	Support for parents and caregivers re SEND - Ambassador Volunteers	https://devonias.org.uk/support-page/ambassador-volunteers/
	Early Help	Single point of access - make a request for support	https://www.dcfp.org.uk/keeping-children-safe/multi-agency-safeguarding-hub-in-devon/
	Esteem Team	Bespoke enabling, mentoring, alternative education and therapy	https://www.esteemteam.co.uk/
	Family Compass	Therapeutic support for children and families	https://www.familycompass.co.uk/
F2F	GP	Mental Health and social prescribing teams	https://www.eastdevonhealth.co.uk/about/members/
F2F	Headlight	Group peer support, 1:1 coaching & schools (13-24)	https://www.actioneastdevon.org.uk/headlight/
	Heads Up	Primary aged children - Free in some areas of East Devon	https://headsupmha.com/
F2F	Horsemanship for Health	Horse Based therapy and activities	https://horsemanshipforhealth.com/horsemanship-for-health/
Online	Kooth	Online counselling and emotional well-being platform for children and young people	https://www.kooth.com/
App	Lumi Nova	Suitable for 7-12 year olds. Facilitates exposure therapy - proven to be the most effective treatment for anxiety	https://luminova.app/
F2F/ Phone	Normal Magic	Single session	https://www.normalmagic.co.uk/families/
F2F	Oasis	Overdose and self-injury support (18+ North Devon)	https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service
F2F/ Phone	Parental Minds	Navigation, upskilling, training, peer support	https://www.parentalminds.org.uk/links/
F2F	Place2Be	Mental Health support in schools through 1-2-1 and group counselling	https://www.place2be.org.uk/

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Online	Qwell	Online counselling and emotional well-being platform for adults	https://www.qwell.io/
	Send Family Instincts	EHCP support (paid support)	https://www.sendfamilyinstincts.com/memberships
F2F	Sir Frances Chichester Trust	16-22 Outward Bound Activity weeks	https://www.outwardbound.org.uk/the-sir-francis-chichester-trust
F2F	Sirona Equine	Horse Based Therapy and Activities	https://sironaequine.org.uk/
Online/ F2F	Space	Youth services (11-19)	https://www.spaceyouthservices.org/online-space
Online/ F2F	Talkworks	Self referral and workshops	https://www.talkworks.dpt.nhs.uk/
F2F	YMCA	Upskilling courses (youngsters and parents) 5-18	https://www.ymcaexeter.org.uk/cwpwellbeing/
F2F	Young Devon	Wellbeing conversation and 6 week counselling	https://www.youngdevon.org/wellbeing/wellbeing-toolkit
Online/ F2F	Youth Arts and Health Trust	Creative art therapies	https://www.youthartsandhealth.org/young-people-and-families

More Help			
Type	Name	Description	Link
	Bounce	School based counselling for children and carers	https://www.bouncebrighterfutures.co.uk/
	Bridges	11-17yrs where relationships have broken down	https://www.devon.gov.uk/educationandfamilies/young-people/bridges/
	Battlescars	Self-harm support	https://www.battle-scars-self-harm.org.uk/
	Building Futures	1-2-1 mentoring with Young Devon	https://www.youngdevon.org/skills/1-2-1-support-and-employment-mentoring
	CAMHS	Support for children and young people	https://childrenandfamilyhealthdevon.nhs.uk/camhs/
	Counselling Directory	BACP registers (private)	https://www.bacp.co.uk/search/Therapists?LocationQuery=devon
	Epic Solutions	Paid for - Exeter (youngsters)	https://www.epicsolutions.org.uk/
	Oasis	Overdose and self-injury support (18+ North Devon)	https://www.dpt.nhs.uk/our-services/psychology-and-psychological-therapies/ppt-service/therapies-we-offer/oasis-overdose-and-self-injury-service
	Parental Minds	Navigation, upskilling, training, and peer support	https://www.parentalminds.org.uk/parental-minds-counselling/
F2F	Place 2 Be	Mental Health support in schools through 1-2-1 and group counselling	https://www.place2be.org.uk/

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	Talkworks	Self referral and workshops	https://www.talkworks.dpt.nhs.uk/
	Young Devon	Young people’s charity	https://www.youngdevon.org/wellbeing/our-wellbeing-services
	Youth Arts & Health Trust	Creative Art Therapy	https://www.youthartsandhealth.org/

Risk Support			
Type	Name	Description	Link
Helpline	111	111 - Free call	https://111.nhs.uk/
Online/ Helpline	CAMHS Crisis Team	9am - 5pm 01392 208 600 Out of hours emergency duty team - 0300 555 5000 South Devon - 01803 763500 North Devon - 01271 384000	https://www.dcfp.org.uk/crisis-support-camhs/
Online	Every Life Matters	Resources and support	https://www.every-life-matters.org.uk/
Online/ Helpline	Papyrus	0800 068 4141	https://www.papyrus-uk.org/
Online	Prevent Suicide	Urgent support signposting - Stay Alive App	https://prevent-suicide.org.uk/
Online/ Helpline	Samaritans	116 123 - Free call	https://www.samaritans.org/
Helpline	The Mix	0808 808 4994 - under 25s 24/7	https://www.themix.org.uk/

Further Reading - Counselling		
Name	Description	Link
BACP	Qualified Counsellors	https://www.bacp.co.uk/search/Therapists
CYP Southwest	Search for Services	https://swcypiapt.com/about/south-west-services/
Counselling Directory	Search for Services	https://www.counselling-directory.org.uk/
Counselling with Kristy	Counselling	counsellingwithkristy@outlook.com
EPIC Solutions	Assessment & Support	https://www.epicsolutions.org.uk/

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Freebird Counselling	Counselling	https://www.facebook.com/freebirdcounselling/
Horizon Counselling Services	Counselling	https://www.horizonplymouth.co.uk/
Ironmill	Counselling	https://www.ironmill.co.uk/counselling-service
Normal Magic	Resources and support	https://www.normalmagic.co.uk/
Tina Welch	Family counselling	https://www.tinawelch.co.uk/
Tor Support	Ages 5-25 in Okehampton and surrounding parishes	https://torsupport.org.uk/

Further Reading - Other

Name	Description	Link
Action for Children	Charity	https://www.actionforchildren.org.uk/
Anna Freud	Resources for families and schools	https://www.annafreud.org/
Checkpoint	Mental health resources and games	https://checkpointorg.com/
Devon Family Resource	Funding only victim support	https://familyresource.eci.org.uk/
Headtalk	Seeking attention - The Self-Harm Expert - Video	https://www.youtube.com/watch?v=Wq_ZTTHcCy0&ab_channel=HeadTalks

Further Reading - Books, leaflets and guides

Name	Description	Link
Can I Tell You About Self-Harm	Book by Pooky Knightsmith	https://www.amazon.co.uk/Can-Tell-About-Self-Harm-Professionals/dp/1785924281
Parenting a Teen Who Has Intense Emotions	Book by Pat Harvey	https://www.amazon.co.uk/gp/product/1626251886/ref=ppx_yo_dt_b_asin_title_o09_s00?ie=UTF8&psc=1
Rethink Mental Illness	Self Harm Factsheet	https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/self-harm/

Self-Harm – How to help your child	Book by Pooky Knightsmith	https://www.amazon.co.uk/Self-Harm-practical-Parents-Carers-Supporting-ebook/dp/B0B8J6X37R?crid=155GS3LSG84PP&keywords=knightsmith&qid=1662452752&srefix=knightsmith,aps,l21&sr=8-4&linkCode=sll&tag=eatidisoadvi-21&linkId=c9ea-
Self-Harm and Eating Disorders in Schools	Book by Pooky Knightsmith	https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Whole-School/
Self-Harm Safety Plan	Leaflet by Pooky Knightsmith	https://www.pookyknightsmith.com/wp-content/uploads/2022/11/Self-harm-safety-plan.pdf
The Truth about Self-Harm	Leaflet by MentalHealth.org	https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm