

# 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](mailto: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.	<a href="https://www.actioneastdevon.org.uk/">https://www.actioneastdevon.org.uk/</a>
Devon Community Foundation Trust	Devon village profiles	<a href="https://devoncf.com/">https://devoncf.com/</a>
Devon Connect	Things to do and services in Devon	<a href="https://devonconnect.org/">https://devonconnect.org/</a>
Facebook	Search 'Whats on' in your area	<a href="https://www.facebook.com/">https://www.facebook.com/</a>
Happy Maps	Mental Health Directory	<a href="https://happymaps.co.uk/">https://happymaps.co.uk/</a>
Health for Kids	Interactive resource for children	<a href="https://www.healthforkids.co.uk/">https://www.healthforkids.co.uk/</a>
Involve	Volunteering opportunities and events	<a href="https://involve-middevon.org.uk/news/">https://involve-middevon.org.uk/news/</a>
Sid Valley Help	Sidmouth and surrounding areas	<a href="https://www.sidvalleyhelp.co.uk/">https://www.sidvalleyhelp.co.uk/</a>
Health for Teens	Interactive resource for teens	<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a>
The Joy App	Social Prescribing	<a href="https://www.thejoyapp.com/">https://www.thejoyapp.com/</a>
The Waffle House	Axminster and Seaton	<a href="https://waffle.org.uk/about/waffle-house/">https://waffle.org.uk/about/waffle-house/</a>

F2F = Face to Face

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	<a href="https://www.actioneastdevon.org.uk/">https://www.actioneastdevon.org.uk/</a>
Online/ Phone	DiAS	SEND information	<a href="https://devonias.org.uk/resources/">https://devonias.org.uk/resources/</a>
Online/ F2F	Parental Minds	Awareness, upskilling and how to support	<a href="https://www.parentalminds.org.uk/category/all-resources/">https://www.parentalminds.org.uk/category/all-resources/</a>
Online/ F2F	Place2Be	Mental health in schools	<a href="https://www.place2be.org.uk/our-services/services-for-schools/mental-health-support-in-schools/">https://www.place2be.org.uk/our-services/services-for-schools/mental-health-support-in-schools/</a>
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	<a href="https://www.healthforkids.co.uk/?fbclid=IwAR3b8hhGEA0AIRV-UfomohweeIGvmaadHRmY_R6tclTngHYIXovCdkcNPfQ">https://www.healthforkids.co.uk/?fbclid=IwAR3b8hhGEA0AIRV-UfomohweeIGvmaadHRmY_R6tclTngHYIXovCdkcNPfQ</a>
Online/ Phone/F2F	School Nurse (Secondary)	General health information	<a href="https://www.healthforteens.co.uk/devon/?fbclid=IwAR16B61UMdXwxk0FLWc4min324lcYeGWkM_8aaFUiGLLDgW4eGloPAwGI-sdevon/?fbclid=IwAR16B61UMdXwxk0FLWc4min324lcYeGWkM_8aaFUiGLLDgW4eGloPAwGI-s">https://www.healthforteens.co.uk/devon/?fbclid=IwAR16B61UMdXwxk0FLWc4min324lcYeGWkM_8aaFUiGLLDgW4eGloPAwGI-sdevon/?fbclid=IwAR16B61UMdXwxk0FLWc4min324lcYeGWkM_8aaFUiGLLDgW4eGloPAwGI-s</a>
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	<a href="https://headsupmha.com/starting-point/">https://headsupmha.com/starting-point/</a>
F2F	Young Devon	Wellbeing Cafe	<a href="https://www.youngdevon.org/news/the-wellbeing-cafe">https://www.youngdevon.org/news/the-wellbeing-cafe</a>
F2F	GP	MH and wellbeing team, community connectors/builders	<a href="https://www.eastdevonhealth.co.uk/about/members/">https://www.eastdevonhealth.co.uk/about/members/</a>

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

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

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

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

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

Risk Support

Type	Name	Description	Link
Helpline	111	111 - Free call	<a href="https://111.nhs.uk/">https://111.nhs.uk/</a>
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	<a href="https://www.dcfp.org.uk/crisis-support-camhs/">https://www.dcfp.org.uk/crisis-support-camhs/</a>
Online	Every Life Matters	Resources and support	<a href="https://www.every-life-matters.org.uk/">https://www.every-life-matters.org.uk/</a>
Online/ Helpline	Papyrus	0800 068 4141	<a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a>
Online	Prevent Suicide	Urgent support signposting - Stay Alive App	<a href="https://prevent-suicide.org.uk/">https://prevent-suicide.org.uk/</a>
Online/ Helpline	Samaritans	116 123 - Free call	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
Helpline	The Mix	0808 808 4994 - under 25s 24/7	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>

Further Reading - Counselling

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

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

## Further Reading - Other

Name	Description	Link
Action for Children	Charity	<a href="https://www.actionforchildren.org.uk/">https://www.actionforchildren.org.uk/</a>
Anna Freud	Resources for families and schools	<a href="https://www.annafreud.org/">https://www.annafreud.org/</a>
Checkpoint	Mental health resources and games	<a href="https://checkpointorg.com/">https://checkpointorg.com/</a>
Devon Family Resource	Funding only victim support	<a href="https://familyresource.eci.org.uk/">https://familyresource.eci.org.uk/</a>

## Further Reading - Books, leaflets and guides

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

Self-Harm – How to help your child	Book by Pooky Knightsmith	<a href="https://www.amazon.co.uk/Self-Harm-practical-Parents-Carers-Supporting-ebook/dp/B0B8J6X37R?crid=155GS3LSG84PP&amp;keywords=knightsmith&amp;qid=1662452752&amp;sprefix=knightsmith,aps,121&amp;sr=8-4&amp;linkCode=s11&amp;tag=eatidisoadvi-21&amp;linkId=c9ea-">https://www.amazon.co.uk/Self-Harm-practical-Parents-Carers-Supporting-ebook/dp/B0B8J6X37R?crid=155GS3LSG84PP&amp;keywords=knightsmith&amp;qid=1662452752&amp;sprefix=knightsmith,aps,121&amp;sr=8-4&amp;linkCode=s11&amp;tag=eatidisoadvi-21&amp;linkId=c9ea-</a>
Self-Harm and Eating Disorders in Schools	Book by Pooky Knightsmith	<a href="https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Whole-School/">https://www.amazon.co.uk/Self-Harm-Eating-Disorders-Schools-Whole-School/</a>
Self-Harm Safety Plan	Leaflet by Pooky Knightsmith	<a href="https://www.pookyknightsmith.com/wp-content/uploads/2022/11/Self-harm-safety-plan.pdf">https://www.pookyknightsmith.com/wp-content/uploads/2022/11/Self-harm-safety-plan.pdf</a>
The Truth about Self-Harm	Leaflet by MentalHealth.org	<a href="https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm">https://www.mentalhealth.org.uk/explore-mental-health/publications/truth-about-self-harm</a>