

Useful Contact List

This leaflet contains a selection of useful resources. Please refer to the Plymouth Online Directory for further services and support organisations:

If you know of further organisations that would be useful to have on this list please contact us
Livewell.training@nhs.net

ONE YOU PLYMOUTH

www.oneyouthplymouth.co.uk

Livewell
Southwest

www.livewellsouthwest.co.uk



NHS 111 is available 24 hours a day, 365 days a year to direct you to the best medical care for you.
Tel: 111

NHS

Your own GP

Plymouth Hospitals **NHS**
NHS Trust

Attend Accident & Emergency (Hospital)
Tel: 01752 792511

NHS choices

www.nhs.uk/pages/home.aspx

SAMARITANS

24 hour helpline
Tel 116 123
Email: jo@samaritans.org



Adult Social Care
Mon-Fri 9am-5pm
Tel: 01752 668000
After 5pm: 07152 346984



For support and advice on stopping drinking
Tel: 0800 9177650
www.alcoholics-anonymous.org.uk



Digital support and recovery service for people who are stressed, anxious, low or not coping.
www.bigwhitewall.com



Advice, information and support in the community.
Tel: 01752 251072
www.rethink.org

harbour centre (plymouth)

Harbour is here to help anyone, including family and friends, affected by the misuse of drugs and alcohol by providing information, education, assessment and care co-ordination.
Tel: 01752 434343



Support both in crisis and with problems of day to day living,
Mon & Fri: 10am-4pm
Tues & Wed: 10am-2pm
Tel: 01752 512280
www.plymouthmind.com



Plymouth Options offers a range of services to people experiencing common mental health problems
Tel: 01752 435419
Email: plymouthoptions@nhs.net



For anyone under 19 for support with any issue. Free, confidential and 24 hour.

Freephone: **0800 1111**
www.childline.org.uk



Free one-to-one online chat for 11-18 year olds offering emotional and mental health support.
 Mon – Fri: 12pm – 10pm
 Sat – Sun: 6pm – 10pm
www.kooth.com



A helpline for young people who are feeling suicidal or for anyone who is worried about a young person who is feeling suicidal.
 Mon-Fri 10am-10pm
 Sat-Sun 2pm-10pm
 Freephone: **0800 068 4141**
 Email: pat@papyrus-uk.org
www.papyrus-uk.org



Webchat for young women up to 24 years affected by self-harm.
 Sun-Thurs 7pm – 9pm

SMS: **0780 047 2908**. (Aim to text back within half an hour)
www.selfinjurysupport.org.uk



Information for parents and young people about mental health and wellbeing.
www.youngminds.org.uk



The Zone Drop In
 Monday-Friday 12pm-5pm

Tel: **01752 206626**
www.thezoneplymouth.co.uk



Information, advice and support services for people with disabilities and long-term health conditions.

Tel: **01752 201766**
www.improvinglivesplymouth.org.uk



Helpline and online support for people aged 16-24. One-to-one online messenger, available 11am-11pm everyday.
 Freephone: **0808 808 4994**
www.themix.org.uk



Support for women and their partners with any pregnancy related crisis

Tel: **01752 246788**
contact@pregnancycrisiscare.org.uk



Putting veterans and their families in touch with the organisations best placed to help with the information, advice and support they need
www.veteransgateway.org.uk



An independent charity that provides free independent and confidential advocacy services
 Tel: **0300 3435719**



Supporting people living in Plymouth and the surrounding area, who have suffered historical or recent sexual violence, abuse and rape.
 Tel: **03458 121212**
www.firstlight.org.uk



National Helpline
 9am-9pm every day
 Tel: **0300 111 5065**
www.uksobs.org

Useful Information

HealthUnlocked

A social network for health. By finding others with similar health backgrounds people can take on day to day health concerns together

www.healthunlocked.com

ONE YOU PLYMOUTH

Useful information and self assessment tools

www.oneyouplymouth.co.uk

POD

Plymouth Online Directory

www.plymouthonlinedirectory.com

CHILDREN'S FOOD TRUST

Eat Better Do Better

Working to make sure every child eats the food they need to thrive

www.childrensfoodtrust.org.uk



"10 Minutes to Change your Life" series

<https://www.bhf.org.uk/heart-health/preventing-heart-disease/10-minutes-to-change-your-life>

NHS choices

A 12 week online weight loss programme

<http://www.nhs.uk/Tools/Pages/Losing-weight.aspx>



Fun Ideas to help keep your kids healthy

www.nhs.uk/change4life

SMOKEFREE

Millions have used Smokefree support to help them stop smoking. Choose from an app, email, SMS and face-to-face guidance

www.nhs.uk/smokefree



Walking for Health offers over 1,800 free, short walks every week

www.walkingforhealth.org.uk

everyone ACTIVE

Provider of local health facilities and swimming pools
www.everyoneactive.com

RunTogether

RunTogether believe running / jogging is for everyone and is most fun when shared with others. Try one of our group runs to find out for yourself

www.runtogether.co.uk

ONE YOU COUCH TO 5K

The Couch to 5K app has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions.

ACTIVE 10

Active 10 quickly and simply shows you how many brisk 10 minute walks you're doing and how to fit more into your day.

ONE YOU EASY MEALS

Free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration.