

Useful phone numbers and websites:

Samaritan 0845 790 9090

Devon Partnership NHS Trust Patient Advice and Liaison Service (PALS) Free phone 0800 0730 741

RISE (Recovery and integration service) for patients of 18 years and above with drug and alcohol problems, self-referral, phone number 01626 351144

Domestic and Sexual Violence Abuse, if you are in immediate danger call 999, otherwise call Devon Domestic abuse helpline 0344 155 1072

Devon Rape Crisis Service 01392 204174, e-mail support@devonrapecrisis.co.uk

Woman's aid, 24 hour free phone **Domestic Violence helpline** 0808 200 0247

Broken Rainbow, Lesbian, Gay, bisexual and Transgender National Sexual Domestic Violence helpline 0300 999 5428

Men's advice line, for men experiencing Domestic Abuse 0808 801 0327

Young Devon, a young person service for patients over 16 years providing advice, services for housing, skills development and mental health and support for parents and carers, 01626 356720, www.youngdevon.org

www.youngminds.org.uk

Community Care Trust South Devon LTD 01626 362826 <http://www.communitycaretrust.org>

Age Uk Devon phone 0845 296 7810

NHS 111

Citizens Advice Bureau (CAB) call 0344 411 1444 to speak to a Gateway Assessor. Clients will speak to a Gateway Assessor, who will either help them directly by telephone or will make them an appointment at Totnes or Outreach. CAB are at Dartmouth Clinic on a Tuesday morning 10 - 11am (drop in) and every other Tuesday for afternoon appointments.

Dartmouth Caring - (Dementia and general support) - 01803 839345

Devon Dementia Support Services – 0300 123 2029

Mind - 0300 123 3393

Cruse Bereavement - 0300 330 5466

Useful websites:

www.livinglifetotheull.com

www.moodgym.anu.edu.au

www.alzheimers.co.uk

www.mind.co.uk

www.depressionalliance.org

www.cerebra.org.uk

www.mencap.org.uk

www.bemindful.co.uk

Self Help Books can be obtained from the Depression & Anxiety Service.

Dartmouth Medical Practice

In association with Dartmouth Patient
Participation Group

Support for Mental Health in the Dartmouth area.

*'Depression is not a sign of weakness, it is a sign
that you have been strong for too long'*

(Sigmund Freud, Austrian Neurologist, known as the father of psychoanalysis, 1856-1939)

Dartmouth Medical Practice
35 Victoria Road
Dartmouth
Devon
TQ6 9RT

Email: info@dartmedical.co.uk

Website: www.dartmedical.co.uk

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There is a wide range of local mental health services to support patients 18 years old and above, who are feeling depressed or stressed, anxious and low in mood, and others to support children and adolescents. These services also deal with various other problems, including post-traumatic stress and eating disorders. You can obtain information from your GP regarding single and group therapy, and cognitive behavioural therapy. Your contact will be strictly confidential.

Depression & Anxiety Service

Counsellors work in various community buildings and will try to provide you with support near to where you live. You do not have to see your GP to access this service, you can refer yourself by ringing 01626 203500. The e-mail address is:

dpn-tr.SouthandWestDevonDas@nhs.net

Counsellor South West sees patients confidentially in difficult life situations based on GP referrals only.

Dartmouth Caring has trained counsellors for all ages, who will be able to see you in their Dartmouth clinic. Their services include counselling for depression, anxiety and bereavement. This service consists of ten sessions of an hour each. A donation to Dartmouth Caring would be appreciated but is not a requirement. 01803 839345.

In more urgent situations your GP may help you or refer you urgently to the Mental Health Team. Clinics held locally, for example in Totnes, Newton Abbott, Torquay and Paignton.

For **acute crisis**, you should contact your GP, who may refer you to the Mental Crisis team for urgent assessment. If the crisis occurs whilst the surgery is closed, ring NHS111 or 999

If you suspect **memory problems**, arrange to see your GP. It is often helpful to bring along a friend or relative to your appointment.

For **Children and Adolescents**: if you are concerned about your child's mental well-being, schools have a support network, which can direct you to pastoral care or for counselling with a psychologist or can involve your child in programmes such as *Seal* or *Thrive*.

You can also contact the Health Visitor, who can direct you to services such as the parenting group at the children's centre. If your child still struggles despite these supports, your GP may think it appropriate to refer you to the integrated children services in Dartington, which includes services such as **CAMHS** (children and adolescent mental health service). For children with additional needs your GP can organize your child to be seen by the appropriate service. Information on this service can be found under <http://www.virgincare.co.uk/service-hub/childrens-services/> . If your child is acutely mentally unwell and the surgery is closed, call 999 or attend the A&E department at Torbay Hospital.

General Information

The Royal College of Psychiatrists / Patient Information
<http://www.rcpsych.ac.uk/healthadvice>

For local services see overleaf.