

Mental Health Support

In & around Dartmouth

“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)

*When it all feels too much
confidential, professional and
caring support is there for you to:*

Listen & Talk & Help

Services Available Locally

Local support is available for you to choose from.
Contact them yourself, in total confidence.

Urgent situations & Acute Crisis

Contact the Surgery: 01803 832212. If the surgery is closed then call NHS 111 for referral to the Mental Health Crisis Team.

Children and Adolescents

There are a wide range of local mental health services to support anyone who is feeling stressed or low in mood. These services also deal with eating disorders, abuse, bullying, drugs or alcohol difficulties. Your contact will be strictly confidential.

If you are concerned about your child's mental well-being and they are under 8, contact your Health Visitor at the surgery or staff at the Dartmouth Children's Centre - 01803 847626

Older children should contact the schools support service or GP.

Depression & Anxiety Service

Counsellors are available who 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 email address is: dpn-tr.SouthandWestDevonDas@nhs.net.

Memory & Dementia

Arrange to see your GP at an early stage as medication may slow decline. It is helpful if you bring along a friend or relative to your appointment.

Dartmouth Caring provides assistance for those with a range of long term problems including dementia, and other mental health concerns. They also provide support and advice to help get the benefits to which you are entitled.

The Memory Cafe is held on Tuesdays in the Baptist Hall, Carey Road from 10.30 am where a variety of support activities take place.

Carers' Health and Wellbeing checks ensure that carers are able to access the support to which they are entitled and general support to prevent isolation.

Volunteer transport service: 01803 835384.

General Information

Dartmouth COOL host group meetings to provide support & information for anyone affected by mental ill health, including families & friends who might otherwise feel alone or isolated. Every Thursday 10.30am to 12.30pm, St Clements Church Townstall.

Useful phone numbers & websites

Sexuality

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

Alcohol & Drugs

- Alcoholics Anonymous - Ring Ken on 07795324456
- Together - drug and alcohol treatment service. 08002335444
- Drink Wise Age Well (previously RISE) Support for people over 50 with drink problems. Regular support group meetings in Kingsbridge. Self referral 0800304703

Sexual Assault

- Sexual Assault Referral Centre
Self referral: 01392 436967
- Devon Rape Crisis Service Mon, Wed, Fri. 08088 020 979, support@devonrapecrisis.co.uk

Domestic Abuse

- Devon Domestic Abuse: 0345 1551074
- Domestic Violence helpline, 24hr freephone 0808 200 0247
- Men's advice line, for men experiencing Domestic Abuse 0808 801 0327

Urgent Situations & Acute Crisis

- NHS 111
- Samaritans 0845 790 9090

Children and Adolescents

- 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
- Dartmouth Area Children's Centre, supports parents of children under 5. 01803 833164.
www.southhamschildrenscentres.org.uk

Memory & Dementia

- Dartmouth Caring - (Dementia and general support) see previous page - 01803 835384.www.dartmouthcaring.co.uk
- Devon Dementia Support Services 0300 123 2029
- Mind - 0300 123 3393
- Age UK Devon, phone 0845 296 7810

General

- Citizens Advice Bureau (CAB) call 0344 411 1444 to speak to a Gateway Assessor who will either help you directly by telephone or will you an appointment at Totnes or Outreach. CAB is located at Dartmouth Clinic on Tuesday mornings 10 - 11am (drop in), and every other Tuesday afternoon for appointments.
- Devon Partnership NHS Trust Patient Advice and Liaison Service (PALS). Not emergency Free phone 0800 0730 741
- Cruse Bereavement - 0300 330 5466
- The Royal College of Psychiatrists / Patient Information
<http://www.rcpsych.ac.uk/healthadvice>
<http://www.ncmh.info/leaflets/>
- Self Help Books can be obtained from the Depression & Anxiety Service.

Useful Websites

- www.livinglifetothefull.com
- www.moodgym.anu.edu.au
- www.youngminds.org.uk
- www.depressionalliance.org
- www.alzheimers.co.uk
- www.mind.co.uk
- www.cerebra.org.uk
- www.mencap.org.uk
- www.bemindful.co.uk

Download

You can download this leaflet 24 hrs a day using the link below. You can also send this link to a friend, relative or colleague:

<https://goo.gl/ZmKL2K>



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