

# PDSU Cornwall

## Social Prescription - Resources List

	Name of organisation	Email	Phone	Website
<i>Psychological Therapy/ low cost counselling</i>	Outlook South West		01208 871 905	<a href="http://www.outlooksw.co.uk/">http://www.outlooksw.co.uk/</a>
	Low Cost Counselling Cornwall	<a href="mailto:info@lowcostcounsellingcornwall.org.uk">info@lowcostcounsellingcornwall.org.uk</a>	01736 364 722	<a href="https://www.lowcostcounsellingcornwall.org.uk/">https://www.lowcostcounsellingcornwall.org.uk/</a>
	The Site	<a href="mailto:sitesouthwest.clinic@gmail.com">sitesouthwest.clinic@gmail.com</a>	07535 029 785 or	<a href="http://www.the-site.org.uk/">http://www.the-site.org.uk/</a>
	Philippi Trust	<a href="mailto:polly4philippi@gmail.com">polly4philippi@gmail.com</a>	07791 753 777	<a href="https://www.philippitrust.com/about-us-1/cornwall-counselling-centre/">https://www.philippitrust.com/about-us-1/cornwall-counselling-centre/</a>
	Samaritans	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	08457 909 090	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
	SANE		0300 304 7000	<a href="http://www.sane.org.uk/">http://www.sane.org.uk/</a>
<i>Mindfulness</i>	Mindfulness Cornwall	<a href="mailto:contact@mindfulnesscornwall.co.uk">contact@mindfulnesscornwall.co.uk</a>	07582 892 434 or	<a href="http://mindfulnesscornwall.co.uk/">http://mindfulnesscornwall.co.uk/</a>
<i>Suicide and Self-Harm</i>	Papyrus (young people)	<a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a>	0800 068 4141	<a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
	CALM (men)		0800 585 858	<a href="http://www.thecalmzone.net/">www.thecalmzone.net/</a>
	Harmless	<a href="mailto:info@harmless.org.uk">info@harmless.org.uk</a>		<a href="http://www.harmless.org.uk/">www.harmless.org.uk/</a>
	Calm Harm			<a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a>
	Self-Harm UK			<a href="http://www.selfharm.co.uk/">www.selfharm.co.uk/</a>
	Self-Injury Support			<a href="http://www.selfinjurysupport.org.uk/">www.selfinjurysupport.org.uk/</a>
	<i>Activity and Occupation</i>	Mind	<a href="mailto:enquiries@carrickmind.org">enquiries@carrickmind.org</a>	01326 617 220
Valued Lives		<a href="mailto:info@valuedlives.co.uk">info@valuedlives.co.uk</a>	01209 901 438	<a href="http://www.valuedlives.co.uk/">www.valuedlives.co.uk/</a>
Cornwall Link			01872 266 383	<a href="http://cornwall-link.co.uk/">http://cornwall-link.co.uk/</a>
Shared Lives		<a href="mailto:cornwall@sharedlivesw.org.uk">cornwall@sharedlivesw.org.uk</a>	01209 891 888	<a href="http://www.sharedlivesw.org.uk">www.sharedlivesw.org.uk</a>
Sea Sanctuary		<a href="mailto:admin@seasanctuary.org.uk">admin@seasanctuary.org.uk</a>	01326 378 9191	<a href="http://www.seasanctuary.org.uk">www.seasanctuary.org.uk</a>
Chaos Group			01872 277 600	<a href="http://www.chaosgroup.com/">www.chaosgroup.com/</a>
Pentreath			01726 862 727	<a href="https://pentreath.co.uk/">https://pentreath.co.uk/</a>
Work Routes			0333 240 8553	<a href="http://workroutes.co.uk/cornwall/">http://workroutes.co.uk/cornwall/</a>
<i>Wellbeing</i>	Cornwall Healthy Weight	<a href="mailto:healthy.weight@cornwall.gov.uk">healthy.weight@cornwall.gov.uk</a>	01209 615 600	<a href="http://www.cornwallhealthyweight.org.uk/">www.cornwallhealthyweight.org.uk/</a>
	Change 4 Life			<a href="http://www.nhs.uk/change4life">www.nhs.uk/change4life</a>
	Healthy Gay Cornwall		01209 615 600	<a href="http://www.healthygaycornwall.org.uk">www.healthygaycornwall.org.uk</a>
	Savvy Kernow	Prvide help to young people		<a href="http://www.savvykernow.org.uk">www.savvykernow.org.uk</a>
	Stop Smoking Service	<a href="mailto:hps.admin@cornwall.gov.uk">hps.admin@cornwall.gov.uk</a>	01209 615 600	
<i>Abuse</i>	Waves	<a href="mailto:wavescounsellingproject@live.co.uk">wavescounsellingproject@live.co.uk</a>	01209 204 152	<a href="http://www.cwrt.org.uk/waves.htm">www.cwrt.org.uk/waves.htm</a>
	Victim support		0845 303 0900	<a href="http://www.victimsupport.org">www.victimsupport.org</a>
	SUSIE Project	<a href="mailto:susieadmin@cornwallrefuge.org">susieadmin@cornwallrefuge.org</a>	01209 699 241	<a href="http://www.susieproject.org.uk">www.susieproject.org.uk</a>
	Cornwall Rape and Sexual Abuse Centre	<a href="mailto:help@crasac.co.uk">help@crasac.co.uk</a>	01872 262 100	<a href="http://www.crasacornwall.co.uk">www.crasacornwall.co.uk</a>

	The Willow Centre	info@skoodhya.org.uk	01872 272 059	
	First Light or Reach	reach.support@firstlight.org.uk	0300 777 4777	www.firstlight.org.uk
	National Centre for Domestic Violence		0844 804 4999	www.ncdv.org.uk
	National Domestic Violence Helpline		0808 200 0247	www.nationaldomesticviolencehelpline.org.uk/
	Women's Aid			www.womensaid.org.uk
	Southall Black Sisters	Support ethnic minority women	0208 571 0800	www.southallblacksisters.org.uk
<i>Abuse support for male victims</i>	NORDA (men's support)	mr@cornwallrefuge.org	01872 321 546	
	Male Domestic Violence Advice Line	info@mensadviceline.org.uk	0808 801 0327	
	Mankind Initiative	01823 334 244		www.mankind.org.uk
	Broken Rainbow			www.broken-rainbow.org.uk
<i>Family support for abuse</i>	OnePlus		0800 599 9247	www.oneplusone.org.uk
<i>Parents abused by children</i>	The Tulip Project		0151 637 6363	
<i>Supporting change for abuser per</i>	Evolution		07584 350 055	
	Respect		0808 802 4040	www.respect.uk.net
<i>Forced marriage</i>	Forced marriage unit	fmu@fco.gov.uk	020 700 80151	
	Karma Nirvana			www.karmanirvana.org.uk
<i>Bereavement</i>	Cruse	conrwall@cruse.org.uk	0808 808 1677	www.crusecornwall.or.uk/
<i>Loss of a child</i>	Child Bereavement UK		0800 028 8840	https://childbereavementuk.org/
	The Compassionate Friends	helpline@tcf.org.uk	0345 123 2304	www.tcf.org.uk/
<i>Bereaved children</i>	ask@winstonswish.org		08088 020 021	https://www.winstonswish.org/
	Widowed and Young (WAY) Foundation			www.widowedandyoung.org.uk/
	Survivors of Bereavement by Suicide	sobs.support@hotmail.com	0300 111 5065	https://uksobs.org/
<i>Affected by suicide</i>	If U Care Share Foundation		0191 387 5661	www.ifucareshare.co.uk/
<i>Alcohol and Substance Abuse</i>	Alcoholics Anonymous	help@aamail.org	0800 9177 650	www.alcoholics-anonymous.org.uk/
	Dual Diagnosis Anonymous	info@ddauk.org	07702 510 110	www.ddauk.org/
	Addaction	share@ifucareshare.co.uk	01872 263 001	www.addaction.org.uk/
	Freshfield		01872 241 952	
	Talk to Frank	frank@talktofrank.com	0300 123 6600	www.talktofrank.com/
	Bosence	info@bosencefarm.com	01736 850 006	www.bosencefarm.com
<i>Young people substance abuse</i>	YZUP		01872 300 816	www.addaction.org.uk/services/young-addaction-yzup
<i>Postnatal depression support</i>	Untangled	Chameleon_Crafts@outlook.com	07917 008 776	
<i>Anorexia and Bulimia</i>	Anorexia and Bulimia Care		03000 111 213	www.anorexiabulimiicare.org.uk/
<i>Homelessness</i>	St Petroc's Society	home@stpetrocs.org.uk	01872 264 153	www.stpetrocs.org.uk
	Glen Carne	info@glencarne.org.uk	01872 554 141	www.glencarne.org.uk
<i>Finance</i>	Step Change		0800 138 1111	www.stepchange.org
	Citizens Advice Bureau		03444 111 444	www.citizensadvicewall.org.uk/
<i>Carers</i>	Kernow Carers	fis@cornwall.gov.uk	0800 587 8191	
<i>Young adults</i>	ChildLine		0800 1111	www.childline.org.uk
	NSPCC		0808 800 5000	www.nspcc.org.uk

*Sexuality*

Young Minds	0808 802 5544	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>
The Mix	0808 808 4994	<a href="http://www.themix.org.uk/">www.themix.org.uk/</a>
Nightline		<a href="http://www.nightline.ac.uk/">www.nightline.ac.uk/</a>
Gay Cornwall	01209 615 600	<a href="http://www.healthygaycornwall.org.uk/">www.healthygaycornwall.org.uk/</a>