

Service Name	Contact	Support available
Emergency service	999	Emergency services if at risk right now
Urgent mental health helpline - available 24/7	Call 111 and select mental health option	If you are experiencing mental health distress or worried about someone else's emotional state - support is available from our First Response Service.
Samaritans	Call 116 123 Jo@samaritans.org https://www.samaritans.org	Whatever you're going through, you can call them any time, from any phone for free.
The Moorings	07483 991 848 devontorquay.mhm@nhs.net Address: South Devon & Torbay Mental Health Centre, Torbay Hospital, Lowes Bridge, TQ2 7AA DROP IN: Open 6pm- 10.30pm, Monday-Friday (including bank holidays). 1.30pm-10.30pm Sat & Sun VIRTUAL ONLY: 10am-6pm Mon-Fri DROP IN: 1.30pm-10.30pm Sat-Sun	The Moorings offer mental health support to anyone aged 18+ in the Devon area. The Moorings @ Torquay offers mental health support in a welcoming, safe, comfortable, non-judgmental, and non-clinical environment. The experienced team is available to provide emotional, social and practical support if you are in crisis or feel you are heading towards a crisis.
SHOUT Text Service	Text 85258 https://giveusashout.org	Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help.
Staying Alive App	https://prevent-suicide.org.uk/find-help-now/stay-alive-app/	The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide