

Mental Health Support Information

1. When a parent has a cancer diagnosis or has died.

<http://www.riprap.org.uk/support/>

<https://www.winstonswish.org/helpline/>

Advice and support and training.

2. General Mental Health Support

<https://www.youngminds.org.uk/> (Young people/parents and carers)

Call the free parents' helpline on 0808 802 5544 from 9.30am to 4pm,
Monday to Friday

Access for young people to get help directly.

<https://mindedforfamilies.org.uk/young-people>

<http://www.familylives.org.uk/>

Family Lives confidential help line 0808 800 2222.

Childline 0800 1111.

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Advice and explanations for children and adults.

NHS website

Sarah Rose Therapies U.K.
Torbay and South Hams – sarahrosetherapiesuk@gmail.com

3. Local support and Advice to Dartmouth...

www.dartmouthcaring.co.uk/mental-health-support/

A. call: 01803 835 384

Also supporting young people and teenagers.

35 Victoria Road
Dartmouth

Help and support for children under the age of 8.

B. <https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/south-hams/>

Facebook links:

Dartmouth Community Chest - community café in the market square

Mon, Wed and Fri drop in's

Tuesday evenings SOS support group, 'Supporting our SEN' children.

Youth Genesis

Dart Valley Bushcraft

Therapeutic parenting have a fb group

Adopt South West

Attachment Nerd

Lots of Specific diagnosis have their own fb support pages

Winstons Wish

101 grief talks for adults to support children... One Hour Free Support

Tue 25th April 6:30

Thurs May 18th 6:30

Friday May 26th 1pm

.