

Useful Contacts Advice & Support Services



Call 999 in an emergency, or call Police on 101 for non-emergencies.

GENERAL

NHS 111 Service

To access local NHS healthcare services ring 111

NSPCC – Childline

0808 800 5000 www.nspcc.org.uk

The Samaritans

For whatever you're going through
116 123 www.samaritans.org

Missing People

116 000 www.missingpeople.org.uk

Social Care

0300 1234 131 www.cornwall.gov.uk

Citizens Advice

0808 223 1133 www.citizensadvice.org.uk

MENTAL HEALTH

MIND

Information and support on Mental Health issues 0300
123 3393 www.mind.org.uk

Mental Health Cornwall and Isles of Scilly

24/7 NHS mental health response line on 0800 038 5300.

Young Minds

Fighting for Young People's Mental Health
www.youngminds.org.uk

SUBSTANCE MISUSE

Drug or Alcohol Misuse - We Are With You

Free confidential support with alcohol, drugs or mental
health locally or online
01872 263001 www.wearewithyou.org

Alcoholics Anonymous

0800 917 7650
www.alcoholics-anonymous.org.uk

YZUP

Drug and Alcohol service support in Cornwall for Young
People 01872 300816

ABUSE

First Light - Safer Futures

Cornwall Domestic Abuse and Sexual Violence Helpline
0300 777 4777 www.firstlight.org.uk

ABUSE (CONT)

Domestic Abuse Helpline for Men

Support and advice for male victims
0808 8010327 www.mensadvice.org.uk

The Women's Centre Cornwall

Support for women and girls impacted by domestic
or sexual abuse 01208 767099
www.womenscentrecornwall.org.uk

ManKind

For male victims of domestic abuse
01823 334244 www.mankind.org.uk

Stop it Now!

Helping prevent child sexual abuse
0808 1000 900 www.stopitnow.org.uk

HOMELESSNESS

St Petroc's Homeless Shelter

01872 264153 www.stpetrocs.org.uk

Shelter

The housing and homelessness charity
0300 330 1234 www.shelter.org.uk

StreetLink

Connecting people sleeping rough to local services
www.streetlink.org.uk

Crisis

National homelessness charity
0300 636 1967 www.crisis.org.uk

HELP WITH FOOD

Truro Foodbank – The Trussell Trust

07721 711669 www.truro.foodbank.org.uk

Help with Food - Cornwall Council

0300 1234 100 <https://letstalk.cornwall.gov.uk>

FINANCIAL

National Debtline

0808 808 4000 www.nationaldebtline.org

The Money Advice Service

0800 138 7777 www.moneyhelper.org.uk

GamCare – Gambling Support

0808 8020 133 www.gamcare.org.uk