



European Union

European
Social Fund

Support is out there

If you are worried or have any concerns your Ambitions person is there to listen, you can get in contact with them. They will try to direct you to the support you need.

There are other organisations that you can contact too, some providing a 24-hour service, to support with mental health-

SHOUT- 24-hour text service for people in crisis

Please see link below for a new 24/7 text service called SHOUT for people in crisis. Just text SHOUT to 85258.

www.giveusashout.org

Kooth -open 365 days of the year

www.kooth.com

Your Way

Chat service Tuesdays and Thursdays 1-5pm <https://your-way.org.uk>

Or

Your way youth – online chat available

<https://www.facebook.com/yourwayyouth/>

Pentreath

<https://www.facebook.com/Pentreath-Ltd-157905714238035/>

face to face support and groups have are no longer running however there is online/ telephone support.

Outlook South West

<https://www.outlooksw.co.uk/>

Mental Health Safety Plans

Please find them on the website here:

<https://www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-safety-plans/>

The webpage includes links to guidance using the plans and various other online or face-to-face training that is available for supporting people with their mental health.

The Mix

www.themix.org.uk

0808 808 4994

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www.cornwall.gov.uk