Support with low mood and anxiety

Most people feel low sometimes and this often gets better after a few days or weeks.

It's possible to improve low mood by making small changes such talking about your problems, getting more sleep or taking time in nature.

Useful Support Services

SilverCloud

SilverCloud is a free digital platform offering confidential, self-managed programmes to support emotional wellbeing. It's available to anyone living in Devon, including carers, families and supporters of people accessing mental health services.

There are several free programmes you can access, including:

- Stress
- Resilience
- Sleep (NICE-recommended first treatment for insomnia)
- Alcohol
- Money
- Challenging times
- Positive body image

The programmes are fully confidential and self-managed.

https://www.dpt.nhs.uk/silvercloud/

Samaritans

Samaritans aims to provide emotional support to anyone in emotional distress, struggling to cope or at risk of suicide, often through its

Telephone helpline

Call 116 123

https://www.samaritans.org/

The Moorings Barnstaple

The Moorings @ Barnstaple offers mental health support to anyone aged 18+ in the Barnstaple area.

Calls will be answered by staff during Mooring opening hours. You may call and leave a message at any other time of day, and these will be picked up and responded to as soon as possible during opening hours. Please be aware that the voicemail can take over a minute to activate and your patience is appreciated when leaving a message.

Emails are monitored during Mooring opening hours

What can you expect:

The Moorings @ Barnstaple offers mental health support in a welcoming, safe, comfortable, non-judgmental, and non-clinical environment.

Experienced staff team are available to provide emotional, social and practical support if you are in crisis or feel you are heading toward a crisis situation.

They offer support in person, over the phone, or via video call. You can come just for a chat, or to access one-to-one support from trained professionals.

They also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.

There's no need to be referred and no need for an appointment.

For service updates, follow us on Facebook @TheDevonMoorings!

Who is this service for?

Anyone aged 18 and over can come to The Mooring @ Barnstaple, you don't need a formal referral or appointment.

Please note: The Mooring is not suitable for people needing urgent medical attention (for example, after self-harm), for urgent medical care please attend your nearest A&E or call 999.Please also be mindful that if your behaviour is inappropriate and/or negatively impacting the safety and wellbeing of others using the service, you may be turned away.

Phone: 07850 927 064
Email: devonbarnstaple.mhm@nhs.net
Opening hours: Wednesday to Sunday, 4pm-10pm, virtual support only Monday to Tuesday, 4pm-10pm
Address: The Voice Meeting Rooms, Belle Meadow Court, Albert Lane, Barnstaple, EX32 8RJ
what3words: ///gain.gears.purple

https://www.mhm.org.uk/moorings-barnstaple

Talkworks

• Talkworks - Talkworks is a free, confidential, NHS talking therapy service for

people aged 18+ who are seeking help and support about their mental health

- Anxiety (including social anxiety) and panic attacks
- Depression (and low mood)
- Emotional eating (treatment for bulimia nervosa and binge eating disorder)
- Living with a long-term health condition
- Loneliness
- Menopause (managing physical and emotional side effects)
- Mindfulness
- Obsessive compulsive disorder (OCD)
- Phobias
- Pregnancy and parenthood
- Prolonged grief (grieving)
- Post-traumatic stress disorder (PTSD)
- Sleep difficulties
- Support for carers
- Stress
- Veterans' mental health

https://www.talkworks.dpt.nhs.uk/

Devon Mental Health Alliance (DMHA)

The **Devon Mental Health Alliance (DMHA)** is a partnership of local organisations from the voluntary, community and social enterprise (VCSE) sector which aims to make mental health support and advice services across the county more accessible, more effective, and more suited to the needs of their users. Devon Mental Health Alliance https://www.mentalhealthdevon.co.uk

My Health Devon

Information about local NHS service, referrals, and support
https://myhealth-devon.nhs.uk/

Hope Programme

Supporting people with long-term health conditions to build confidence and learn how to manage their condition https://myhealthdevon.nhs.uk/local-services/hope-programme