



REFERRAL BOOKLET



EMPLOYMENT SERVICES • SELF HARMING SUPPORT • FINANCIAL
SUPPORT • HEALTH & WELLBEING • CULTURE AND DIVERSITY •
DRUGS AND ALCOHOL SERVICES • MENTAL HEALTH SERVICES •
SEXUAL HEALTH AND COUNSELLING SERVICES

NAME	CONTACT DETAILS	WEBSITE / EMAIL ADDRESS
Employment		
Job Centre Plus	0800 055 6688	www.direct.gov.uk
ACAS	0300 123 1100	www.acas.org.uk
West Country Alliance Credit Union	03300563994	www.westcountry.org.uk
DWP Benefits Enquiry Line	0800 169 0310	www.gov.uk/benefits-advisor
The Hub - Devon and Cornwall Refugee Support	01752 265 952 08004 561 210	www.dcrs-plymouth.org hub@dcrs-plymouth.org
Equality Advisory Support	0808 800 0082	www.equality/humanrights.com
Money Helper	0800 991 234	www.gov.uk/pension-credit
Plymouth Citizens Advice Bureau	0344 411 1444	www.citizensadviceplymouth.org.uk online
Plymouth City Council	01752 668 000	www.plymouth.gov.uk
Turn 2 Us (benefits)	08088 022 000	www.turn2us.org.uk
Tax Aid	0345 120 3779	www.taxaid.org.uk
Tax Credits Helpline	0345 120 3779	www.revenuebenefits.org.uk/taxcredits
Pensions Advisory Helpline	0800 011 3797	www.moneyhelper.org.uk
Groundwork South West	01322 384 848	www.groundwork.org.uk
Money Advice Service	01752 208 126	www.moneyadviceplymouth.org.uk enquiries@moneyadviceplymouth.org.uk
Tomorrows People		www.tomorrows-people.org.uk
Working Links	0800 917 9262	www.workinglinks.co.uk
Outset Plymouth	0800 028 5699	www.outsetplymouth.co.uk
Plymouth Tax Office	0300 200 3300	www.hmrc.gov.uk

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Self Harming Support

The Zone	01752 206 626	www.direct.gov.uk
Samaritans	01752 221 666 24hr 116123	www.acas.org.uk
Harmless	01158 800 280	www.westcountry.org.uk
Devon Mind	01752 512 280	www.gov.uk/benefits-advisor

Financial Support

Student Bursary Support	08001 218 989	C2L@studentbursarysupport.co.uk
CSW Group (Careers)	08009 755 111	www.cswgroup.co.uk contact@cswwgroup.co.uk
Money Debt Advice Plymouth	01752 208 126	www.moneyadviceplymouth.org.uk enquiries@moneyadviceplymouth.org.uk
Business Debt Line	0800 197 6026	www.businessdebtline.org
Child Benefit Helpline	0300 200 3100	www.gov.uk/childbenefit
National Debt Line	0808 808 4000	www.nationaldebtline.org

Culture and Diversity

Refugees First	07841985252	www.studentsandrefugeestogether.com
Plymouth Centre for Faith Culture & Diversity	01752 254438	www.pcfcd.co.uk
Immigration Advisory Service	0333 414 9244	www.iasservices.org.uk info@iasservices.org.uk
Woman's Aid	0808 200 0247	www.womensaid.org.uk helpline@womensaid.org.uk
Translate Plymouth	01752 680027	www.translateplymouth.co.uk
Plymouth City Council Social and Community Inclusion – Adult Social Care	01752 668000	plymouth.go.uk/inclusion-and-community-cohesion

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Health and Wellbeing		
The Zone	01752 206626	www.thezoneplymouth.co.uk enquiries@thezoneplymouth.co.uk
Livewell Southwest	01752 435502	Livewellsouthwest.co.uk
Victim Support Line	0808 168 9111	www.victimsupport.org.uk
Emergency Doctors / NHS Direct	111	www.111.nhs.uk
Emergency Doctors out of hours	111	
Emergency Dentist	01392 822348	https://hucweb.co.uk/services/dental-out-of-hours/
Police (general enquiries)	101	www.devon-cornwall.police.uk Online services available
Derriford Hospital	01752 202082	www.plymouthhospitals.nhs.uk
The Royal Eye Infirmary	01752 439308	www.plymouthhospitals.nhs.uk/rei
National Missing Persons	116 000	www.missingpeople.org.uk
Asthma & Lung UK	0300 303 0253	www.blf.org.uk
Diabetes UK Careline	0345 123 2399	www.diabetes.org.uk helpline@diabetes.org.uk
British Red Cross	0344 871 1111	www.redcross.org.uk contactus@redcross.org.uk
Youth Offending Service	01752 306999	YouthOffendingReparation@plymouth.gov.uk
Salvation Army	07467707405 01752 668454	pth@salvationarmy.org.uk www.salvationarmy.org.uk www.plymouthcongresshall@salvationarmy.org.uk
Plymouth Probation Service (Devon and Cornwall)	01752 827500	www.gov.uk/guidance/plymouth-plymouthprobation-office contact@dcpa.co.uk
Carers Service	01752 201890	www.improvinglivesplymouth.org.uk caringforcarers@improvinglivesplymouth.org.uk
Cruse Bereavement Care	0808 808 1677	www.cruse.org.uk info@cruse.org.uk
DIAC (Disability and Carers Advice and Support)	01752 201766	www.improvinglivesplymouth.org.uk infoandadvice@improvinglivesplymouth.org.uk
National Association of People Abused in Childhood	0808 801 0331	www.napac.org.uk

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Health and Wellbeing

Plymouth Domestic Abuse	01752 252033	www.sanctuary-supported-living.co.uk
Sane Helpline	0300 304 7000	www.sane.org.uk info@sane.org.uk
Plymouth Care and Repair		www.careandrepair-england.org.uk info@careandrepair-england.org.uk
Shelter Devon	0344 515 2399	www.england.shelter.org.uk devon@shelter.org.uk
Plymouth Eddystone Group (HIV)	01752 254406	www.eddystone.org.uk info@eddystone.org.uk
Rape Crisis	0808 802 9999	www.rapecrisis.org.uk rcewinfo@rapecrisis.org.uk
Food Bank	01752 254981	www.plymouth.foodbank.org.uk info@plymouth.foodbank.org.uk
Soup Run	01752 404134	www.plymouthsoup.run.org.uk info.plymouthsoup.run.org.uk
Live West	0300 123 8080	dch.livewest.co.uk info@livewest.co.uk
Plymouth Foyer	01752 256880	www.foyer.net info@foyer.net
Plymouth Life Centre	01752 606900	www.everyoneactive.com
Nuffield Health	01752 265355	nuffieldhealth.com/gyms/plymouth

Drugs and Alcohol Services

The Zone	01752 206 626	www.thezoneplymouth.co.uk enquiries@thezoneplymouth.co.uk
Harbour Centre (Young People)	01752 434 343	www.harbour.org.uk thcpltd.harbour@nhs.net
Trevi House (Rehab for Women with Drug or Alcohol Problems)	01752 255 758	www.trevihouse.org
Hamoaze House	01752 566 100	www.hamoazehouse.org.uk office@hamoazehouse.org.uk
Alcoholics Anonymous	08009 177 650	www.plymouthaa.org.uk help@aamail.org
Ask Frank	03001 236 600	www.talktofrank.com Text: 82111 Live chat online
Plymouth Family Support Services	01752 606826	www.familymatters-plymouth.co.uk familymatters@nhs.net

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Mental Health Services		
The Zone	01752 206626	www.thezoneplymouth.co.uk enquiries@thezoneplymouth.co.uk
CAMHS (Children and Adolescents Mental Health Service)	01752 435502 01752 435125	www.cahms-livewell.co.uk cahmsearlyhelp@nhs.net
Colebrook Housing	01752 205210	www.colebrooksw.org enquires@colebrooksw.org
Drink Line	03001 231 110	www.drinkaware.co.uk
Plymouth House (for single people) Westward Housing	03001 001 010	www.info@westwardhousing.org.uk wsadmin@westwardhousing.org.uk
Plymouth House (Mother and Baby Project)	01752 261602	www.aa_youngparents@westwardhousing.org.uk info@westcountryha.org.uk
Ballard House Plymouth	01752 66800	
Shekinah Mission	01752 203480	www.shekinah.co.uk reception@shekinah.co.uk
PATH	01752 255889	www.pathdevon.org info@pathdevon.org
Shelter Line	0808 800 4444	www.england.shelter.org.uk/contactus
Plymouth City Council Homeless	01752 305496	www.plymouth.gov.uk/home/housing/homeless- or-risk
Community Mental health Service - Cumberland	0800 9239 323	www.livewellsouthwest.co.uk/services/community-mental-health-teams
Eating Disorder Service Plymouth	01752 228027	www.eatingdisorderserviceplymouth.co.uk general.admin@eatingdisorderserviceplymouth.co.uk
Obsessive Compulsive Disorder – Plymouth (MIND)	0845 390 6232	www.ocdaction.org.uk support@ocdaction.org.uk
Plymouth Children & Young People Services	01752 668000	plymouth.gov.uk/adults&childrensocialcare Select children's services – option 1
Plymouth Manic Depression Support Group	01752 512280	www.plymouthmind.com admin@plymouthmind.com
Plymouth Options	01752 435419	www.livewellsouth.co.uk/project/plymouth-options pchcic.plymouthoptions@nhs.net

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Sexual Health and Counselling Services		
The Zone	01752 206626	www.thezoneplymouth.co.uk enquiries@thezoneplymouth.co.uk
SHiP (Sexual Health in Plymouth)	01752 431124	www.yourship.uk
Plymouth Domestic Abuse Service	01752 252033	www.plymouth.go.uk/domestic-abuse
24hr National Domestic Abuse Helpline	0808 200 0247	
Plymouth Mental Health Network		GP referral only
Age UK	01752 256020 03332412340	www.ageuk.org.uk
The Mankind Initiative (Domestic Abuse Helpline for Male Victims)	01823 334244	www.mankind.org.uk
NSPCC Child Protection	General Helpline: 08088 005 000 18	www.nspcc.org.uk help@nspcc.org.uk
Plymouth Advice and Liaison Services (PALS)	01752 439 884	www.plymouthhospitals.nhs.uk/pals plh-tr.PALS@nhs.net
Plymouth Family Support Services	01752 606 826	www.familymatters-plymouth.co.uk familymatters@nhs.net
Family Lives (Drug & Alcohol)	0808 800 2222	www.familylives.org.uk
Disability and Information Advice Line (DIAL)		www.dialuk.info informationenquiries@dialuk.org.uk
Plymouth and District Disabled Fellowship	07971 246 332	www.plymouthanddistrictdisabledfellowship.co.uk online contact form