Mental Health Support

Mental Health Connect (24/7 Mental Health Helpline)
Call us free on 0800 038 5300
https://www.cornwallft.nhs.uk/mental-health-crisis-cornwall/
Additionally, there are lists of support services for a range of emotional and psychological wellbeing needs

SilverCloud
https://cornwallcyp.silvercloudhealth.com/signup/
SilverCloud is an online cognitive behavioural therapy (CBT) programme which allows you to complete therapy in your own time and at your own pace.

Mental Health Support Team (Primary Aged Children)
https://www.cornwallft.nhs.uk/childrens-mental-health-support-team/
We can provide individual, or group based short term, low-intensity mental health interventions and support focused on mild to moderate anxiety, low mood and other areas.
Referrals are only possible through your child's primary school. Contact your teacher or mental health lead to jointly consider whether we are the right service to support you.

Young People Cornwall (1:1 support for ages 12-25 but parent-led support for ages 8-12)
https://youngpeoplecornwall.org/get-support/
From drop-in youth groups to one-on-one mental health sessions, we offer a huge range of support – all over Cornwall.
Self, parent or professional referral via online form on this page

Cornwall Talking Therapies (Young People Ages 16+)
https://www.cornwallft.nhs.uk/talking-therapies/
Self-referral or professional referrals via links on this page

Brook Cornwall Wellbeing Hub (ages 11-24)
https://www.brook.org.uk/regions/cornwall-wellbeing-hub/
Self-referral via link on this page
There are also small group mental health literacy programmes available for schools, youth centres and similar organisations (email wellbeinghubcornwall@brook.org.uk)

Kooth (ages 11-25)
https://www.kooth.com/
Sign-up link on this page. Free anonymous support from professionals, accredited by British Association for Counselling and Psychotherapy