Patient Support & Self-Care

Cornwall Wellbeing Support



Mind Cornwall offer a range of activities that help to support recovery and empower you to take control of your wellbeing.

Bereavement Support



Cornwall Bereavement Network brings together bereavement services from across the county with the aim of making it easier at difficult times.

Miscarriage Support



Tommy's offering support after a miscarriage, ectopic or molar pregnancy

Gambling Support



Southwest Gambling provides free confidential support to people affected by gambling addiction

Cornwall Debt Support



Citizens Advice Cornwall, a local charity providing free, confidential, independent advice for everyone

Exiting Service/Veterans



NHS support and access for a range of specialist healthcare for veterans, service leavers, and non-mobilised reservists

Talking Therapies



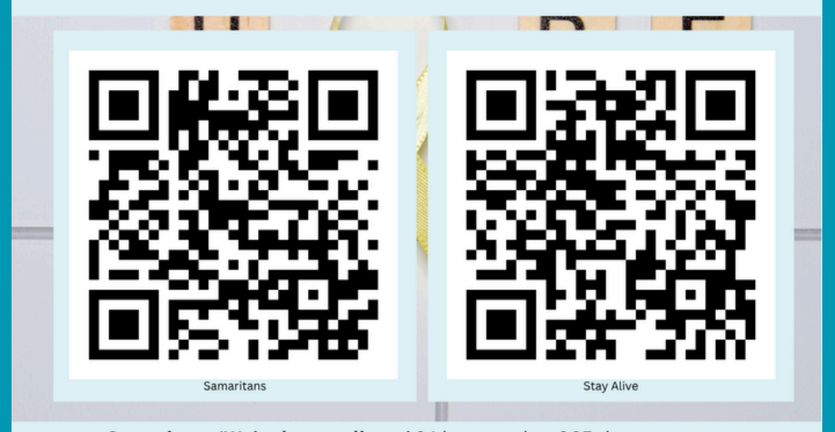
NHS Cornwall Partnership Talking Therapies offering a range of educational courses as well as individual and online therapies.

Cornwall Housing Support



Cornwall Council Housing - find information about housing in Cornwall including Council housing, affordable homes, tentant support and homelessness services.

Suicide



Samaritans 'We're here to listen' 24 hours a day, 365 days a year
Stay Alive for those at risk of suicide and people worried about someone

Quit Smoking Cornwall



Healthy Cornwall - Smokefree Cornwall - contact to discuss the support and the path that is right for you.

Eating Disorders



NHS support and advice on anorexia nervosa, bulimia and binge eating disorder

SilverCloud - Online Therapy



SilverCloud is an online cognitive behavioural therapy (CBT) programme which allows you to complete therapy in your own time and at your own pace.

Cornwall Carers Service



Cornwall Carers Service providing support for unpaid and informal carers in Cornwall

Healthy Cornwall



Healthy Cornwall - are you ready to make the healthy choice? No matter what your age or ability, they can help you lead a happier, healthier lifestyle.

Alcohol and Addiction



NHS - find alcohol addiction support services that can help you reduce or stop your drinking if it's affecting your life or your health