

Out of Hours Information and Advice



Whilst the school holidays can be a joyous time for many, we are aware that this time of year may also bring additional challenges and pressures for families. With this in mind we would like to share some information for support services available during the holiday period.

We wish everyone and safe and happy holiday.

Child Abuse



If you have concerns that a child is being abused or you want to request support, please contact MASH (Multi Agency Safeguarding Hub)

Complete the [request for support online form](#)

Email mashsecure@devon.gov.uk

Call [0345 155 1071](tel:0345 155 1071)

In the event of an emergency or a child is experiencing immediate harm call **999**.

Domestic Violence



For support for victims of domestic violence, sexual violence or stalking.

If you or anyone else is in immediate danger call 999.

<https://www.fear-less.org.uk/>

Tel: 0345 155 1074 ([landline call rate](#))

Enquiries: admin.devon@fear-less.org.uk

Food support



If you are experiencing financial hardship and food poverty, food bank can offer support by providing food and other essential items. Foodbank do not require you to be claiming benefits or ask you for income details. They are there to provide support for any person in need of accessing adequate food.

07939 381 974

<https://exeter.foodbank.org.uk/get-help/>

Support for children



Childline can offer support for a wide range of issues including bullying, online safety, abuse, low mood, friendship issues, eating problems, alcohol use and others.

Childline offer 1:1 counselling support via the phone or online as well as a useful website providing advice on many issues experienced by young people.

<https://www.childline.org.uk/>

If you or someone else is at immediate risk of harm call 999.

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Child & Adolescent Mental Health Service

CAMHS are offering additional crisis support. If a child or young person (under 18) is experiencing a mental health crisis, you can now access Child and Adolescent Mental Health Services (CAMHS) 24/7

Please contact 03300 245 321 during normal hours (8am-5pm, Mon to Fri) or 0300 555 5000 outside these hours. Callers will speak to a call handler, their call will be forwarded to a voicemail service and their message will be returned within one hour.

There are three CAMHS crisis teams – Torbay and South Devon; Exeter, East and Mid Devon; and North Devon. Your call will be directed to the appropriate team. In the event of an emergency please call 999.

Adult Mental Health crisis support

"It's alright to ask for help"



116 123

If you or someone else is at immediate risk of significant harm call 999.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Mental Health Matters



Mental Health Matters 24 hour, 365 days a year mental health helpline - 0800 4700317.

<https://www.mhm.org.uk/>

Devon locations for The Moorings:

Find us at St Leonards GP Practice, Athelstan Road, St Leonards, Exeter EX1 1SB

(Near the War Memorial on Denmark Road)

Open 6pm-midnight, every day (including weekends and bank holidays).

Tel: 07990790920 or 07484061675

Email: devonexeter.mhm@nhs.net

Online Safety - Child Exploitation & online Protection



If you have concerns that a child is being abused online you can report your concern to CEOP using their website.

The website also has lots of advice available on many online safety issues.

[HTTPS://WWW.CEOP.POLICE.UK/SAFETY-CENTRE/](https://www.ceop.police.uk/safety-centre/)