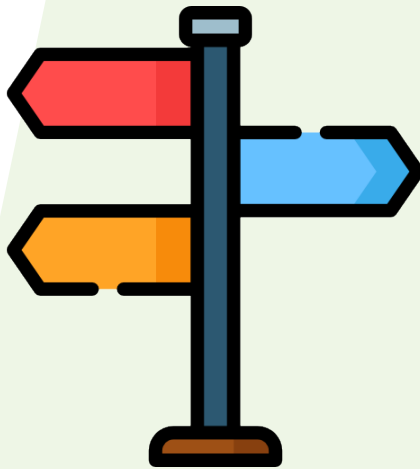




Devon Mental Health Alliance
Working together for better mental health across Devon

Cost of Living Signposting & Support Service



One  Devon



Encompass
Helping you find your way

The Cost of Living Signposting & Support Service provides **free advice and guidance** to anyone facing challenges around cost of living pressures (e.g. debt, benefits, or housing issues), with a focus on connecting people to organisations in their community best placed to provide ongoing help.

Individuals are free to access the service directly, or we welcome referrals from other organisations (so long as consent has been secured).

To access the service, call our **24-hour helpline*** or email one of our teams (please include your name, address, phone number, and reason for getting in touch). We'll collect some basic information, including your location and the support you require, then an expert member of our team will get back in touch within 2 working days.

We'll also try to follow up with everyone we work with after a couple of weeks to check in and ensure that progress has been made.

There are no “wrong” enquiries for this service — if we can't help, we'll do our best to connect you with someone who can.

*Calls from landlines are typically charged up to 16p per minute. Call costs from mobiles vary according to the calling plan chosen. Typically, they are included in free call packages. However, if you call an 01/02 number outside of any inclusive minutes, they can cost between 3p and 65p per minute.

Call 020 3467 7509 or email:

North, Mid & West Devon (blue):
communityadvice@encompass-sw.org.uk

Plymouth, Exeter, South & East Devon (green):
advice@improvinglivesplymouth.org.uk

(Don't worry if you're not sure which area you fall within — provide your address and we'll make sure you're connected with the correct team.)



The Devon Mental Health Alliance is a partnership between six community organisations dedicated to providing support, information, and advice for people in Devon experiencing mental health problems. If you would like to find out more about what we're doing or ask us any questions, please visit our website below or email us at: info@mentalhealthdevon.co.uk

Our Members



CoLab Exeter

Charity no. 1100990
Company no. 4928733
www.colabexeter.org.uk



Rethink

Charity no. 271028
Company no. 1227970
www.rethink.org



Devon Mind

Charity no. 1181767
Company no. 10281020
www.devonmind.com



Shekinah

Charity no. 1097409
Company no. 04687832
www.shekinah.co.uk



Improving Lives

Charity no. 1066776
Company no. 2610208
www.improvinglivesplymouth.org.uk



Step One

Charity no. 235434
Company no. 393477
www.steponecharity.co.uk

Our Statutory Partners



www.dpt.nhs.uk



www.onedevon.org.uk



www.livewellsw.co.uk

www.mentalhealthdevon.co.uk