

Mental Health Matters and Devon Partnership NHS Trust expand The Moorings mental health support service



PUBLISHED SEP 5, 2022
BY [PRESSAT](#)

5 September 2022, Devon – The Moorings, run by Mental Health Matters, is being expanded to offer additional hours of support.

The service provides free mental health support to anyone aged 18 and over from three locations in Barnstaple, Exeter, and Torquay. Staffed by a team of highly skilled Support Workers, the service offers one-to-one emotional support to individuals in mental health crisis, as well as a space for people to access advice, guidance, and information.

The expansion will see the Exeter and Torquay sites offering daytime support (10am-6pm, Monday-Friday) in addition to the out-of-hours provision already provided during evenings and weekends.

There is no need for a referral or appointment and support can be accessed in person, or via phone or video call.

Jane Hughes, CEO of Mental Health Matters, said: “The Moorings provide a vital safe space for anyone feeling distressed, anxious, or overwhelmed.

We are proud to be able to offer more help to the community to ensure no one is without support at a time when many services are under pressure.”

Sarah Adams, SRO DPT Urgent Care Transformation, added: “We are pleased to continue our collaboration with Mental

Health Matters to deliver an enhanced offer, which will give much-needed additional support to people in Devon through what will be for many a very difficult winter."

For more information about the service, please visit Health Matters is a third sector organisation providing a wide range of support to people with mental health needs offering a welcoming, safe, comfortable, non-judgmental, and non-clinical environment. Learn more: www.mhm.org.uk

Devon Partnership NHS Trust provides a wide range of NHS services to people with mental health, learning disability and neurodiversity needs within Devon, the wider South West region and nationally. Learn more: www.dpt.nhs.uk

Press release distributed by Media Pigeon on behalf of Pressat, on Sep 5, 2022. For more information subscribe and [follow](#) us.

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