



The Mooring @ St Leonards GP Practice, Exeter

Are you feeling distressed, frightened, overwhelmed,
or that things are too much for you?
Don't know where to turn to get mental health support?
Are your usual sources of support closed for the night?

The Mooring @ St Leonards GP Practice offers out of
hours mental health support to anyone aged 16 or over
in Exeter and the surrounding areas.

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

The Mooring @ St Leonards GP Practice offers a welcoming, safe, comfortable, non-judgmental and non-clinical environment. The emphasis is on reducing immediate distress, and supporting visitors to access services and opportunities available to them in the wider community.

You can come just for a cup of tea and a chat, or you can access one-to-one emotional support from trained mental health professionals. We also offer help in creating staying well and crisis plans, and support visitors to access other services and organisations that may be useful to them. Users of The Mooring have access to a 24-hour telephone emotional support line staffed by trained counsellors.

**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 night (including weekends and bank holidays).
No appointment or referral needed. Carers and family welcome.

This service is delivered by Mental Health Matters on behalf of Devon Partnership NHS Trust, supported by Devon County Council and Devon's NHS Clinical Commissioning Groups.

To contact The Mooring call:

07990790920

or email us at:

devonexeter.mhm@nhs.net

Calls and emails are monitored between 6pm-midnight