



The Mooring @ Braddon House, Barnstaple

Can we help you during the cold, dark, often wet miserable nights of winter? Are you dreading the holiday season? Are you worrying about the cost? Or perhaps the cost of keeping your home warm and dry this winter.

Many people feel lost, isolated and afraid during this season, they despair and feel they have no-where to turn, but we can help you @ The Moorings.

Rather than looking to A&E or suffering in silence, come and pay us a visit, you won't have the long wait and we will try to help you find a solution to the things in your life that are causing you distress.

We will offer a warm welcoming, a safe, comfortable, non-judgmental and non-clinical environment. We will work with you to reduce your immediate distress, and support you to access services and opportunities available to you. Here you can access one-to-one support from the team, read a book, or just sit and process what is happening in your life. We will give you the space to do just that, you lead.

Our clients in Barnstaple have access to a 24-hour helpline who are also happy to talk to you once our services have closed. We will give you the details.

REMEMBER: If you are feeling distressed, frightened, overwhelmed, or that things are too much for you, and you don't know where to turn to get mental health support, and your usual sources of support are closed for the night, then The Moorings are here.

To contact The Mooring call **07850 927 064**

Email us at devonbarnstaple.mhm@nhs.net

We are open from **6pm - midnight Thursday, Friday, Saturday, Sunday**