Mental Health & Wellbeing

Support, advice and guidance for families

WEEK 6
Autumn 2026

Support for Parents & Carers

Navigating family health, emotional wellbeing, and educational needs can be challenging. Below are key Devon services you can reach out to for dedicated support, confidential advice, and community resources.

DEVON SERVICES & KEY RESOURCES

Children & Family Health Devon (CFHD)

CFHD provides NHS integrated care and treatment across physical and mental health for children, young people, and their families in Devon. You can find out more and refer through their official website or phone line.

📞 **Phone: 0330 0245 321**

Devon Information Advice & Support (DiAS)

DiAS provides a wealth of free information, resources, and legal guidance online for families navigating SEND. If you need tailored help, contact their impartial advice service directly via their online form or phone line.

📞 **Enquiry Line: 01392 383080**

Devon Family Hubs

Family Hubs offer support to children from birth up to age 19 (or 25 for those with SEND or care experience). Complete the online support request form to explore available services or call the information line.

📞 **Line: 0800 538 5458 (Mon–Fri, 10am–4pm)**

Devon Local Offer

Every Local Authority has a 'Local Offer' which provides comprehensive information about all local support services, provisions, and activities available in the area, along with details on how to access them.

🌐 **Access via Devon County Council Website**

Devon County Council SEND Newsletter

Stay updated with the latest news, advice, strategy updates, and local events. Devon County Council publishes a regular SEND Newsletter dedicated specifically to families, carers, and educational professionals across the region.

📩 **Subscribe online via the Devon County Council website**

Need Immediate Guidance?

If you are unsure which service best fits your current needs, start with the Family Hubs Information Line or explore the Local Offer directory online for step-by-step referral advice.