



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.

**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.

To contact The Mooring call **07990790920** or **07484061675**
or email us at **devonexeter.mhm@nhs.net**

Calls monitored 6pm-midnight, emails monitored daily