



Welcome to Plymouth! Local Resources & Essential Contacts

Starting life in a new area or country is a big step. This guide provides essential information and contacts for healthcare, financial support, and community services in Plymouth.

1. Healthcare & Emergencies (NHS)

Service	Details & Contact Information
Registering with a Doctor (GP)	It is vital to register with a local GP for all non-emergency health concerns. Find practices and registration information on the NHS website.
Finding a Dentist	You can register with an NHS dentist for check-ups and concerns.
Emergency Services (Serious/Life-threatening)	For an ambulance, fire, or police emergency only .
Non-Urgent Health Advice	For urgent health advice when it is not a life-threatening emergency.
Mental Health Support	Organisations providing emotional and mental health support specifically for refugees and asylum seekers.
Contact Details	
NHS GP Services:	NHS Plymouth GP Services (Website)
NHS Dentist Locator:	NHS Dentist Locator (Website)
Emergency Number:	999 (Ambulance, Fire, Police)
Non-Urgent Advice:	111 (Phone)
Mental Health Services:	Asylum Seekers & Refugees Mental Health Team (Website), Devon & Cornwall Refugee Support (DCRS) (Website)

2. Housing, Legal, and Financial Support



Police (Non-Emergency)

For non-urgent police matters.

Libraries

Provides free internet access, books, and resources.

Online Directory

An A-Z list of asylum seeker and refugee groups in Plymouth.

Contact Details

Plymouth Red Cross:

Phone: **01752 831619 / 07921 941107**, Red Cross Refugee Support (Website)

START:

Phone: **07841 985252**, Students and Refugees Together (START) (Website)

Plymouth City Council (General):

Phone: **01752 668000**, Plymouth City Council (Website)

Police (Non-Emergency):

Phone: **101**

Plymouth Libraries:

Libraries in Plymouth (Website)

Online Directory:

A to Z Directory of asylum seeker and refugee groups (Website)