



“CHIL gives me something to wake up for in the morning, they actually listen to what you say and care about you ”

CHIL is funded by :



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“Supporting mental wellbeing since 1997”



About us

We began in 1997 as Community Health in Keyham (CHIK) We moved to Lipson in September 2014 and became 'CHIL'. Following a move to St Judes in April 2016 we have simply been known as CHIL Plymouth.

CHIL is a small charitable organisation which operates city wide. It aims to improve service users' mental health and wellbeing through a community development approach.

We work with our members in a holistic way by offering one to one support, advice and information and a variety of groups.

“I have received fantastic support from CHIL. The staff are warm and welcoming and give excellent advice and support in a professional way”



Service Benefits

We currently run drop-in group sessions, a gardening project, social events from time to time group and a one to one service.

All services are free and confidential.

We provide a free book-lending service.

We accept referrals from other agencies, health care professionals and self-referrals. Please phone or email for more information or an initial appointment.

“ The premises are homely and relaxed and I was instantly made to feel comfortable”

“I can only speak in the highest terms of this organisation and of the staff for making it a first class service”