

SUPPORT AND ADVICE

FIRST REPOSE – MENTAL HEALTH

111 #2 (Cams and Essex). 0808 196 3494 (Suffolk).

YOUR GP

Physical or mental health concerns.

REFUGE

Website/ 0808 2000 247. Support with domestic abuse.

KEEP YOUR HEAD

Website. Advice on services available in Cambridgeshire to help with a wide range of issues.

B-EAT

Website, 0808 8010711. Helpline, support and information. Eating concerns.

CHATHEALTH

07480 635443. Mon – Fri 9:30am-4pm. NHS-based secure and confidential text messaging service for 11-19yos.

CHILDLINE

0800 1111. Free crisis support 24/7.

CENTRE 33

01223 316488/ help@centre33.org.uk. Free, confidential support.

CASUS

Website. Information, support & specialist treatment for under 18s.

COGWHEEL TRUST

Website. Providing counselling and psychotherapy for young people in Cams.

EPIC FRIENDS

Website. Support for 12-18yos to support friends through difficult times.

KOOTH

Website. Free, anonymous online support. Mon-Fri 12-10pm, Sat-Sun 6-10pm.

MIND

Website. Advice on range of issues.

RELATE

Website. Provides relationship support.

SWITCHBOARD

Website, 0300 3300630. LGBT+ charity offering support.

THE MIX

Website, 0808 8084994. Support for young people up to 25yo.

MENTAL HEALTH APPS

<https://www.keep-your-head.com/cyp/CP-MHS/self-help/mental-health-apps>

<https://www.nhs.uk/apps-library/category/mental-health/>

SELF REFERRALS

CHUMS

Mental Health and Emotional Wellbeing Service providing support for mild to moderate mental health difficulties (eg. low mood/anxiety).

Form: available online (self referral form)

CENTRE 33

Support for young people up to 26yo. Refer by calling 0333 4141809, or emailing help@centre33.org.uk

PSYCHOLOGICAL WELLBEING SERVICE

Support by talking therapies for 17yo+.

Form: available online (self referral form)

Telephone: 0300 3000055 9-4pm Mon-Fri.

PAPYRUS

Website, 0800 0684114. Confidential help for young people and anyone worried about suicide.

ALUMINA

www.selfharm.co.uk, 7 week virtual course for 14- 19yos.