

In a life-threatening emergency please ring 999 immediately or go to A&E



# Mental Wellbeing

Free local support for people aged 18 and upwards that you can access without needing to see your GP

## Need immediate support?



First Response Service. Ring NHS 111 and select the mental health option for crisis support



Face to face, telephone or virtual support in a mental health crisis. Call NHS 111 and select the mental health option for a space at The Sanctuary. Open 6pm to 1am every day



Get a crisis card from The SUN Network by contacting [enquiries@sunnetwork.org.uk](mailto:enquiries@sunnetwork.org.uk)

## Want to talk to someone?



Lifeline offer confidential telephone support 11am - 11pm every day 0808 808 2121



Text SHOUT to 85258 for crisis support via text messages



Samaritans are there to listen, every day. Call 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)



Psychological Wellbeing Service (Also known as IAPT) Talking therapy that you can refer yourself to. 0300 300 055 [www.cpft.nhs.uk/psychological-wellbeing-service/](http://www.cpft.nhs.uk/psychological-wellbeing-service/) Email: [selfreferiapt@cpft.nhs.uk](mailto:selfreferiapt@cpft.nhs.uk)



Free, confidential NHS Talking Therapies that you can refer yourself to. 0300 555 0888 [www.everyturn.org](http://www.everyturn.org) Email: [peterborough@everyturn.org](mailto:peterborough@everyturn.org)

## Drugs or Alcohol Support



Support in Cambridgeshire for drug and alcohol challenges [www.changegrowlive.org](http://www.changegrowlive.org) 0300 555 01 01 option 1 Email: [cambridgeshirereferrals@cgl.org.uk](mailto:cambridgeshirereferrals@cgl.org.uk)

CGL Aspire - support in Peterborough for drug and alcohol challenges [www.changegrowlive.org](http://www.changegrowlive.org) 01733 895 624 Email: [peterborough@cgl.org.uk](mailto:peterborough@cgl.org.uk)

## Are you a carer for someone with mental health challenges?



Making Space supports carers of people with mental health challenges. 01480 211 006 Email: [enquiries@makingspace.co.uk](mailto:enquiries@makingspace.co.uk)



Rethink Carers can offer you support caring for your loved one. 07783 267 013 Email: [Cambridgecarersgroup@rethink.org](mailto:Cambridgecarersgroup@rethink.org)



Caring Together provide information and advice for carers. 0345 241 0954 Email: [hello@caringtogether.org](mailto:hello@caringtogether.org)

## Community Support



Lifecraft offer social and creative groups, counselling, recovery support, information and more. 01223 566 957 [www.lifecraft.org.uk](http://www.lifecraft.org.uk) Email: [info@lifecraft.org.uk](mailto:info@lifecraft.org.uk)



CPSL Mind offer Good Mood Cafe's, Calm Spaces, Peri-mental Health Support, Personality Disorder Support and more. 0300 303 4363 [www.cpslmind.org.uk](http://www.cpslmind.org.uk) Email: [enquiries@cpslmind.org.uk](mailto:enquiries@cpslmind.org.uk)



Illuminate offer coaching, confidence courses, community sessions and more. 07841 187 285 [www.illuminatecharity.org.uk](http://www.illuminatecharity.org.uk) Email: [info@illuminatecharity.org.uk](mailto:info@illuminatecharity.org.uk)



A place for men to connect, converse and create. Find your nearest shed 0300 772 9626 [www.menssheds.org.uk](http://www.menssheds.org.uk) Email: [admin@ukmsa.org.uk](mailto:admin@ukmsa.org.uk)



Creative arts courses in a safe, friendly and supportive environment. Call 01223 631820 or Text 07763 280 029 [www.camcommarts.org.uk](http://www.camcommarts.org.uk)



Offers a confidential trauma-informed counselling service for women and men who have experienced sexual abuse in childhood. 01223 358 149 [www.choicescounselling.co.uk](http://www.choicescounselling.co.uk) Email: [admin@choicescounselling.co.uk](mailto:admin@choicescounselling.co.uk)

What individual services listed can offer is subject to change due to funding or other circumstances.



Need support for Eating Disorders? Information and support for people who struggle with food, and for their carers/family can be found with the QR code to the left.



Looking for more information on mental health services for adults, or children? Try [www.keep-your-head.com](http://www.keep-your-head.com) or scan the QR code to the left.

