



Free, anonymous support: the chat service is free, and you don't even have to give your name.

The professionals you speak with are real people who want to listen.

A safe space for support accredited by the British Association for Counselling and Psychology (BACP).

<https://www.kooth.com/>



Cambridge Acorn Project offers therapeutic services to children, young people and families, who have experienced trauma and face financial hardship, giving them the chance to talk about anything which may be troubling, or worrying.

If at any point you feel distressed and/or would prefer to talk to someone about accessing support, please call 07388 497089

between the hours of 10am - 4pm (Mon - Fri).

<https://www.cambridgeacornproject.org.uk/>



What to do if you're not feeling okay. 24/7 365 days a year - they are here to listen and provide support. You can access confidential emotional support at any time from Samaritans either call 116 123 or email jo@samaritans.org



Keep Your Head brings together reliable information on mental health and wellbeing across Cambridgeshire & Peterborough.

<https://www.keep-your-head.com/adults>



Mental health services are free on the NHS.

To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online.



Anybody can experience crisis, for many different reasons and in many different ways. Their Sanctuaries in Cambridge and Peterborough provide safe spaces for individuals referred via the NHS First Response Service on 111 and select the mental health option.

<https://www.mind.org.uk/>



Text HEAR to 85258

NHS Cambridgeshire & Peterborough has partnered with SHOUT to offer support to anyone in Cambridgeshire and Peterborough who is in distress.



Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight – 365 days a year)

<https://www.papyrus-uk.org/papyrus-HOPELINE247/>

Support Available