



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, (4:30pm - 11:30pm) and telephone (11am - 6pm) support in a mental health crisis. Call NHS 111 and select the mental health option for a space at The Sanctuary



Get a crisis card from The SUN Network by contacting enquiries@sunnetwork.org.uk

Drugs or Alcohol Support

Support in Cambridgeshire for drug and alcohol challenges www.changegrowlive.org
Tel: 0300 555 0101 option 1
Email: cambridgeshirereferrals@cgl.org.uk



CGL Aspire - support in Peterborough for drug and alcohol challenges www.changegrowlive.org
Tel: 01733 895 624 Email: peterborough@cgl.org.uk

Are you a carer for someone with mental health challenges?



Making Space supports carers of people with mental health challenges. Tel: 01480 211 006
Email: enquiries@makingspace.co.uk



Rethink Carers can offer you support caring for your loved one. Tel: 07783 267 013
Email: Cambridgecarersgroup@rethink.org



Caring Together provide information and advice for carers. Tel: 0345 241 0954
Email: hello@caringtogether.org



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, children or young people? Try www.keep-your-head.com or scan the QR code to the left.

Contact The SUN Network: www.sunnetwork.org.uk

Email: enquiries@sunnetwork.org.uk Call/Text/WhatsApp: 07712 358 172

[f](https://www.facebook.com/SunNetworkCambs) [i](https://www.instagram.com/SunNetworkCambs) [p](https://www.pinterest.com/SunNetworkCambs) [in](https://www.linkedin.com/company/SunNetworkCambs) @SunNetworkCambs

Want to talk to someone?



NHS Talking Therapy that you can refer yourself to.
Tel: 0300 300 055 www.cpft.nhs.uk/talkingtherapies/
Email: SPAalkingtherapies@cpft.nhs.uk



Everyturn offer free, confidential NHS funded Talking Therapies that you can refer yourself to. Tel: 0300 555 0888
www.everyturn.org Email: enquiries@everyturn.org



Lifeline offer free confidential telephone support 11am - 11pm every day Tel: 0808 808 2121 www.Lifecraft.org



Samaritans are there to listen, every day. Tel: 116 123
Email: jo@samaritans.org



Confidential trauma-informed counselling service for adults who have experienced sexual abuse in childhood.
Tel: 01223 358 149 www.choicescounselling.co.uk
Email: admin@choicescounselling.co.uk



Text HEAR to 85258 for crisis support via text messages. A local version of the national SHOUT text service.

Community Support



CPSL Mind offer Good Mood Cafés, Calm Spaces, and more. Tel: 0300 303 4363 www.cpslmind.org.uk
Email: enquiries@cpslmind.org.uk



RCE Wellbeing Hub deliver free courses to support wellbeing in Cambridgeshire, Peterborough, Wisbech and Fenlands. Email: RCEWellbeingHub@cpft.nhs.uk
Tel: 01733 963 219 www.cpft.nhs.uk/rce-wellbeing-hub



Lifecraft offer social and creative groups, counselling, recovery support, information and more. Tel: 01223 566 957
www.lifecraft.org.uk Email: info@lifecraft.org.uk



A place for men to connect, converse and create. Find your nearest shed Tel: 0300 772 9626 www.menssheds.org.uk
Email: admin@ukmsa.org.uk



Creative arts courses in a safe, friendly and supportive environment. Tel: 01223 631820 or Text: 07763 280 029
www.camcommarts.org.uk



How Are You (HAY) Bring together everything in your local community that is good for wellbeing.
www.haycambspboro.co.uk



All information correct at December 2024. What individual services listed can offer is subject to change due to funding or other circumstances. If you would like a poster to display. Please contact The SUN Network.

