

# 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

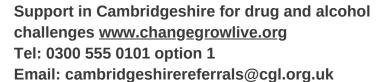


Face to face, (4:30pm - 11:30pm) and telephone (11am - 6pm) support in a mental health crisis. Call NHS 111 and select the mental health option for a space at The Sanctuary



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

### <u>Drugs or Alcohol Support</u>





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 <u>www.keep-your-head.com</u> or scan the QR code to the left.

#### Want to talk to someone?



NHS Talking Therapy that you can refer yourself to. Tel: 0300 300 055 www.cpft.nhs.uk/talkingtherapies/ Email: SPAtalkingtherapies@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 <u>www.lifecraft.org.uk</u> 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

Take a photo media to help others!

Contact The SUN Network: <u>www.sunnetwork.org.uk</u>

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







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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.