

Support in Fenland

If you need support with your mental health, please speak to your GP.

Mental health & wellbeing - online support

H.A.Y. Fenland



How Are You Fenland is a local website bringing together everything that is good for wellbeing. All ages.
<https://www.hayfenland.co.uk/>

Every Mind Matters



A national website to help you manage and maintain your mental health. All ages.
www.nhs.uk/oneyou

Keep Your Head



A central hub of information, self-help and support services for mental health in Cambridgeshire & Peterborough. All ages.
www.keep-your-head.com/

Qwell & Kooth

Free online wellbeing services offering chat-based counselling, peer support and self-help.
Qwell: age 18+ www.qwell.io
Kooth: age 11-18 www.kooth.com

Are you in a mental health crisis?

Then call...

111

and select the mental health option



First Response Service

Mental health & wellbeing - someone to talk to

Lifeline



Cambridgeshire & Peterborough Mental Health Helpline. All ages
11am - 11pm. 365 days a year.
Freephone 0808 808 21 21

Samaritans



Local and national listening service. All ages.
Anytime. 365 days a year.
Freephone 116 123

Good Life Service



CPSL Mind's community-based wellbeing support including Good Mood Cafes. Age 18+.
Free. Call 0300 303 4363

Wellbeing Service

Free 1-2-1 support to enhance wellbeing and boost confidence and independence.
Call 0330 094 5750
Email: wellbeing@care-network.org.uk

Telephone Support lines

A range of other telephone support lines can be found here
www.hayfenland.co.uk/support/telephone-support-lines/

Mental health & wellbeing - therapy, counselling & Lifestyle

NHS Cambridgeshire & Peterborough Talking Therapies



Psychological therapy for mild-moderate depression / anxiety. Age 17+. Free.
Self-refer at www.iaptportal.co.uk/cam.html or call 0300 300 0055

Every Turn Mental Health— Peterborough Talking Therapies

Free, confidential talking therapies and counselling to anyone aged 17+ who is registered with a GP in the Peterborough and Cambridgeshire area.
Age 17+. Free. Self-refer at: <https://everyturn.limbic.ai/> or call 0300 555 0888

Evolve Counselling

Mental health charity providing individual counselling. Age 18+
Cost according to personal gross income. Book at www.evolvecounselling.org.uk/client-services/book-a-session or call 01733 553166

Peterborough Counselling Ltd

Talking therapy commissioned by the NHS. Age 17+. Free to anyone with a Cambridgeshire GP.
Self refer by calling 01733 767279

Health Trainer—Healthy You

Free one to one support for anyone with mental health concerns wanting to make healthy lifestyle changes.
Call 0333 005 0093 or text 'healthyu' to 60777
<https://healthyyou.org.uk/sign-up/>



Support in Fenland

Information and Practical Support

Citizens Advice Rural Cambs

Citizens Advice Rural Cambs Free, confidential, impartial advice and information services, including access to [CLAS](#). All ages. www.citizensadvice.ruralcambs.org.uk or call 0808 278 7807

Fenland District Council Cost of Living Advice

Council website for advice, information & local services. <https://fenland.gov.uk/costoflivingsupport>

Richmond Fellowship Employment Services

Works with people with mental health challenges and/or Autism to stay in or regain employment. Call: 01480 456 257

P3 Floating Support

For advice on housing www.p3charity.org/services/cambridgeshire-floating-support-service/ or call 0808 169 8099

Community Navigator

A gateway to information and services & activities in your local area. Call 01345 695208

Alcohol, Drug and Gambling Support

Wisbech CGL

Free drug & alcohol treatment service. Call 0300 555 0101 option 3 or email : cambridgeshirereferrals@cgl.org.uk

Drink Less—Healthy You

Free support to help reduce or stop drinking call 0333 005 0093 or text 'healthyu' to 60777 <https://healthyyou.org.uk/sign-up/>

Gamcare

Free advice & support to anyone impacted by gambling. Call 0808 8020133 or visit www.gamcare.org.uk

Bereavement Services

Cruse

Support and advice for the bereaved. All ages. Call 01733 348439 or email peterborough@cruse.org.uk

SANDs

Bereaved parents who offer support, advice and a space to talk about your loss.

Email peterboroughstamfordsands@yahoo.com

Domestic & Sexual Abuse Support

Choices

Confidential counselling for women and men affected by childhood sexual abuse. Pay what you can afford. Call 01223 358149 or email admin@choicescounselling.co.uk

Cambridgeshire Rape Crisis Care Group

Free specialist support to women and girls across Cambridgeshire who have been subjected to rape and sexual violence. Call [01223 245 888](tel:01223245888)

Refuge

Support for women and their children who have been affected by domestic abuse. Call [07787 255821](tel:07787255821) or email outreachcambridgeshire@refuge.org.uk

Support for Men

A range of support services for men experiencing domestic abuse. Visit www.hayfenland.co.uk/support/domestic-abuse-support-for-men/

Respect Helpline

Confidential helpline, email and webchat service for domestic abuse perpetrators and those supporting them. Call 0808 8024040 or visit www.respectphoneline.org.uk

Support for Carers

Caring Together

Supports carers of all ages, providing information, advice & local activities so that carers have choices. See www.caringtogether.org or call [0345 241 0954](tel:03452410954)

Rethink Carer Support

Supports carers of those with mental health conditions. Call 07783 267013.

Centre 33

Provides a range of support for young carers up to the age of 18, Call 0333 414 1809 or email: youngcarers@centre33.org.uk

Age UK

Advice & support for older people living in Cambridgeshire. Call [0300 6669860](tel:03006669860) or visit www.ageukcap.org.uk

Alzheimer's Society

Free Advice & support for anyone impacted by dementia. Call 0333 150 3456

Help at home

Free practical and emotional support in the home for any adult who has come out of hospital or is experiencing an illness or crisis. Call 01354 694413

