









	<p>NHS Mental Health Crisis Line Dial 111 and the mental health option for crisis support</p>
	<p>NHS Cambridgeshire & Peterborough (CPFT) Talking Therapies Accessible talking therapies for a range of mental health and emotional difficulties. You can self refer. Find out more on their website: https://www.cpft.nhs.uk/talkingtherapies/</p> <p>T: 0300 300 0055 Phone lines are operational: 9am-4pm, Monday to Friday (closed Bank Holidays) E: SPAtalkingtherapies@cpft.nhs.uk</p>
	<p>The Sanctuary – CPSL MIND If you are experiencing an emotional or mental health crisis, there are people who can help you. The Sanctuaries in Cambridge and Peterborough provide safe spaces for individuals referred via the NHS First Response Service on 111, select the mental health option. The Sanctuaries are open between 4:30pm and 11:30pm every day, all year round. A telephone-based service is available between 11am and 6pm.</p>
 	<p>CAMEO (Cambridgeshire and Peterborough Assessing, Managing and Enhancing Outcomes) A CPFT mental health service for people who are struggling with distressing experiences like hearing voices or feeling paranoid. Offering two parts to the service, those that may be at high risk of developing a mental health problem such as psychosis and those that may be experiencing their first episode of psychosis. Providing services across Cambridgeshire, Peterborough, Huntingdon and the Fens for people aged 14-65 years old.</p> <p>CAMEO South (for Cambridgeshire) Chesterton Medical Centre 35 Union Lane hesterton Cambridge CB4 1PX T: 01223 341510 E: cameosouthdutyworkerinbox@cpft.nhs.uk</p> <p>CAMEO North (for Peterborough, Huntingdon & Fenland) 169 London Road Fletton Peterborough PE2 9DS T: 01733 353 250 E: CameoNorthAdmin@cpft.nhs.uk</p> <p>Business Hours/Visiting Hours: Monday-Friday, 9am-5pm, excluding Bank Holidays</p> <p>https://www.cpft.nhs.uk/service-detail/service/cameo-early-intervention-23/</p>

	<p>Lifecraft A charity here for any adult in Cambridgeshire or Peterborough who needs support with their mental health. Everything they do is created by and with the people who use their services. Helping people build confidence, make connections, and get their lives on track. Support groups, creative activities, 1-2-1 counselling and coaching, specialist support.</p> <p>TEL: 01223 566957 (line open Monday to Thursday 10am 4.30pm) See more on their website: https://lifecraft.org.uk/</p>
	<p>CPSL Mind A charity giving mental health support for people in Cambridgeshire, Peterborough and south Lincolnshire. Community groups, Peer Support Groups, 1-2-1 support by referral, information.</p> <p>Tel: 0300 303 4363 (9:30am - 5:00pm) Email: enquiries@cpslmind.org.uk</p>
	<p>National Mind Charity Online information and support for mental health. Visit their website for more information and resources. https://www.mind.org.uk/</p>
	<p>CPFT RCE Wellbeing Hub RCE Wellbeing Hub (formerly Recovery College East) offers bitesize courses, online and face to face, on a variety of topics aimed at helping us look after our own wellbeing and those around us. Courses have included topics on Psychosis, Anxiety, low mood etc.</p> <p>Their courses are for everyone; whether you currently receive support from health services, are a carer or supporter for someone with health challenges, are employed in the healthcare sector or are simply someone who is keen to learn more.</p> <p>T: 01733 847 007 E: RCEWellbeingHub@cpft.nhs.uk W: https://www.cpft.nhs.uk/rce-wellbeing-hub/</p>
	<p>Hearing Voices Cambridgeshire Support network for adults in Cambridgeshire and Peterborough who hear voices, experience visions, unusual beliefs, tactile sensations and other sensory experiences.</p> <p>Offering in-person and online peer support groups and a website hub for extra support, coping strategies, stories of lived experience and more.</p> <p>https://www.hearingvoicescambridgeshire.org.uk/</p>
	<p>Lifeline Lifeline is a confidential anonymous crisis and support helpline. They welcome calls from people aged 17 or older living in Cambridgeshire or Peterborough. Calls to them are free from mobiles, landlines and callboxes. 0800 808 2121 - Open every day of the year from 11am – 11pm.</p>

	<p>Samaritans Call 116 123 24 hours a day, everyday.</p> <p>Samaritans are a UK-wide free to phone service.</p>
	<p>SANE Line Call 0300 304 7000 4pm to 10pm, everyday</p> <p>SANEline is a national helpline available for those aged 16 and over.</p>
	<p>CALM Helpline Call 0800 58 58 58 5pm to Midnight, everyday.</p> <p>The CALM Helpline is a UK-wide service for anyone affected by suicide or suicidal thoughts.</p>
	<p>Switchboard LGBT+ Helpline Call 0300 330 0630 10am to 10pm, everyday</p> <p>Switchboard LGBT+ Helpline is available for those who identify as LGBT+.</p>
	<p>SHOUT 85258 Text 'Shout' to the number above 24 hours a day, everyday</p> <p>Shout is a free text support service for anyone who is a resident in the UK.</p>
	<p>HEAR Text "HEAR" to: 85258 24/7</p> <p>Launched by NHS Cambridgeshire & Peterborough and in partnership with the national service SHOUT, the free to use text service HEAR 85258 provides real-time support to people of all ages who are struggling with their mental health.</p>
	<p>Keep Your Head Go to: https://www.keep-your-head.com/</p> <p>Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire and Peterborough.</p>