

Well being Resources

To access resources hold down the Ctrl button and click the hyperlinks

Useful Contacts & Online Services

If you need a listening ear. **Lifeline** is a helpline for adults in Cambridgeshire and Peterborough. Trained staff can discuss issues affecting mood and wellbeing during this time, or signpost to other sources of support. Call **11am-11pm on 0808 808 2121**.

Qwell is an adult's online wellbeing support app, where you can access up to a maximum of 6 online counselling sessions for free. CPFL Mind are offering it as part of their **Good Life Service**.

The First Response Service, (FRS) call 111 option 2, is still available for those in mental health crisis and **The Sanctuary** are supporting people over the phone if you are put through by FRS.

CPFT Psychological Wellbeing Service (IAPT) are still accepting referrals. They are advising to refer using their online referral due to decreased capacity for referrals via their helpline. **Changes to other CPFT services can be found here.**

Keep Your Head is being regularly updated and has updates from services accessible online. **Resources that are accessible at the moment are listed here.** You can follow **The SUN Network** on their **social media** for regular updates.

H.A.Y. Peterborough is bringing together everything in Peterborough that promotes positive mental health. From a friendly 'how are you', to activity groups and much more – it's all taking care of our mental wellbeing.

National Domestic Abuse Helpline 0808 2000 247

Men's Advice Line (Domestic Abuse) 0808 801 0327

Galop (LGBT Support) 0800 999 5428

Can't find what you are looking for? Click here for loads more services and self help links.

Managing Mental Health and Wellbeing

There is a fantastic new service called **Heart and Soul Listening Service** available for those in Cambridgeshire and Peterborough. If you are struggling with isolation or worries around Covid-19 or need a friendly ear, this service could be just what you are looking for.

You can read more about this service and find their contact details by clicking the link above. If you prefer to email, you can email them on: john.nicholson@cpft.nhs.net or jane.pope@cpft.nhs.net

The Good Life Service are now holding their Good Life Café's online. You can sign up to join the virtual Good Life Café sessions by emailing goodlife@cpslmind.org.uk or calling **0300 303 4363** and you will then be given a private link and password so you can safely and securely join.

In a mental health crisis, call the first response service at 111 option 2. You can call your GP, for urgent care out of GP hours call 111 or go to A&E.

You can call the **Samaritans** on **116 123** or email jo@samaritans.org

Alzheimer's Society has their **Dementia Connect support line** remains open on **0333 150 3456** every day and have **Talking Point** their online community, where people affected by dementia can receive valuable support.

Caring Together can be contacted on **0345 241 0954** or hello@caringtogether.org

Talking about Covid-19

A series of short self-help informational videos from **CPFT NHS Foundation Trust** have been created to support managing worry, anxiety, depression and associated difficulties. **You can also download informational leaflets from the CPFT.**