

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 Plus** is a new 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 Monday to Friday, **9am-2pm, on 0808 808 2121**

Lifeline is a free, confidential and anonymous telephone helpline available 365 days of the year. The Line provides listening support and information to someone experiencing mental distress or if you are supporting someone else in distress. Call everyday **2pm – 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. CPSL 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 [FB](#) or [Twitter](#) for regular updates.

[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

Silvercloud offers secure, online, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

Shout text shout to **85258**

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

Call **SANEline** on **0300 304 7000** (4.30pm-10.30pm)

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.](#)