

Support in Peterborough

Mental health & wellbeing - online support

H.A.Y. Peterborough

How Are You Peterborough is a local website bringing together everything that is good for mental wellbeing. All ages.

www.HAYPeterborough.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

Are you in a mental health crisis?
Then call...

Anytime. 365 days a year.



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 or email goodlife@cpslmind.org.uk

Qwell & Kooth

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

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

Mental health & wellbeing - therapy & counselling

NHS Psychological Wellbeing Service

Psychological therapy for mild-moderate depression / anxiety. Age 17+. Free.

Self-refer at www.iaptportal.co.uk/cam.html or call 0300 300 0055

Insight

Talking therapy commissioned by the NHS. Age 17+. Free.
Self-refer at www.insighthealthcare.org/our-services/talking-therapies/find-a-service/peterborough or call 0300 555 0888

Peterborough Counselling Ltd

Talking therapy commissioned by the NHS. Age 17+. Free.
Self refer by calling 01733 767279

Evolve Counselling

Mental health charity providing individual counselling. Age 16+
Cost according to income, from £5 per session. Book at www.evolvecounselling.org.uk/client-services/book-a-session or call 01733 553166



Find further support at www.HAYPeterborough.co.uk/support

Support in Peterborough

Housing, Finance, Social Care

Citizens Advice

Free, confidential, impartial advice and information services. All ages.

Phone 0808 278 7850

Peterborough Information Network

Council website for advice, information & local services. All ages.

peterborough.gov.uk/pin

Bereavement Services

Cruse

Support and advice for the bereaved. All ages. Free.

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 peterboroughstamford-sands@yahoo.com

Drug & Alcohol Services

Aspire Recovery Service

Drug & alcohol treatment service. Free.

Call 01733 895624 or email peterborough@cgl.org.uk

Alcoholics Anonymous

Confidential meetings across Peterborough. Free.

Call 01603 621128 (24hrs). Email help@aamail.org

Support for Carers

Caring Together

Supports carers of all ages, providing information, advice & local activities so that carers have choices.

See www.caringtogether.org

Rethink Carer Support

Supports carers of those with mental health conditions. Free.

Call 07783 267013.

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

Peterborough Women's Aid

Support for women and their children who have been affected by domestic abuse.

Call 08454 103 123

Peterborough PRCCG Rape Crisis Care Group

Confidential specialist support for survivors who have experienced any form of sexual violence at any time in their lives. Free.

Call 01733 225937

If you need help due to COVID-19, contact the Council Coordination Hub on 01733 747474