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Cambridgeshire and Peterborough support services:

- Childline – if you're under 19, you can call 0800 1111 to talk to the helpline between 7:30am and 3:30am every day. The number will not appear on your phone bill.
- Papyrus – Tel: 0800 0684141 Text: 0778 6209697 Email: pat@papyrus-uk.org, 10am-10pm weekdays, 2pm-10pm weekends and bank holidays.
- Samaritans – Call 116 123 to talk or email: jo@samaritans.org for a reply within 24 hours.
- YOUnited – provides emotional wellbeing and mental health help for children and young people aged 0 to 25 registered with a GP in Cambridgeshire and Peterborough.
- Pinpoint – help and information to parent carers of children and young people aged 0-25 with additional needs and disabilities, and give parent carers opportunities to have a say and get involved in improving local services.
- The Kite Trust – supports the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire, Peterborough and surrounding areas through information, support and groups.
- Education Inclusion Family Advisors – offer parents an opportunity to ask for information, advice and support on any issue affecting family lives in a relaxed and confidential environment. Ask your childrens school for the contact details of their EIFA.
- PED Support – Nurse-led specialist eating disorder charity based in Peterborough, supporting individuals in the Peterborough and Cambridgeshire area.

If you're experiencing a mental health crisis