

Support during COVID-19

Mental Health

First response

Tel: 111, option 2
24 hours

The Samaritans

Tel: 116 123
Email: jo@samaritans.org
24 hours

“SHOUT” crisis text line

Text SHOUT to 85258

Lifeline, Cambridgeshire Mental Health Helpline

Freephone: 08088082121
14:00 – 23:00 365 days a year

MIND

Tel: 03001233393
Email: info@mind.org.uk
Text: 86463
9:00 – 18:00

CPSL MIND (Peterborough & Whittlesey surgeries only)

Telephone & Skype therapy
Tel: 01733767279

Rethink

Tel: 03005000927
Email: advice@rethink.org
9:30 – 14:00 Mon- Fri

Anxiety UK

Tel: 03444775774
Text: 07537416905
Weekdays: 9:30 – 22:00
Weekends: 10:00 – 20:00
Facebook
Low cost therapy options: www.anxietyuk.org.uk/our-services/book-your-therapy-here/

BEAT (Eating Disorders)

Tel: 0808 8010677
Email: help@beateatingdisorders.org.uk
Web Chat: www.beateatingdisorders.org.uk/support-services/helplines/one-to-one

SANE

Text: 07984967708

Email: support@sane.org.uk

Support forum: [www.sane.org.uk/what we do/support/supportforum/](http://www.sane.org.uk/what_we_do/support/supportforum/)

CALM (for men)

Tel: 0800585858

Webchat: www.thecalmzone.net/help/webchat/

17:00 – midnight

The Silver Line (for older people 55+)

Tel: 08004708090

24/7

For NHS workers

Tel: 0300 1317000

Text FRONTLINE to 85258

Phone line open 7:00 – 23:00

www.heatherwellbeing.com

www.project5.org

Chronic Pain

Pain Concern

Email: help@painconcern.org.uk

Forum: www.healthunlocked.com/painconcern

Children/Young adults

Young Minds

Tel: 08088025544

Urgent support text: YM to 85258 (24/7)

Childline

08001111

1-1 online chat www.childline.org.uk/get-support/1-2-1-counsellor-chat/

9:00 – midnight

PAPYRUS (Suicide prevention)

Tel: 08000684141

Text: 07786209697

Email: pat@papryus-UK.org

10:00 – 22:00 (bank hol 14:00 – 22:00)

Domestic violence

National Domestic Abuse Helpline

Tel: 08082000247

24 hours

"Silent Solution"

Tel: 999

Listen to the questions

Respond by coughing or tapping handset

If promoted press 55

24 hours

Cambridge Woman's Aid

Tel: 01223361214

www.cambridgewa.org.uk

Refuge (Covering Fenland, Huntingdonshire and Peterborough)

Tel: 07787255821

www.refuge.org.uk/covid19-survivor-tips

The Elms SARC

Tel: 01480425003

9:00- 17:00

Out of hours:

Tel: 08001935434

24/7

Email: theelms.sarc@nhs.net

Mankind

Tel: 01273911680

Cambridgeshire & Peterborough Domestic Abuse and Sexual Violence Partnership

www.cambsdasv.org.uk

SaveLives

www.safelives.org.uk

Cambridge Rape Crisis

Tel: 08088029999

Email: support@cambridgerapecrisis.org.uk

7:00 – 21:30

Drug and Alcohol

Alcoholics Anonymous

Tel: 08009177650

Email: help@aamail.org

Online chat: www.alcoholics-anonymous.org.uk/Home/Get-Help-Now

Zoom "staying sober during isolation" on Saturdays 18:00

<https://zoom.us/j/443363806>

Meeting I.D: 443 363 806

Other meetings available at: <https://www.alcoholics-anonymous.org.uk/members/regional-&-local-websites/not~in~a~region/online-groups>

Narcotics Anonymous
Tel: 03009991212
10:00 – Midnight
Online Zoom meetings: <https://online.ukna.org/online>

CGL (Drug & Alcohol for existing users)
Online we chat
www.changegrowlive.org/advice-info/Coronavirus/online-chat

SMART recovery (for the individual, friends and family)
Online meetings: <https://smartrecovery.org.uk/online-meetings/>

Work

Mates in Mind
www.matesinmind.org/news/covid19-mental-health.html

Housing

Cambridge city council
Customer services: 01223457000
Email: enquiries@cambridge.gov.uk
9:00-17:15
Emergency line: 03003038389

East Cambridgeshire
Tel: 01353665555
Email: housingservices@eastcambs.gov.uk

South Cambridgeshire
Tel: 03450450051
Email: Housingadvice@scambs.gov.uk
Urgent support –
Tel: 01954713398
Email: duty.communities@scambs.gov.uk

Cambridge district support

Abbey
Email: info@abbeypeople.org.uk
Tel: 07526 761368
Facebook: Abbey People

Arbury
Email: communityresponse@arburyroadbaptist.org

Castle
Email: help@castlesupport.uk

Tel: 01223 750190

Cherry Hinton
St Andrew's Church
Tel: 01223 242954

Coleridge
Email: coleridgeCOVAID@stm.org.uk
Tel: 01223 641021

East Chesterton
Email: eastchesterton.mutualaid@gmail.com
Tel: 07908 458034

King's Hedges
Email: covid19kingshedges@gmail.com
Tel: 07764 613862

Market
Email: marketwardaid@gmail.com
Facebook: Cambridge Market Ward C19 Mutual Aid

Newnham
Email: sec.nnra@gmail.com if you're north of Barton Road
Email: newnhamcroft.ra@gmail.com if you're south of Barton Road

Petersfield
Email: petersfieldma@romseymill.org
Tel: 07933 671101

Queen Edith's
Tel: 01223 641012

Romsey
Email: romsey.covid@gmail.com
Phone or text 07908 466257, or phone 01223 750170
24 hours

Trumpington
Email: hello@trumpington.info
Tel: 01223 662291

West Chesterton
Email: mutual.west.chesterton@gmail.com
Tel: 07593 354560

Fenland
Tel: 01354654321
Email: covid19@fenland.gov.uk

Huntingdonshire

www.wearehuntingdonshire.org/local-communities/

Carers

Carers UK

Tel: 08088087777

Email: advice@carersuk.org

9:00 - 17:00

Online forum: www.carersuk.org/forum

Contact (national charity for families of special needs)

Tel: 08088083555

Email: helpline@contact.org.uk

Al-Anon (for families & friends of people with alcohol addiction)

Tel: 08000086811

10:00 – 22:00

Other

Cambridge Citizens Advice

Tel: 03448487979

9:15 – 17:00

Cambridge United Community Trust (CUCT)

Tel: 01223632129

Email: communitytrust@cambridge-united.co.uk

10:00 – 16:00

Cambridge Food Banks

Tel: 07772538628

Email: info@ccfb.org.uk

<https://cambridgecity.foodbank.org.uk/locations>

The Edge Café 'community fridge'

The Edge Café, Mill road

Free donated food

12:00 – 14:00 Mon - Fri