










Health & Well-being Support for you and your child

There are a range of different services which you may find helpful to support your family through these challenging times.

Service	Information/Support Offered	Contact details
CAMHS Live	Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stressed	www.nhft.nhs.uk/camhslive
Young Minds	Crisis Messenger	text YM to 85258
Childline	Online, on the phone help about all areas of concern. Web site is full of useful information	0800 1111 www.childline.org.uk
VOICE	victim of theft, robbery, attacks, abuse, violence, harassment, or stalking?	0300 3031965
CASUS	Need help with Drug & Alcohol abuse? CASUS is an early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire.	01223 214614
STEM	Supporting teenage mental health	www.stem4.org.uk
NHS	For your mind, for your body – support for all areas	www.nhs.uk
NSPCC	National Society for the Protection of Children	0808 800 5000 (free)
Samaritans	Support for people in crisis	08457 909090
School Nursing	Chat Service	07480 635443
Kooth	Free safe and online support for young people	Kooth.com

CHUMS	Mental health and emotional well-being to support children	Chums.uk.com Peterborough: 0330 0581 657 Cambridgeshire : 0330 0581 659
Starz	Supporting Young People Facing Grief.	https://talktostars.org.uk 01223 863511
Cruse	Trained bereavement volunteers offer support to adults and children	www.cruse.org.uk
CPFT Trust	We provide integrated physical and mental health services for adults and older people; specialist mental health and learning disability services; children and young people's mental health services;	www.cpft.nhs.net
Head to Toe	Supporting people of all ages receiving mental health, community and social care across Cambridgeshire and Peterborough	www.headtotoecharity.org
Relate	Relate has increased the availability of our highly trained counsellors to support everyone's relationships during this unprecedented time. Find out more about our telephone counselling, webcam counselling and WebChat services And new service, relatehub, offering free 30 minute WebChats with our Relationships and Wellbeing Advisors as a direct response to the COVID-19 pandemic.	www.relate.org.uk
Mind	Mental Health services	www.mind.org.uk 0300 123 3393
NHS	A-Z list of Crisis support The extension of the 111 service will mean callers who are experiencing a mental health crisis will be able to dial the NHS urgent medical advice number, and by choosing 'option 2' will be put through to a member of CPFT's new First Response Service.	https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Apps to download for self-help.

App	Helps you with	image
Calm Harm (part of STEM)	help you to resist or manage the urge to self-harm and can help to reduce anxiety.	
Clear Fear (part of STEM)	Clear Fear is a free app to help children and young people manage the symptoms of anxiety.	
Combined Minds (part of STEM)	Combined Minds is a free app to help families and friends provide mental health support.	
What's Up	Use the positive and negative habit tracker to maintain your good habits	
Mind Shift	Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.	
Happify	The Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.	
Headspace	Meditation App and now launched on Netflix	www.headspace.com 

Local Foodbanks

Share and care	Church Room North End Bassingbourn
Food Bank – Trussell Trust	https://www.trusselltrust.org/get-help/find-a-foodbank/Royston Foodbank - The Trussell Trust