

Mental Health Support

If you are concerned about your mental health then your GP is a good person to talk to, but there are a range of other local and national sources of support that may also be able to help.

If you are seriously concerned about someone's safety then:

- If you can't get through the night then you could go to A and E.
- If you can't get through the next 24 hours you could go to your GP or A & E
- If you are feeling suicidal or you are worried about someone else, contact your GP, the Samaritans (free helpline: 116 123) or see the local STOP Suicide website for further advice (www.stopsuicidepledge.org).

National Support

- [Young Minds](#) – A range of information and resources on young people's mental health and wellbeing.
- [Royal College of Psychiatrists](#) – See list of leaflets and films for young people, parents and carers.
- National [Mind](#) for information on all areas of mental health and recovery.
- [HeadMeds](#) – Young Minds website for psychiatric medication.
- [DocReady](#)- Preparing for your first GP visit about a mental health issue.
- [Rethink Siblings project](#) - For siblings affected by mental health issues.
- www.TheSite.org by YouthNet - Discussions on many topics including mental health.
- [Blurt Foundation](#) - Community led project around depression.
- [StudentMinds](#) - Project for students including peer support programmes.
- [Beat](#) – UK's leading Eating Disorder charity.
- [Bipolar UK](#) – Information on bipolar, including youth support groups.
- [My CAMHS Choices](#) - Created by young people with experience of Child and Adolescent Mental Health Services (CAMHS) and designed to enable young people to make informed choices about their care.
- [Self-Harm UK](#) - Information on self-harm.

Local Support

There are a number of health professionals you could talk to about your/your child's mental health; this might include your GP, Health Visitor or School Nurse. In addition there are a range of other services which may be able to provide support which include:

- [Centre 33](#) – Counselling, information, advice and support up to the age of 25.
- [YMCA](#) – Free counselling for 13-25 year olds.
- [STARS](#) – Offers support to children and young people who have experienced the death of an important person in their lives and those who know that someone important to them is going to die. The service is available for young people aged 0-25 years.
- [Child & Adolescent Mental Health Service](#) – NHS service that provides assessment and treatment for children and young people up to the age of 17 living in Cambridgeshire who are experiencing emotional problems, behavioural problems, eating and neurodevelopmental disorders.
- [Psychological Wellbeing Service \(IAPT\)](#) – Talking therapies for those aged 17 and over who are suffering from mild to moderate depression and anxiety disorders including generalised anxiety, social anxiety, post traumatic stress, health anxiety, panic, phobia or obsessive compulsive disorder. Self-referral is possible for those living in Cambridgeshire and Peterborough.
- [Parenting programmes](#) – A range of parenting programmes are offered for free across the county.