

Signposting and Support

If your wondering who you can turn to for mental health support, this resource contains links to organisations who can help.

National

Samaritans

Offer a safe, confidential space to talk 24/7 about whatever you're going through - you are not alone.



Call free on 116 123



Visit www.samaritans.org



Email jo@samaritans.org

Papyrus

Provides confidential support and practical help to young people under 35 struggling with thoughts of suicide - available in 240 languages, just say the one you need when you call.



Call HOPELINE247 on 0800 068 4141



Visit www.papyrus-uk.org



Email pat@papyrus-uk.org



Text 07860 039967

Shout

Offers free, confidential mental health support via text, 24/7 - for anyone in crisis, anytime.



Text 'SHOUT' to 85258



Visit www.giveusashout.org

YoungMinds

Offers support and advice to young people struggling with their mental health



Visit www.youngminds.org.uk

LGBTQ+ specific

LGBT Foundation

Offers free, confidential support and information for LGBTQ+ people on a range of topics including mental health, relationships, and wellbeing.



Helpline: 0345 3 30 30 30 (Weekdays 9am-9pm, weekends 10am-6pm)



Visit www.lgbt.foundation



Email helpline@lgbt.foundation

Switchboard

Offers a confidential listening service for LGBTQ+ people, offering support on sexuality, gender identity, mental health, and more.



Call 0800 0119 100 (10am-10pm daily)



Webchat available at www.switchboard.lgbt



Email chris@switchboard.lgbt

Galop

Supports LGBTQ+ people who have experienced abuse or violence, including hate crime, domestic abuse, and sexual violence.



Helpline: 0800 999 5428 (Mon-Thu 10am-8:30pm, Fri 10am-4:30pm)



Visit www.galop.org.uk



Email help@galop.org.uk

Micro Rainbow

Supports LGBTQI asylum seekers and refugees with safe housing, social inclusion, and employability support.



Call 0800 358 5851



Visit www.microrainbow.org



Email info@microrainbow.org

Local

Hear

Offers free, confidential 24/7 text support for anyone in Cambridgeshire and Peterborough experiencing mental health distress.



Text HEAR to 85258



Visit: cpics.org.uk/hear-text-line

Kooth

Provides free, safe, and anonymous online mental health support and counseling for young people.



Visit www.kooth.com



Access via app or web

Dhiverse

Provides free, confidential support and education around sexual health, relationships, and LGBTQ+ issues for people of all ages.



Call 01223 508805



Visit www.dhiverse.org.uk



Email enquiries@dhiverse.org.uk

Centre 33

Offers free and confidential support for young people aged 13-25 on mental health, housing, sexual health, money, and more.



Call or text 0333 414 1809



Email hello@centre33.org.uk



Visit www.centre33.org.uk

Safe Soulmates

Supports adults with additional needs and/or autism build friendships and safe, meaningful relationships through supported social events and one-to-one introductions.



Call 07876 787187



Email info@safesoulmates.org



Visit www.safesoulmates.org

The National Autistic Society Cambridge

Offers support, information, and social opportunities for autistic individuals and their families in the local area.



Visit www.nascambridge.org.uk



Email nascambridgebranch@nas.org.uk