

Mental Health and Wellbeing Support for Students and Families:

In school students and families can get support from the year teams and the safeguarding team. Outside of school there are lots of places to get support with mental health and wellbeing, from online services, drop in centres, library resources, to phonelines.

If it's an emergency or you need urgent help

- If you or someone else is in danger, call [999](tel:999) or go to A&E now
- If you need help urgently for your mental health, but it's not an emergency, [get help from NHS 111 online](#) or call [111](tel:111)

Your mental health is as important as your physical health. You will not be wasting anyone's time.

Online support for mental Health:

Text HEAR to 85258



NHS Cambridgeshire & Peterborough has partnered with SHOUT to offer support to anyone in Cambridgeshire and Peterborough who is in distress.

Launched on Monday 13 November, the new service allows people who are struggling with their mental health, and live, work or study in Cambridgeshire and Peterborough to text the word HEAR to 85258 for free. They'll then be helped by a volunteer to reach a calm state and be sign posted to local and national resources via text.

Please help us to spread the word by using the following assets; available for you to use are suggested social media posts, newsletter and website copy.

Thank you for your support

[On My Mind | Resources for Young People | Anna Freud Centre](#)

[Free Help & Counselling for Young People | Cambridgeshire, Peterborough \(centre33.org.uk\)](#)

<https://chathealth.nhs.uk/>

[Getting Ready for Change - information for young people \(cambcommunityservices.nhs.uk\)](#)

[Kooth](#)

<https://www.youngminds.org.uk/>

<https://www.beateatingdisorders.org.uk/>

<https://embracecvoc.org.uk/>

[WhatsUp? home mental health wellbeing app \(thewhatsupapp.co.uk\)](https://thewhatsupapp.co.uk/)

[Mental health services - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Young people | CPFT NHS Trust](#)

Young Carer Support: <https://www.caringtogether.org/news/young-carers-given-summer-break-carers-trust-cambridgeshire/>

Support aimed at parents:

[Parents and Carers | Advice and Guidance | Anna Freud Centre](#)

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

[Mental health services - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Free Help & Counselling for Young People | Cambridgeshire, Peterborough \(centre33.org.uk\)](http://centre33.org.uk)

[Parents and carers | CPFT NHS Trust](#)

Books and Videos available through school:

1. [CAM-External Sharing - Library WellBeing Resources.pdf - All Documents \(sharepoint.com\)](#)
2. [Library Wellbeing Resources \(sharepoint.com\)](#)

School Website:

[Well-Being - Cambourne Village College \(cambournevc.org\)](http://cambournevc.org)