

Wellbeing Resources



The **Good Life Service** is available to adults aged over 18 years old in Cambridgeshire and Peterborough and was developed alongside individuals with lived experiences of mental health challenges. Whether you're looking to chat with others in your community, learn new wellbeing techniques or seeking online wellbeing support, you can explore the service on their website.



Qwell is an adult's online wellbeing support app, where you can access up to a maximum of 6 online counselling sessions for free. CPSL Mind are offering it as part of their **Good Life Service**.

CPSL Mind offers **perinatal support** through a range of services for women and men aged over 18 years old across Cambridgeshire and Peterborough to support your wellbeing during the perinatal period.

Support from CPSL Mind

CPFT Psychological Wellbeing Service (IAPT) provides help to people aged 17 and over who are experiencing common mental health challenges such as depression and anxiety disorders, including: generalised anxiety disorder (GAD); social anxiety; post-traumatic stress disorder (PTSD); health anxiety; panic; phobias and obsessive compulsive disorder (OCD).



Cambridgeshire and Peterborough
NHS Foundation Trust

A series of short self-help informational videos from **CPFT NHS Foundation Trust** have been created to support managing worry, anxiety, depression and associated difficulties.

The First Response Service, (FRS) call 111 option 2, is still available for those in mental health crisis and **The Sanctuary** are supporting people over the phone if you are put through by FRS.

Support from the Cambridgeshire & Peterborough NHS Foundation Trust

Eating Disorder Support



Personalised Eating Disorder Support

PEDS (Personalised Eating Disorder Support) provides assistance to those where an eating disorder or potential eating disorder is an issue.

Due to the huge surge in referrals they are currently having to prioritise Anorexia and Bulimia, however, where someone is experiencing Binge Eating Disorder or Avoidant Restrictive Food Intake Disorder they will signpost you to the appropriate resources/support.

Keep Your Head has lots of information written by people who have lived experience of eating disorders and by those who are carers for people with eating disorders. There's information on where you can go for support and how you can look after yourself if you're struggling with an eating disorder or caring for someone with an eating disorder.

Online Support

Keep Your Head is being regularly updated and has a good list of local support services you can access for a wide range of mental health challenges as well as ways you can manage your wellbeing. You can follow [The SUN Network on social media](#) for regular updates.



Living Life To The Full is a free online interactive programme for anxiety and depression.

NHS inform is a website that enables you to download CBT based self help booklets.



Helplines

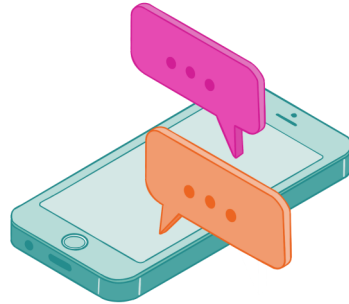
The First Response Service, (FRS) call **111 option 2**, is available for those in mental health crisis and **The Sanctuary** are supporting people over the phone if you are put through by FRS.

Call **Samaritans** for all mental health and suicidal thoughts, 24hrs a day, 365 days a year, on **116 123**.

Call **PAPYRUS HOPEline UK** (young suicide prevention society) Mon-Fri 10am-5pm and 7pm-10pm, Sat-Sun 2-5pm on **0800 068 4141**.

Call **Lifeline** everyday, 11am-11pm for listening support and information if you are someone experiencing mental distress or if you are supporting someone in distress on **0808 808 2121**.

Call or text **Mind Infoline** for help with all mental health challenges, Mon-Fri 9am-6pm on **0300 123 3393**.



Managing Your Wellbeing



Keep Your Head has a list of [apps](#) that can be used to manage your wellbeing.



CPSL Mind hold [weekly Good Mood Café's](#) in local cafes, outdoors or online via Zoom so you can connect with like-minded people in your community. The Good Mood Cafes provide an opportunity to meet new people to share interests, skills and wellbeing tips in an informal space to help boost your mood.

How Are You Cambridgeshire and Peterborough is a website that brings together everything in the local community that is good for your mental wellbeing. It includes activities from yoga to singing, sports clubs to arts groups, places to talk or get a cup of tea, plus information about local professional mental health support.



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The CPFT Eating Disorders Online Carers Support Group hold a monthly Eating Disorder Carers Support Group with a weekly online meeting to provide support and advice. You can read their previous group summaries here: [Book 1](#), [Book 2](#), [Book 3](#) and [Book 4](#). You can also view a range of FAQ's that have been put together by the group on [Keep Your Head](#).

Rethink Carer Support Cambridgeshire & Peterborough provide a range of services for carers and those they care for and they have an advice line that is open Mon - Fri from 9.30am - 1pm which you can call on **0300 5000 927**.



Making Space - provide services in the heart of local communities, in the comfort of people's own homes, and specialist care and support services. Their professional, caring employees and volunteers deliver their services with dignity, respect and compassion, focusing on outcomes that help the people they support have the freedom to enjoy an everyday life. View the Cambridgeshire and Peterborough [leaflet here](#).

[You can find more support services for carers on Keep Your Head.](#)

Support for Carers

More local and national support services and wellbeing tips are on Keep Your Head.