**SEARCH LOCAL SERVICES BY LOCATION/ACCESS**

**Bedford:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Road Victims Trust | Bedford | PTSD | Yes |
| Sue Ryder St John's Hospice | Bedford | Bereavement | No |

**Cambridge:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Invigorate | Cambridge | Other | No |
| ICASH | Cambridgeshire | Other | No |
| Dhiverse | Cambridge | Other | No |
| Mental Health Mates | Cambridgeshire and Peterborough | Other | No |
| Cambridge Adult Learning and Skills | Cambridgeshire | Other | No |
| Cambridgeshire Consultancy in Counselling | Cambridgeshire | Other | Yes |
| Changepoint - Everyone Health | Cambridgeshire | Other | No |
| Walking for Health - Everyone Health | Cambridgeshire | Other | No |
| CAMQUIT | Cambridgeshire | Other | No |
| Let's Get Moving Cambs | Cambridgeshire | Other | No |
| Healthwatch | Cambridgeshire and Peterborough | Other | No |
| Riverside | Cambridge | Other | No |
| VoiceAbility | Cambridgeshire and Peterborough | Other | No |
| Mens Sheds | Cambridgeshire and Peterborough | Other | No |
| Digital Directory for Cambridge | Cambridge | Other | Yes |
| First Response Service | Cambridgeshire and Peterborough | Other | Yes |
| True Vision | Cambridgeshire and Peterborough | Victim And Witnesses | No |
| Victim Services | Cambridgeshire and Peterborough | Victim And Witnesses | Yes |
| Cambridgeshire Constabulary | Cambridgeshire | Victim And Witnesses | No |
| The Kite Trust | Cambridgeshire | LGBTQ+ | No |
| Cambridge Diamonds | Cambridges | Other | No |
| Cambridgeshire Consultancy in Counselling | Cambridgeshire | LGBTQ+ | Yes |
| Beaumont Cambridge | Cambridge | LGBTQ+ | Yes |
| Cambridge Centre for Pediatric Neuropsychological Rehabilitation | Cambridge | Young People | No |
| The Phoenix Centre | Cambridge | Young People | No |
| The Coft Child and Family Unit | Cambridge | Young People | No |
| Darwin Centre for Young People | Cambridge | Young People | No |
| CAMHS | Cambridgeshire and Peterborough | Young People | No |
| CHUMS | Cambridgeshire and Peterborough | Young People | Yes |
| Turtle Dove Cambridge | Cambridge | Young People | Yes |
| CASUS | Cambridge | Young People | Yes |
| Respect YMCA Trinity Group | Cambridge | Young People | Yes |
| Stress LESS | Cambridgeshire and Peterborough | Young People | No |
| CPSL MIND | Cambridgeshire and Peterborough | Young People | Yes |
| Centre 33 | Cambridgeshire and Peterborough | Young People | Yes |
| Springbank Ward | Cambridge | Personality Disorders | Yes |
| George Mackenzie House | Cambridge | Personality Disorders | Yes |
| Mulberry 1, 2 & 3 Wards | Cambridge | Personality Disorders | Yes |
| Crisis Resolution and Home Treatment Team | Cambridge | Personality Disorders | Yes |
| Personality Disorders Community Service Team | Cambridgeshire and Peterborough | Personality Disorders | Yes |
| Cambridge Locality Team | Cambridge | Personality Disorders | Yes |
| Cameo | Cambridgeshire and Peterborough | Personality Disorders | Yes |
| Group Therapy Centre | Cambridge, Ely and Huntingdon | Personality Disorders | No |
| CPSL MIND | Cambridgeshire and Peterborough | Personality Disorders | No |
| Rethink | Cambridgeshire and Peterborough | Personality Disorders | Yes |
| CPFT NHS Community Team | Cambridgeshire and Peterborough | Personality Disorders | No |
| Springbank Cambridgeshire and Peterborough NHS | Cambridge | Personality Disorders | No |
| Little Miracles | Cambridgeshire and Peterborough | Other | Yes |
| True Vision | Cambridgeshire and Peterborough | Disability | Yes |
| Cambridgeshire Invisible Illness Support | Cambridgeshire | Disability | Yes |
| Cambridgeshire Consultancy in Counselling | Cambridgeshire | Disability | Yes |
| CamSight | Cambridgeshire | Disability | Yes |
| Cambridgeshire Deaf Association | Cambridgeshire | Disability | Yes |
| Psychological Wellbeing Service | Cambridgeshire and Peterborough | Anxiety and Depression | Yes |
| Cambridge Locality Team | Cambridge | Anxiety And Depression | Yes |
| Head to toe Charity | Cambridgeshire and Peterborough | Anxiety And Depression | No |
| Group Therapy Centre | Cambridge, Ely and Huntingdon | Anxiety And Depression | No |
| Frazzled Café | Cambridge | Anxiety And Depression | Yes |
| Illuminate | Cambridge | Anxiety And Depression | Yes |
| Insight | Cambridgeshire and Peterborough | Anxiety And Depression | Yes |
| Richmond Fellowship Cambridge Employment | Cambridge | Anxiety And Depression | Yes |
| Cambridgeshire Consultancy in Counselling | Cambridgeshire | Anxiety And Depression | Yes |
| Lifecraft | Cambridge | Anxiety And Depression | No |
| Cameo | Cambridgeshire and Peterborough | Anxiety And Depression | Yes |
| Make Do and Mend | Cambridge | Anxiety And Depression | Yes |
| The Cogwheel Trust | Cambridgeshire | Anxiety And Depression | Yes |
| Kooth | Cambridgeshire and Peterborough | Anxiety And Depression | Yes |
| Psychological Wellbeing Service | Cambridgeshire and Peterborough | Anxiety And Depression | Yes |
| CPSL MIND | Cambridgeshire and Peterborough | Anxiety And Depression | Yes |
| The K9 Project | Cambridgeshire | Social Isolation | Yes |
| Cambridge Community Arts | Cambridge | Social Isolation | Yes |
| Richmond Fellowship | Cambridge | Social Isolation | Yes |
| Cambridge City Customer Services | Cambridge | Social Isolation | Yes |
| Cambridge Ethnic Community Forum | Cambridge | Social Isolation | Yes |
| Make Do and Mend | Cambridge | Social Isolation | Yes |
| Red2Green | Cambridgeshire | Social Isolation | Yes |
| Wintercomfort | Cambridge | Social Isolation | Yes |
| Citizens Advice Bureau | Cambridgeshire and Peterborough | Social Isolation | Yes |
| CPSL MIND | Cambridgeshire and Peterborough | Pregnancy | Yes |
| Petals | Cambridge | Pregnancy | Yes |
| SANDS | Cambridgeshire and Peterborough | Pregnancy | Yes |
| PANDAS | Cambridgeshire | Pregnancy | Yes |
| Frazzled Café | Cambridge | Drugs/Alcohol Abuse | No |
| The Edge Café | Cambridge | Drugs/Alcohol Abuse | No |
| Narcotics Anonymous | Cambridgeshire and Peterborough | Drugs/Alcohol Abuse | Yes |
| Alcoholics Anonymous | Cambridgeshire and Peterborough | Drugs/Alcohol Abuse | Yes |
| CASUS | Cambridgeshire | Drugs/Alcohol Abuse | Yes |
| Respect YMCA Trinity Group | Cambridgeshire and Peterborough | Sexual and Domestic Abuse | Yes |
| The Elms SARC | Cambridgeshire | Sexual and Domestic Abuse | Yes |
| Domestic Abuse and Sexual Violence Partnership | Cambridgeshire and Peterborough | Sexual and Domestic Abuse | Yes |
| Cambridge Constabulary | Cambridgeshire | Sexual and Domestic Abuse | No |
| Cambridge & Peterborough Rape Crisis Partnership | Cambridgeshire and Peterborough | Sexual and Domestic Abuse | Yes |
| Cambridge Rape Crisis Care | Cambridge | Sexual and Domestic Abuse | Yes |
| Choices Counselling | Cambridge | Sexual and Domestic Abuse | Yes |
| Lifeline | Cambridgeshire and Peterborough | Suicide | Yes |
| Lifecraft Suicide Bereavement Support Service | Cambridgeshire and Peterborough | Suicide | Yes |
| Support After Suicide | Cambridgeshire and Peterborough | Suicide | No |
| STOP Suicide | Cambridgeshire and Peterborough | Suicide | No |
| Support is at Hand | Cambridgeshire and Peterborough | Suicide | No |
| Samaritans | Cambridgeshire and Peterborough | Suicide | Yes |
| CHUMS | Cambridgeshire and Peterborough | Self-Harm | Yes |
| Samaritans | Cambridgeshire and Peterborough | Self-Harm | Yes |
| Inpatient Wards | Cambridgeshire and Peterborough | Older People | Yes |
| Specialist Services | Cambridgeshire and Peterborough | Older People | Yes |
| Locality Mental Health Services | Cambridgeshire and Peterborough | Older People | Yes |
| Neighbourhood Teams | Cambridgeshire and Peterborough | Older People | Yes |
| East Cambs Older People's Services | Cambridgeshire | Older People | Yes |
| Forever Active | Cambridgeshire | Older People | No |
| CPSL MIND | Cambridgeshire and Peterborough | Older People | Yes |
| First Response Service | Cambridgeshire and Peterborough | Older People | Yes |
| The Bobby Scheme | Cambridgeshire | Older People | Yes |
| Carers Trust Cambridgeshire | Cambridgeshire | Older People | Yes |
| Care Network Cambridgeshire | Cambridgeshire | Older People | No |
| Age UK | Cambridgeshire and Peterborough | Older People |  |
| Alzheimer's Society | Cambridgeshire and Peterborough | Older People | Yes |
| S3 Ward, Addenbrooke's | Cambridge | Eating Disorders | No |
| Cambridge Community Adult Eating Disorder Service | Cambridge | Eating Disorders | No |
| Eating Disorder Service (CPFT) | Cambridge | Eating Disorders | No |
| Petals | Cambridge | Bereavement | Yes |
| SANDS | Cambridgeshire and Peterborough | Bereavement | Yes |
| Cruse | Cambridgeshire and Peterborough | Bereavement | Yes |
| CPSL MIND | Cambridgeshire and Peterborough | Bereavement | Yes |
| The Compassionate Friends | Cambridge | Bereavement | Yes |
| Anglia Ruskin University Counselling and Wellbeing Service | Cambridgeshire and Peterborough | Bereavement | Yes |
| Cambridge University Counselling Service | Cambridge University | Bereavement | Yes |
| Arthur Rank House Hospice | Cambridge | Bereavement | Yes |

**Ely:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Isle of Ely Society for the Blind | Ely | Disability | Yes |
| The Countess Free Church | Ely | Drugs/Alcohol Abuse | No |

**Fenlands:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Fenland Locality Team | Fenland | Personality Disorders | Yes |
| Fenland Locality Team | Fenland | Anxiety And Depression | Yes |
| Fenland Volunteer Centre | Fenland | Social Isolation | Yes |
| Urgent Care | Fenlands and Ely | Older People | Yes |
| Centra Support | Fenland | Older People | Yes |

**Huntingdon:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Embrace | Huntingdonshire | Young People | Yes |
| Crisis Resolution and Home Treatment Team | Peterborough and Huntingdon | Personality Disorders | Yes |
| Huntingdon Locality Team | Huntingdon | Personality Disorders | Yes |
| Hunts Blind | Huntingdonshire | Disability | Yes |
| Huntingdon Locality Team | Huntingdon | Anxiety And Depression | Yes |
| Alex's Café | Huntingdon | Drugs/Alcohol Abuse | No |
| SUN Network | Huntingdonshire | Drugs/Alcohol Abuse | No |
| Embrace | Huntingdonshire | Older People | Yes |

**March:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Positive People Care | March | Social Isolation | Yes |

**Milton Keynes:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Child Bereavement UK | Milton Keynes | Bereavement | No |

**Norfolk:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Norfolk Community Adult Eating Disorder Service | Norfolk | Eating Disorders | No |

**Online Help:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| On My Mind | Online | Other | Yes |
| Citizens Advice Bureau | Online | Other | Yes |
| NHS Choices and One You | Online | Other | Yes |
| The Mental Health Handbook | Online | Other | Yes |
| Coroners Courts Support Service | Online | Victim And Witnesses | Yes |
| British Transport Police | Online | Victim And Witnesses | Yes |
| Action Fraud | Online | Victim And Witnesses | Yes |
| Suzy Lamplugh | Online | Victim And Witnesses | Yes |
| Support Line | Online | Victim And Witnesses | Yes |
| Hundred Families | Online | Victim And Witnesses | Yes |
| Equality Human Rights | Online | Victim And Witnesses | Yes |
| Murdered Abroad | Online | Victim And Witnesses | Yes |
| FASO | Online | Victim And Witnesses | Yes |
| Stone Wall | Online | Victim And Witnesses | Yes |
| SARI | Online | Victim And Witnesses | Yes |
| Karma Nirvana | Online | Victim And Witnesses | Yes |
| SAMM | Online | Victim And Witnesses | Yes |
| Crime Stoppers UK | Online | Victim And Witnesses | Yes |
| You & Co | Online | Victim And Witnesses | Yes |
| GOV Website | Online | Victim And Witnesses | Yes |
| On My Mind | Online | Young People | Yes |
| Bipolar UK | Online | Personality Disorders | Yes |
| ELEFriends | Online | Personality Disorders | Yes |
| Time to Change | Online | Personality Disorders | Yes |
| Family Action | Online | Disability | Yes |
| National Autism Society | Online | Disability | Yes |
| Silver Cloud/td> | Online | Anxiety And Depression | Yes |
| MyHealth Cambs and P'boro App | Online | Anxiety And Depression | Yes |
| Spice - Tempo | Online | Social Isolation | Yes |
| Workroutes | Online | Social Isolation | Yes |
| Asylum Aid | Online | Social Isolation | Yes |
| Tommy's | Online | Pregnancy | Yes |
| Drinkaware | Online | Drugs/Alcohol Abuse | Yes |
| Talk to Frank | Online | Drugs/Alcohol Abuse | Yes |
| Combat Stress | Online | PTSD | Yes |
| Men's Advice Line | Online | Sexual and Domestic Abuse | Yes |
| Women's Aid | Online | Sexual and Domestic Abuse | Yes |
| Muslim Women's Network UK | Online | Sexual and Domestic Abuse | Yes |
| Help is at Hand | Online | Bereavement | Yes |

**Peterborough:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| Insight | Peterborough | Other | Yes |
| Cross keys Homes | Peterborough | Victim and Witnesses | Yes |
| P'boro Integrated Children's Health Services | Peterborough | Young People | No |
| CGL #POW | Peterborough | Young People | Yes |
| Polar | Peterborough | Personality Disorders | Yes |
| Oak 1, 2 & 3 Wards | Peterborough | Personality Disorders | Yes |
| Crisis Resolution and Home Treatment Team | Peterborough and Huntingdon | Personality Disorders | Yes |
| Peterborough and Borders Locality Team | Peterborough | Personality Disorders | Yes |
| DeafBlindUK | Peterborough | Disability | Yes |
| DIAL | Peterborough | Disability | Yes |
| P'boro and Borders Locality Team | Peterborough | Anxiety and Depression | Yes |
| Insight | Peterborough | Anxiety and Depression | Yes |
| Brothers Through Boxing | Peterborough | Social Isolation | Yes |
| Extended Hands For Women | Peterborough | Social Isolation | Yes |
| Vivacity Volunteering | Peterborough | Social Isolation | Yes |
| Connecting Mums | Peterborough | Pregnancy | Yes |
| CGL #POW | Peterborough | Drugs/Alcohol Abuse | Yes |
| CGL Aspire Peterborough | Peterborough | Drugs/Alcohol Abuse | Yes |
| Insight | Peterborough | PTSD | Yes |
| Peterborough Rape Crisis Centre | Peterborough | Sexual and Domestic Abuse | Yes |
| Cross Keys Homes Lifeline | Peterborough | Older People | Yes |
| PEDS | Peterborough | Eating Disorders | Yes |
| Insight | Peterborough | Bereavement | Yes |
| CPFT Bereavement Support Group | Peterborough | Bereavement | Yes |
| Sue Ryder Thorpe Hall Hospice | Peterborough | Bereavement | No |

**Wisbech:**

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| **Service** | **Location** | **Category** | **Self-Refer?** |
| People & Animals | Wisbech | Disability | Yes |
| People & Animals | Wisbech | Anxiety And Depression | Yes |
| People & Animals | Wisbech | Social Isolation | Yes |
| The Alan Hudson Day Treatment Centre | Wisbech | Bereavement | Yes |