

Child and Adolescent Mental Health Services

CAMHS provides a wide Cambridgeshire and Peterborough range of services for children, young people and their families. You may be referred from a variety of agencies for an assessment, advice and support to help you with a mental health problem. They offer a wide range of treatment options including family therapy, cognitive behavioural therapy and group therapy. To find out what to expect when you first go to the local CAMHS service visit their website:

<http://www.cpft.nhs.uk/help/coming-to-camhs.htm>

Shelf Help

June 2016 the **Shelf Help** scheme was launched in Cambridgeshire. A range of books that have been recommended by young people and health professionals about mental health will be available in public libraries. The books are aimed at 13 to 18 year olds with advice and information about issues like anxiety, stress and obsessive compulsive disorder (OCD), and difficult experiences like bullying and exams. Visit their website:

<https://readingagency.org.uk/news/media/new-national-reading-scheme-to-support-young-peoples-mental-health.html>

Arts on Prescription is a series of friendly, weekly art workshops for people experiencing depression, stress or anxiety. Led by a professional artist and a qualified counsellor, they offer the chance to experience working with a wide range of materials and techniques, including drawing, printmaking and sculpture. Sessions last for two hours and are open to all abilities – no experience necessary. It is planned that sessions will open up to young people in 2015/16. For more information on how to be referred to the service visit their website:

<http://artsandminds.org.uk/projects/arts-on-prescription/>



Make Do and Mend



provides workshops for people who experience mental distress. These workshops aim to promote recovery by developing self-esteem through developing skills. Workshops include areas such as candle making, guitar and cookery. There is a small membership fee to join Make Do and Mend. Website: <http://www.makedoandmendinfo.co.uk/>

NHS Choices have a hub of information on young people's mental health which has information on when to seek support for low mood and information on specific topics such as self-harm and bipolar disorder. Website:

<http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx>

Hey!Cambridge is a not-for-profit social enterprise providing early intervention support for children who are experiencing mental health difficulties such as anxiety, depression, phobia, attachment, adjustment, self-harm or eating difficulties. We bring together qualified and experienced Psychologists, Paediatricians, Speech and Language Therapists, Occupational Therapists and Physiotherapists to provide an integrated assessment and support. Website: <http://www.hey.cambridge.org/>

Health and Young Person's (HYPA)



See pupil reception, PSOs or Bulletin Board for details.



The King's
(The Cathedral)
School



HAVE YOU PROBLEMS OR ISSUES YOU NEED HELP WITH?

At School you can talk to any teacher, especially your Form Tutor. You can also talk to your Student Support Officers (PSO's):

Mrs Beaumont (Sixth Form)

Mrs Denman (Years 10 and 11)

Mrs Palmer (Years 7, 8 and 9)



Who can help me?

Being a young person can be challenging - with exams, changes at school, changing relationships... These issues can affect how we feel and our wellbeing, so it is important that we understand what mental health is (as we all have it!) and how we can look after it, so that when life gets tough we can 'keep our head'! Sometimes it can be hard to find reliable information on issues that affect our mental health and to find good ways to help ourselves, as well as knowing where to turn when we can't handle it alone. This is where this website comes in. This site brings together good, reliable information on mental health and wellbeing. The information on this site is relevant to everyone (children and young people, parents and carers, and other professionals).

Feeling Good, Staying Healthy

Who else can help me?

All about Mental Health

Mental Health Apps

How can I help myself?

Resources

ISN'T MENTAL HEALTH ABOUT HEAR!

"Need Help Now!"

Current News

Exams stressing you out? Stress LESS with **Stress < LESS** Take five. Feel better. #Take5Challenge

Cambridgeshire County Council | PETERBOROUGH CITY COUNCIL | NHS Cambridgeshire and Peterborough Clinical Commissioning Group



Who else can help me?

Centre 33 offer a range of support for young people (up to the age of 25) in Cambridgeshire. They can help with a range of issues from housing, to family problems and bullying, no matter how big or small the problem is. Centre 33 offer a **drop-in service** and free **youth counselling services** (with sessions available in Cambridge, South Cambridgeshire, East Cambridgeshire and Huntingdon), visit their website at <http://www.centre33.org.uk/> for more information. The **Centre 33 phone line** is answered from 10am Monday to Wednesday, Friday and Saturday. Tuesday and Wednesday open until 8pm. Call 01223 316488 or you can also email help@centre33.org.uk.

The **3Ts project (Trust, Talk, Take Action)** in Peterborough offers talking therapies to 11-17 year



olds. The service aims to help young people develop skills and understanding to manage emotions and behaviours. You can refer yourself for support, or a referral can be made on your behalf. Call 01733 567998 or email referralsdds@drinksense.org.

Who else can help me?

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 anyone up to the age of 25 years old. You can ask a parent, family member, doctor, teacher, friend or any other professional involved in your care to contact STARS for an initial appointment or you can contact the service yourself by phone (01223 863511) or email (info@talktostars.org.uk).



YMCA Counselling Service

01733 373170 or email



counselling@theymca.org.uk

The YMCA offers a free and confidential one to one counselling service for young people aged between 13 and 25 in Peterborough.

All About Mental Health www.allaboutmentalhealth.org.uk

A comprehensive directory of the statutory and voluntary sector support services which target the mental health needs of young people up to the age of 25 in Peterborough.

Rethink Asian Mental Health Helpline - 0808 800 2073

A free (from BT landlines) and confidential service specifically for Asian communities affected by mental illness. Staffed by volunteers who speak a variety of Asian languages. Open 4pm-7pm Monday and Wednesday, and 12pm-3pm Tuesday and Thursday.

Young Minds



Parents' Helpline 0808 802 5544

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

Helpline offers free confidential online and telephone support, including information and advice to any adult worried about the emotional problems, behavior or mental health of a child or young person up to the age of 25.

Peterborough Rape Crisis Care Group

01733 317899

<http://www.peterboroughrapecrisis.org.uk/>

Peterborough Rape Crisis Care Group is committed to supporting and empowering female survivors of rape and sexual abuse.



Peterborough Rape Crisis Care Group

Website - www.keep-your-head.com

Get Help ➔ Keep Your Head