



NHS - First Response Service

Call - 111
and select the mental health option. Always open



Speak to someone
24 hours a day, 7 days a week

Call - 116123
www.samaritans.org
Always open



Cambridgeshire and Peterborough
Mental Health Helpline

0808 808 2121
11am - 11pm weekdays
2pm - 11pm weekends



If you're LGBTQ+:

0800 0119 100
10am - 10pm, every day



If you need translation:

0800 068 4141
or text - 88247
Always open



If you prefer non-verbal communication:

Text - 85258
Always open

