

# Wellbeing Resources

\*To access resources hold down the Ctrl button and click the hyperlinks\*

## Useful Contacts & Online Services

If you need a listening ear. **Lifeline Plus** is a new helpline for adults in Cambridgeshire and Peterborough. Trained staff can discuss issues affecting mood and wellbeing during this time, or signpost to other sources of support. Call Monday to Friday, **9am-2pm, on 0808 808 2121**

**Lifeline** is a free, confidential and anonymous telephone helpline available 365 days of the year. The Line provides listening support and information to someone experiencing mental distress or if you are supporting someone else in distress. Call everyday **2pm – 11pm, on 0808 808 2121**

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

**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

**CPFT Psychological Wellbeing Service (IAPT)** are still accepting referrals. They are advising to refer using their online referral due to decreased capacity for referrals via their helpline. [Changes to other CPFT services can be found here](#).

**Keep Your Head** is being regularly updated and has updates from services accessible online. [Resources that are accessible at the moment are listed here](#). You can follow **The SUN Network** on [FB](#) or [Twitter](#) for regular updates.

[Can't find what you are looking for? Click here for loads more services and self help links.](#)

## Managing Mental Health and Wellbeing

There is a fantastic new service called [Heart and Soul Listening Service](#) available for those in Cambridgeshire and Peterborough. If you are struggling with isolation or worries around Covid-19 or need a friendly ear, this service could be just what you are looking for.

You can read more about this service and find their contact details by clicking the link above. If you prefer to email, you can email them on: [john.nicholson@cpft.nhs.net](mailto:john.nicholson@cpft.nhs.net) or [jane.pope@cpft.nhs.net](mailto:jane.pope@cpft.nhs.net)

[Silvercloud](#) offers secure, online, immediate access to online supported CBT (cognitive behavioural therapy) programmes, tailored to your specific needs.

**Shout text shout to 85258**

You can call the **Samaritans on 116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

Call **SANEline on 0300 304 7000** (4.30pm-10.30pm)

[Alzheimer's Society](#) has their [Dementia Connect support line](#) remains open on **0333 150 3456** every day and have [Talking Point](#) their online community, where people affected by dementia can receive valuable support.

[Caring Together](#) can be contacted on **0345 241 0954** or [hello@caringtogether.org](mailto:hello@caringtogether.org)

## Talking about Covid-19

A series of short self-help informational videos from [CPFT Foundation Trust](#) have been created to support managing worry, anxiety, depression and associated difficulties.

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## Managing Mental Health

[Anna Freud Centre - We All Have Mental Health](#) and [Supporting Young People](#)

[Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers or Children](#)

[Mental Health Foundation - Looking after your mental health during the Coronavirus](#)

[BACP - Coronavirus anxiety: How to cope if you're feeling anxious about Coronavirus](#)

[4-7-8 Breathing Exercise](#) and [Progressive Muscle Relaxation](#)

[The Children's Society: Mental Health and Coronavirus Info and Support](#)

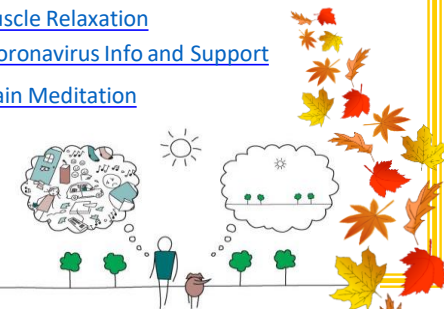
[3 Minute Body Scan Meditation](#) and [Mountain Meditation](#)

[Mental Health - Break the Stigma](#)

[ChildLine - How to Cope with Anxiety](#)

[Mind - Coronavirus and your wellbeing](#)

[NHS - Every Mind Matters](#)



Mind Full, or Mindful?

## Useful Contacts & Online Services

[CCS Children's Services Duty Line: 0300 029 5050](#)

→ [ChatHealth \(Parents & Carers\): 07520 649 887](#)

→ [ChatHealth \(ages 11-19\): 07480 635 443](#)

[First Response Service \(Mental Health Crisis\): 111, Opt. 2](#)

[YoungMinds Crisis Messenger \(Young People\): 85258](#)

→ [YoungMinds Parents Helpline: 0808 802 5544](#)

[Kooth \(Young Peoples Online Messaging Service\)](#)

[CHUMS: Referrals](#)

[Keep Your Head - Young People or Adults](#)

[Stop, Breathe & Think App](#)

[Centre33 \(Fullscope\): 0333 4141809 / Text: 07514 783745](#)

[Headspace App](#)

[Samaritans: 116 123](#)

[Men's Health Forum](#)

[CalmHarm App](#)

[Anna Freud - On My Mind](#)

[Cosmic Kids - Yoga](#)

[Healious: Think Ninja App](#)

[Fablefy - The Whole Child: Relaxation and Meditation](#)

[OCD UK - Support for OCD during Coronavirus](#)

[Heads Together - Resources for Wellbeing](#)

[DownDog Yoga & Fitness](#)

[ChildLine: 0800 1111](#)

[Calm App](#)

[Youthoria](#)

[Family Lives](#)

## Wellbeing

## Young People's Support



## Health and Home

[MENCAP - Info about Coronavirus](#)

[CarersUK - Info for Carers and Young Carers](#)

[Hand Washing and How Germs Spread](#)

[Sensory Integration - Handwashing](#)

[How to Wash Hands](#)



## Talking About Covid-19

[FACE COVID - How to Respond Effectively to the Corona Crisis](#)

[YoungMinds - What to do if you're anxious about Coronavirus](#)

[Nurse Dotty Books - Dave the Dog is worried about Coronavirus](#)

[MindHeart - CoviBook \(available in multiple languages\)](#)

[ACAMH - Dr Jon Goldin on the Corona Virus and child mental health](#)

[RedCross - Understanding Coronavirus](#)

[Carol Gray - Covid-19 Social Story](#)

[Explaining Covid-19](#)

[BrainPop - Coronavirus Video](#)

[Newsround](#)

→ [How to cope when you cant go to school because of Coronavirus](#)

→ [Advice if you are worried about Coronavirus](#)

[National Autistic Society - Coronavirus Support and Information](#)

[Babcock - Supporting Schools, Parents/Carers and Pupils](#)

