
Safeguarding and Student Wellbeing Guide



This guide details external resources that offer useful information, safety advice and strategies to support students through a range of safeguarding and wellbeing concerns.

Please note that Long Road Sixth Form College does not endorse any particular support service, website or helpline including those listed in this guide.

We aim to provide a broad spectrum of support services for students to make an informed decision of their needs.

For information on wellbeing support that students can access at college [please click here to visit our website.](#)

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Anti-Social Behaviour/ Crime

- Victims of a crime - Police emergency phone 999, or for non-Emergency police phone 101 or report incidents online at <https://www.cambs.police.uk/>
- Victim and Witness Hub - <https://www.cambs.police.uk/advice/advice-and-information/victim-support/victim-witness-support/> and their directory of support at <https://www.cambsvictimservices.co.uk>
- Victim Support - <https://www.victimsupport.org.uk/>
Need help after a crime? Get in touch anytime for independent, free, and confidential advice.
- Fearless - <https://crimestoppers-uk.org/fearless/what-is-fearless>
Fearless is an organization that is part of Crimestoppers and enables young people to pass on information about crime 100% anonymously.

Bereavement Services

- Stars Bereavement - <https://www.ormiston.org/services/stars-bereavement/>
Stars offer specialist bereavement support and counselling to those aged 4-19 in Cambridgeshire who may be experiencing difficulties following the loss of someone close to them, such as a friend or family member. To make a referral, please e-mail talktostars@ormistonfamilies.org.uk. If you have any difficulties completing this form, please phone 01223 292276.
- Cruse Bereavement Care - <https://www.cruse.org.uk/>
The leading national charity for bereaved people in England, Wales, and Northern Ireland. They offer support, advice and information to children, young people, and adults when someone dies. Cruse offers face to face, telephone, email, and website support. For Cambridge, Huntingdon and Fenland support, e-mail cambridge@cruse.org.uk. For support in Peterborough, e-mail peterborough@cruse.org.uk. Otherwise, call 01733 348439.
- Child Bereavement UK - <https://www.childbereavementuk.org/>
Provides free, confidential bereavement support for individuals, couples, children, young people and families, by way of telephone, video or instant messenger, wherever you live in the UK
- Winston's Wish - <https://www.winstonswish.org/>
Any young person up to the age of 25 who has experienced the death of someone important to them can reach out directly to Winston's Wish through our on-demand services. They can e-mail us at ask@winstonswish.org, chat online, text WW to 85258 or call the helpline at 08088 020021. Those aged 13 or over can also refer themselves for further bereavement support service

- Lifecraft - <https://lifecraft.org.uk/our-services/suicide-bereavement-support-service/>
Lifecraft's suicide bereavement services. For close family and friends, aged 17 or over living in Cambridgeshire or Peterborough, who have been bereaved by suicide or suspected suicide. Offering up to 14 counselling sessions and monthly support groups.

Bullying

- Centre33 - <http://centre33.org.uk/help/bullying/>
- Anti Bullying Alliance - <https://anti-bullyingalliance.org.uk/>
- Bullying Advice for Parents - <https://www.nationalbullyinghelpline.co.uk/kids.html>

Child Sexual Abuse and Exploitation

- The Child Exploitation and Online Protection (CEOP) Centre – www.ceop.police.uk
CEOP is the UK's national police agency set up to tackle child sexual abuse and exploitation. If you are worried about someone's behaviour towards a child, either online or offline, you can report this at <https://www.ceop.police.uk/ceop-reporting/>
- Stop it Now! - <https://www.stopitnow.org.uk/>
A confidential freephone helpline for any adult with concerns, including those worried about the sexual behavior of another adult towards children, those worried about their own thoughts or behavior towards children and those concerned about the worrying sexual behavior of a child or young person. The freephone number is 0808 1000 900, open Mon – Thurs: 9am – 9pm and Fri: 9am – 5pm
- The Lucy Faithfull Foundation - <https://www.lucyfaithfull.org.uk/>
The Lucy Faithfull Foundation (LFF) is the only UK-wide child protection charity committed solely to reducing the risk of children being sexually abused. LFF's staff work with all those affected by abuse including adult male and female sexual abusers; young people with inappropriate sexual behaviors; victims of abuse and other family member.
- The Internet Watch Foundation - <https://www.iwf.org.uk/>
You can report child sexual abuse images hosted anywhere in the world, criminally obscene adult content hosted in the UK and non-photographic child sexual abuse images hosted in the UK, to the Internet Watch Foundation. This includes the #ThinkBeforeYouShare campaign to help young people understand the harm of sharing explicit images and videos of themselves.

- Ivison Trust - <https://ivisontrust.org.uk/>
Ivison Trust (Formerly Pace) helps parents across the UK understand what is happening to their child and how parents are the prime agents in helping their child exit exploitative relationships. It does this by offering one-to-one telephone advice and support to parents, facilitating meetings with similarly affected parents and befriending schemes for peer support, advising how to establish rights as parents and work in partnership with statutory agents such as police and social workers and providing advice and support when pursuing disruption and prosecution of the perpetrators of child sexual exploitation.

Drugs and Alcohol

- Child and Adolescent Substance Use Service (CASUS) - <https://www.cpft.nhs.uk/casus/>
At CASUS we provide information, support, and specialist treatment in Cambridgeshire, around drug and alcohol use, to young people under 18 and their families. The website contains information on our services, including how to refer yourself, or somebody else, and lots of information and advice around drugs, alcohol, and mental wellbeing. The service has been commissioned by Public Health England since April 2010, when CASUS was awarded the contract to work with young people, and their families, who have drug and alcohol concerns, issues or problems and live in Cambridgeshire.
- Change Grow Live - <https://www.changegrowlive.org/>
Provides advice, support and local services for those in crisis, as well as support for anyone with an addiction to drugs. Call 0300 999 1212 for the helpline, open 10am – midnight every day.
- Frank - <https://www.talktofrank.com/>
Find out everything you need to know about drugs, their effects, and the law. Talk to Frank for facts, support and advice on drugs and alcohol. Includes Franks A to Z of drugs. It includes all the slang names and all the facts.
- SPACE - <http://www.bespaceaware.co.uk/>
SPACE is a self-funded organization founded in January 2018, in response to the national prevalence of Child Criminal Exploitation (CCE) and the County Lines phenomenon which has entrenched thousands of young children and people into serious violence and organized crime.

Disabilities

- Cambridgeshire Children’s Health - <https://www.cambspborochildrenshealth.nhs.uk/services/>
Includes services to support children and young people with additional needs and SEND such as speech and language therapy, child’s nutrition and dietetics and occupational therapy.
- Pinpoint - www.pinpoint-cambs.org.uk
Pinpoint are a service for parents of children with additional needs, they offer information that parents, and carers can trust, they provide support groups across the county and provide the opportunity to get involved in making decisions about services such as health, social care, and education. You can seek further information on their contact number at 01480 499043
- Little Miracles - www.littlemiraclescharity.org.uk/
Little Miracles is a service across Cambridge, Ely, and Newmarket. They are a parent led support group and support families with children that have autism, additional needs, disabilities, and life limited conditions as well as their careers and siblings.
- Spectrum - <https://spectrum.org.uk/>
Spectrum caters for any child from pre-birth, where a diagnosis is made antenatally, up to 18 years old. Any child with additional needs is welcome, even if you have just started on the diagnosis journey with their GP/Education setting and don’t have a formal diagnosis in place. As a registered Spectrum member, you can also access our dedicated child and family support from the comfort of your home, as well as gain assistance with EHCP and DLA. Furthermore, they are proud to be a leading UK distributor for Max Card. The Max Card helps make days out more financially accessible for the families of children with additional needs.
- Special Educational Needs and Disability Information, Advice and Support Service - https://send.cambridgeshire.gov.uk/kb5/cambridgeshire/directory/site.page?id=MR9QIFVa_9Q
Offering impartial and confidential information, advice and support to young people and children with special educational needs (SEN) or a disability who have concerns they may have special educational needs. Further information can be sought by calling the helpline at 0300 3651020 on Mon-Fri between 9am – 5pm, with a 24-hour answering machine service out of office hours.
- Special Needs Community Information Point (SCIP) - <https://send.cambridgeshire.gov.uk/kb5/cambridgeshire/directory/site.page?id=YJAM8Xlxork>
SCIP is an information and advice service for families with children/young people from birth to 25-year-olds with a disability or additional needs.

- The Disabled Children’s Early Help Team - <https://send.cambridgeshire.gov.uk/kb5/cambridgeshire/directory/site.page?id=ocSh48yP-24>

The Disabled Children’s Early Help Team enables disabled children and young people to develop the skills to prepare for adulthood, to access community activities and to increase independence skills. This is achieved through an allocation of a personal budget that can be used for agreed activities or support. This support will provide the carers with a short break. To begin the process please call the Contact Centre on 0345 045 5203

- The National Autistic Society - www.autism.org.uk/

The National Autistic Society offers information and advice for people who are on the Autism Spectrum, they also provide information around the diagnosis process and what to expect.

Domestic Abuse Services

- National Centre for Domestic Violence – www.ncdv.org.uk

This service provides fast free support to access emergency injunctions or legal advice. You can access their support online, e-mailing office@ncdv.org.uk, through text by sending “NCDV” to 60777 or on their helpline at 0800 970 2070.

- Women’s Aid – www.womensaid.org.uk

This service provides support to women who have been or are in an abusive relationship. They offer advice regarding housing, finances, and access to counselling - you can access their support online or through their helpline at 0808 2000 247.

- Cambridge Women’s Resources Centre (WRC) – www.cwrc.org.uk

A welcoming and accessible women’s community space on Sturton Street. We offer creative activities and general support, with educational courses, group activities and individual support services, helping to encourage and empower women taking steps for a better future. We also run the Freedom Programme for women who have been affected by domestic abuse. The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help victims and survivors to make sense of and understand what has happened.

Open Monday to Friday – 10am and 4pm – email info@cwrc.org.uk or call us on 01223 321148.

- Young Persons Independent Domestic Abuse Advisor (IDVA) -

<https://www.cambsvictimservices.co.uk/support-for-victims/what-we-do/young-persons-independent-domestic-abuse-advisor-idva>

A Young Person’s Independent Domestic Abuse Advisor (IDVA) provides support to young people aged 13-25 who have experienced domestic abuse from a partner. The support can range from helping someone to understand what a healthy relationship looks like (and what behaviour is not acceptable) through to developing safety plans to help an individual safely escape that relationship. Professionals who are concerned about a young person can refer them to a Young Person’s IDVA but it is always the young person’s choice if they engage with the service.

- Rights of Women - <https://rightsofwomen.org.uk/>
A website providing women with free, confidential legal advice by specialist women solicitors and barristers, enabling women to understand and benefit from their legal rights, advice, and guidance on non-molestation orders.
- LoveRespect (Women's Aid)- <https://loverspect.co.uk/>
LoveRespect, a subsidiary of Women's Aid, is designed to help women to be empowered and feel confident to talk about what abuse is and understand what a healthy and unhealthy relationship looks like, so they can spot the signs for themselves.
- ManKind - <https://mankind.org.uk/>
A support service specifically for men who have been in, or are in, an abusive relationship. They support you with legal issues, accessing injunctions and non-molestation orders. This support can be accessed by their website, or by way of their confidential helpline Monday – Friday 10am – 4pm on 0808 8001170.
- Men's Advice Line - www.mensadvice.org.uk
A support service for men who have been in an abusive relationship. You can find out more on their website, or by calling their helpline at 0808 801 0327
- Male Victim Support - https://www.cambsdassv.org.uk/web/male_victims/90534
For all of the support men who are victims of domestic abuse or sexual assault need, this website has the contacts for DASS and Men's Advice Line, as well as a support booklet for those who need it.
- The Freedom Programme - <https://www.freedomprogramme.co.uk/>
The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help victims and survivors to make sense of and understand what has happened.
- Respect - www.respect.org.uk
Respect is a service for perpetrators of domestic violence, they work with perpetrators, victims, and young people.
- The Bright Sky App - <https://www.hestia.org/brightsky>
Bright Sky is a safe, easy to use app and website that provides practical support and information on how to respond to domestic abuse. It is for anyone experiencing domestic abuse, or who is worried about someone else.
- Victim Support (Types of Harassment) - <https://www.victimsupport.org.uk/crime-info/types-crime/stalking-and-harassment>
Information and support about stalking and harassment, information about keeping safe and services that can help with emotional wellbeing. Advocacy services and personal safety services.

- Domestic Abuse Support Service (DASS) - <https://www.cambridgeshire.gov.uk/residents/adults/keeping-safe>
DASS provides community-based outreach support to victims and survivors of domestic abuse of any gender identity and any sexual orientation living in Cambridge or Peterborough. You can telephone DASS on freephone 0300 3731073 or e-mail DASSreferrals@impakt.org.uk.
- Cambridge Women's Aid – www.cambridgewa.org.uk
Cambridge Women's Aid continues to provide women's refuge and other services. For safe refuge in Cambridge, call 01223 460947. For community outreach, call 01223 361214. Otherwise, they can be contacted through their online webform.
- Peterborough Women's Aid – www.peterboroughwomensaid.co.uk
Their mission is to provide a specialist response to domestic abuse and violence against women and girls; empower victims to be in control of their own future and create everlasting change. Their advice line can be reached Mon – Fri 9:30am – 4pm on 01733 894964.
- Refuge – www.refuge.org.uk
Refuge continues to provide women's refuge in Cambridgeshire, as well as guidance and support on domestic abuse. They can be contacted through their helpline at 0808 2000247
- Rape Crisis 24/7 Helpline - <https://247sexualabusesupport.org.uk/>
The 24/7 helpline for individuals who have been, or suspect they have been, the victim of sexual assault, harassment or abuse. They can be called on 0808 5002222 or reached out to through their website.

Eating Disorders

- Personalised Eating Disorder Support (PEDS) - <https://www.pedsupport.co.uk/>
PEDS offers services within Cambridgeshire and Peterborough for those with Anorexia, Bulimia, Binge Eating Disorder, where the individual does not meet the criteria for the local NHS secondary care eating disorder team – adult or children and young people (CAMHS) or those at risk of these eating disorders, experiencing symptoms which affect quality of life. To self-refer please visit the website or call 01733 300 290
- First Steps ED - <https://firststepsed.co.uk>
First Steps offers services within Hertfordshire for those with a mild to moderate eating disorder and comorbid mental health issues. The specialists work with common eating disorders including Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder (BED), Other Specified Feeding and Eating Disorders (OFSED), Avoidant Restrictive Food Intake Disorder (ARFID), Diabulimia (TIDE), and Orthorexia (excessive preoccupation with eating healthy food). They can be reached out by e-mail at info@firststepsed.co.uk or by phone at 0300 1021685

- Beat Eating Disorders - <https://www.beateatingdisorders.org.uk/>
Beat has information and advice for individuals looking for information and assistance with eating disorders. They can be contacted by e-mail at help@beateatingdisorders.org.uk, webchat and their helpline available 3pm-8pm Monday to Friday at 0808 8010677.

Family Members Substance Misuse

- CASUS – Children of Substance Using Parents (COSUP) service – <https://www.cpft.nhs.uk/casus>.
Confidential support for children and young people up to aged 18 who are impacted by a parent or family member substance use. Accepts self or professional referrals Contact 01480 4453 16 or e-mail casus@cpft.nhs.uk
- The Children’s Society (Substance Misuse) - <https://www.childrensociety.org.uk/what-we-do/our-work/substance-misuse> Helpline - 0300 303 7000.
The Children Society’s initiative provides a hub of information, guidance and resources on parental drug and alcohol use, and the impact it has on children and families. Through its work it promotes the voices of children and young people, as well as seeking to influence policy and practice.
- Addiction Family Support - <https://addictionfamilysupport.org.uk/>
Addiction Family Support is a charity that provides support for families affected by alcohol or drug dependency. The helpline can be contacted on 0300 888 3853 Monday – Friday: 9am – 9pm, Weekends: 9am – 1pm.
- The National Association for Children of Alcoholics <https://nacoa.org.uk/>
Providing information, advice and support for everyone affected by a parent’s drinking. Free Helpline 0800 358 3456
- Adfam - <https://adfam.org.uk/>
Adfam offers remote support sessions to kinship carers living in Peterborough & Cambridgeshire. They offer support to kinship carers caring for children as a result of parental substance use. They offer six sessions of individual support. These sessions allow you to explore how your kinship care role is affecting you and to get support in making changes, if you wish. They can also provide information and support around substance use.

Finances/Money Support

- Citizens Advice Bureau – www.citizensadvice.org.uk/ or www.citizensadvice.rural.cambs.org.uk/
This service provides a wealth of information for parents/carers which includes legal information, housing, finances and organizing contact arrangements .
- Money Helper - www.moneyhelper.org.uk
Money Helper (Formerly The Money Advice Service) is a free and impartial money advice service, set up by the government. It includes information on debt, budgeting, and benefits. They can be contacted by Webchat, Web Form, or phone call at 0800 1387777
- Cambridge Citizen Advice - www.cambridgecab.org
Cambridge Citizen Advice can provide free, confidential , impartial advice for any problems an individual has. They can be reached in office, by webform or by using their helpline at 08082 787808.

Forced Marriage and Honour Based Violence

- Karma Nirvana - <https://karmanirvana.org.uk/>
Karma Nirvana helps to run the national Honour Based Abuse Helpline, train professionals, gather data to inform policies and services, and campaign for change. If you need to reach out to them, you can go to their website or contact their helpline at 0800 5999 247

Fostering and Adoption Support

- Cambridgeshire & Peterborough Adoption- www.cpadoption.co.uk
Offers advice and support for families with adopted children. They can complete assessments, offer tailored support packages, as well as support groups.
- Buttle UK - <https://buttleuk.org/>
Buttle is a charity dedicated to helping children and young people in the UK who have experienced crisis, living in financial hardship and dealing with multiple challenging social issues.. They can be reached for further information by e-mail at info@buttleuk.org or by telephone at 0207 8287311

Gambling

- Adfam - <https://adfam.org.uk/>
Adfam is the national charity working to improve life for families affected by someone else’s drinking, drug use or gambling. They offer 6 remote 1:1 support sessions for any family member, loved one or friend of someone who has a gambling problem.

Grooming and Exploitation

- Stop & Prevent Adolescent Criminal Exploitation (SPACE) - <https://www.bespaceaware.co.uk/>
Works to stop and prevent adolescent criminal Exploitation (CCE) and the County Lines phenomenon which has entrenched thousands of young children and people into serious violence and organized crime. If you are a parent or carer of a child (suspected to be) exploited into County Lines, please contact us at email@bespaceaware.co.uk for free assistance through our Space Aware national service.
- Ivison Trust - <https://ivisontrust.org.uk/>
Ivison Trust (Formerly Pace) helps parents across the UK understand what is happening to their child in relation child sexual exploitation or child criminal exploitation and how parents are the prime agents in helping their child exit exploitative relationships. It does this by offering one-to-one telephone advice and support to parents, facilitating meetings with similarly affected parents and befriending schemes for peer support.
- NSPCC (Child Grooming) - <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/>
Information about the different types of grooming a minor can experience, as well as information on how to report an individual experiencing this behaviour or support for individuals who need it. For concerns, reach out to the Helpline at 0800 8005000 or the e-mail address of help@NSPCC.org.uk
- Childline (Child Grooming) - <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>
Childline's support page for information and guidance around what is grooming, what is sexting, what are the signs, and where to obtain support.

Homelessness / Housing issues

- **Under 18 years**
Social Care: [0345 045 5203](tel:03450455203) or Out of Hours Emergency Duty Team: [01733 234 724](tel:01733234724)
- **18 Years +**
Cambridge City Council: [01223 457918](tel:01223457918) / Out of hours: [0844 335 3944](tel:08443353944)
Jimmy's Night Shelter (24/7): [01223 576085](tel:01223576085)
Fenland District Council: [01354 654321](tel:01354654321) (all hours)
East Cambs District Council: [01353 665555](tel:01353665555) / Out of hours: [07710 978900](tel:07710978900)
South Cambs District Council: [03450 450 051](tel:03450450051) / Out of hours: [01253 501117](tel:01253501117)
Homelessness Emergency: [01253 501117](tel:01253501117)
Huntingdonshire District Council: [01480 388218](tel:01480388218) / Out of hours: [01480 434167](tel:01480434167)
Peterborough City Council: [01733 864064](tel:01733864064) / Out of hours: [01733 864157](tel:01733864157)

- Centre 33 - <https://centre33.org.uk/help/housing-homelessness/>
Are you thinking about leaving home, or have you already left home? If you are homeless or are worried about housing, we can talk you through your options. We will assess your situation and help refer you to housing services depending on your circumstances. We can also offer advice on budgeting and money matters to help you decide what you can afford.
- Shelter Housing Advice
https://england.shelter.org.uk/housing_advice/homelessness/emergency_options_for_homeless_16_to_25_year olds

Internet Safety

- UK Safer Internet - www.saferinternet.org.uk/
UK Safer Internet Centre is a partnership of three leading charities with a mission to make the internet a better place for children and young people. Where you can find online safety tips, advice, and resources to help children and young people stay safe online.
- Internet Matters - <https://www.internetmatters.org/advice/>
E-safety resources for parents of teenagers - including things to share with Information and advice for parents and carers on supporting young people online.

Kinship

- Adfam - <https://adfam.org.uk/>
Remote support sessions to kinship carers living in Peterborough & Cambridgeshire. Kinship care is when children who are unable to live with their parents are cared for by family members or friends. They offer support to kinship carers caring for children as a result of parental substance use. They offer six sessions of individual support. These sessions allow you to explore how your kinship care role is affecting you and to get support in making changes, if you wish. They can also provide information and support around substance use. Their experienced worker listens to you, and they may also introduce a range of topics which other kinship carers have found helpful.
- Kinship - <https://kinship.org.uk/>
Kinship is the leading kinship care charity in England and Wales, looking to help friends and family who step up to raise a child when their parents aren't able to. They have also folded in the Grandparents Plus scheme in order to support grandparents who are acting as a carer for someone young. They can be contacted via the webform or by telephone Mon-Fri 9:30am – 2pm should more direct communication be needed. Their phone number is 0300 123701

LGBTQ+

- The Kite Trust - <http://thekitetrust.org.uk/>
The Kite Trust runs different services to improve the health, wellbeing and inclusion for lesbian, gay, bisexual, and transgender young people living in Cambridgeshire. They offer face to face services such as drop ins and support groups as well as volunteering, art projects and training. Areas of support include Advice, information, counselling, education, mental health, and sexual health.
- Diverse - <https://www.diverse.org.uk/>
Diverse is an organisation that supports parents and young people with regards to sexual health. A sexual health charity based in Cambridge, they offer services in Cambridgeshire and Peterborough.
- Gendered Intelligence - <http://genderedintelligence.co.uk/>
Gendered Intelligence is working with the trans community, particularly specializing in supporting young trans people aged 8-25. Includes resources for trans and gender questioning young people, and their families, including by way of e-mail to supportline@genderedintelligence.co.uk or the helpline at 0800 6408046
- Young Minds (Gender Support) - <https://www.youngminds.org.uk/young-person/coping-with-life/gender-and-mental-health>
Young Minds support young people with mental health difficulties and offer information regarding looking after your mental health when you may be transitioning or exploring your gender. They also signpost to various services at the bottom of their page.
- Young Minds (Gender Support for Parents) - <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gender-identity/>
Young Minds also have a page for parents all about supporting your child with their gender identity
- Galop - <https://galop.org.uk/>
Galop supports LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse. The national Helpline for LGBT+ Victims and Survivors of Abuse and Violence is managed by them on telephone number 0800 9995428 and Galop can be contacted at help@galop.org.uk

Mental Health Services

Local Services

- Centre33 Someone to Talk To - <https://centre33.org.uk/help/need-someone-to-talk-to/>
The Someone to talk to Service is offering telephone support and telephone counselling for 13 – 25-year-olds. Young people should self-refer through the helpline on; Phone: 0333 4141 809 or via Text / WhatsApp to: 07514 783745 (The phones are staffed Mon-Fri 12-5 and 10-1 Saturdays).
- YOUnited - <https://www.cpft.nhs.uk/search/service/younited-195>
YOUnited offers help to children and young people with their emotional wellbeing and mental health. It is available to those up to the age of 25 and offers a range of support including therapies, counselling, and guided self-help. Referrals can be made to YOUnited by a GP or any professional working with children or young people. Referral information to YOUnited is found at <https://www.cpft.nhs.uk/gpandprimarycare>
- Talking Therapies - <https://www.cpft.nhs.uk/talkingtherapies>
Talking Therapies (Formerly The CPFT Psychological Wellbeing Service) is designed to provide access to psychological therapies to people experiencing common mental health problems such as depression and anxiety disorders, including: generalized anxiety disorder (GAD); social anxiety; post-traumatic stress disorder (PTSD); health anxiety; panic; phobias and obsessive compulsive disorder (OCD). However, you do not need a diagnosis to access the service and we also see people with problems such as stress, low confidence, sleep disturbance and self-esteem issues.
- Wild Minds Programme - <https://www.scambs.gov.uk/community-safety-and-health/health-and-wellbeing/nature-based-wellbeing-programme/>
For young people ages 12-17 with mild to moderate mental health difficulties such as anxiety, low mood, or low self-esteem. It is a free, 8-week outdoor group programme designed to introduce young people to outdoor activities with focus on nature, bushcraft and mindfulness. The groups are offered in Milton Country Park and Wandlebury Country Park. Accepts self-referrals.
- Mindful Paws (Age 13-25 years old) Huntingdonshire - www.amindfulpaws.org
Mindful Paws provides a safe space where young people can access support and relief from their emotional or mental health difficulties from experienced and qualified staff. They create programmes and projects based on what the young people would like and would find helpful.

Online and National Services

- Youth Access - <https://www.youthaccess.org.uk/>
A place to get advice and information about counselling in the UK, including information on Youth Information, Counselling and Advice Services (YIACS), if you're aged 12 – 25.
- Kooth - <https://www.kooth.com/>
Kooth is a free online counselling service for young people aged 11 - 19. They can access support up to 10pm in the evening and hold a wide range of articles written by other young people.
- CAMHS Resources - www.camhs-resources.co.uk/
A website compiled of a number of different resources from across the internet that are available to help support your mental health and well-being. It has different sections for websites, apps and workbooks which you can download to work through at your own pace.
- Stop Breathe Think - <https://www.stopbreathethink.org.uk/>
Offers 6 sessions of counselling for young people up to the age of 21 years. All sessions take place virtually.
- Young Minds - <https://www.youngminds.org.uk/>
Discover information, advice & support for young people affected by mental health.
- Young Minds (Head Meds) - <https://www.headmeds.org.uk/>
Straight talk on mental health medication. Listen to other people's experiences and look up your medication to find out about side effects and things you might not feel comfortable asking your GP about.
- Mind - <https://www.mind.org.uk/>
Mind provides advice and support to empower anyone experiencing a mental health problem.
- Qwell - <https://www.qwell.io/>
Qwell online support via chat-based counselling for a total maximum of 6 sessions with either a drop in to chat queue or via booking a specific time for a future date. Once registered, adults in Cambridgeshire and Peterborough will gain access to online peer support, self-help resources, an online magazine and the previously mentioned chat-based counselling.

- Keep Your Head - <https://keep-your-head.com/>
Keep Your Head bring reliable information on mental health and wellbeing for children, young people, adults, professionals and schools across Cambridge and Peterborough.
- The Mix - <https://www.themix.org.uk/>
The Mix operates a free, confidential telephone and email helpline finding you the best help whatever the problem and provides a free 24/7 crisis support messenger service.
- Shout - <https://giveushout.org/> Text Service – Text SHOUT to 85258
Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It is a place to go if you are struggling to cope and you need immediate help.

Specialist Services

- Relate Cambridge - <https://relatecambridge.squarespace.com/> or <https://www.relate.org.uk/centre/cambridge>
Counselling and Therapeutic Support for Children aged 5-10 years and young people 11- 17 years. Support to children and young people who are adversely affected by traumatic life circumstances, including family change or breakdown, loss, or bereavement, or other social or environmental difficulties with which they feel they require additional help. For further information, check out their websites or call 01223 357424
- Road Victims Trust - www.rvtrust.org.uk
Offer emotional and practical support to the victims of serious road collisions in Cambridgeshire and Bedfordshire and Hertfordshire. They offer support to anyone who: is bereaved, is involved in the collision, witnessed the collision or is affected by the collision. Accept self-referrals. Telephone: 01234 843345
- No Panic - <https://nopanics.org.uk/> Helpline – 0300 7729844
Supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues. The opening hours for the helpline are 10am – 10pm, 365 days in the year. Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7).

Parenting

- Parental Education Growth Support (PEGS) - <https://www.pegssupport.co.uk/>
A free service supporting parents experiencing child to parent abuse. They support in a variety of ways, including peer support groups, drop-ins and workshops.
- Nessie - <https://nessieined.com/cambridgeshire-and-peterborough-parents>
Offering free parent workshops on topics such as anxiety and self-harming behaviours. There are also additional opportunities for more targeted 1-1 sessions with individual parents/carers, should it be needed. E-mail cambridgeshirefamilies@nessieined.com or contact the Parent Support Line at 07932 651319.
- Family Lives - <https://www.familylives.org.uk/> Helpline: 0808 800 2222
Family Lives (Formerly Parentline Plus) is a national charity that works for, and with, parents. It works to offer help and support through an innovative range of free, flexible, responsive services - shaped by parents for parents.
- Family Rights Group - <https://frg.org.uk/>
This charity offers a confidential advice service. This service is independent and non-judgmental and can provide information about what the law says and what procedures should be followed. They can advise and discuss your options and support carers to make realistic choices in the best interests of the child(ren) concerned. Their helpline is 0808 801 0366 between 09.30am-3pm Monday to Friday
- Gingerbread - <https://www.gingerbread.org.uk/>
Gingerbread is a website that supports single parents. They offer a wide range of information and advice including child contact arrangements, Housing, Legal Support, Money, and Separation.
- Single Parents (Information) - <http://www.singleparents.org.uk/information>
Information and guidance on benefits, childcare, housing, legal, court processes, money, and debt for single parents.
- Families Need Fathers - <https://fnf.org.uk/>
This is a website specifically aimed at fathers who are no longer living with their children. This service provides information about father's legal rights, how to obtain contact and Parental Responsibility. This also provides opportunities to talk with other fathers who are in the same situation. They can be contacted on their help line which is 0300 0300 363

Pregnancy

- Romsey Mill Young Parents - <https://www.romseymill.org/young-parents>
Work with all young mums (under 20) and young dads (under 25), regardless of level of need in Cambridge. Helping young mums and dads to fulfil their potential as parents, as individual young women and men, and as members of society. Young Parents Programme team at ypp@romseymill.org or 01223 213162.
- Miscarriage Association - <https://www.miscarriageassociation.org.uk/your-feelings/young-people/>
Support & resources for young people, including films & personal stories, leaflets, and helplines.
- NHS (Pregnancy) - <https://www.nhs.uk/pregnancy/>
All you need to know about pregnancy, birth and looking after a baby, including trying to get pregnant, foods to avoid, breastfeeding and bottle feeding.
- PANDAS – Perinatal and Post Natal Depression and Advice
<https://pandasfoundation.org.uk/> Helpline – 0808 1961776
The UK's most recognized and trusted support service for families and their networks who may be suffering with perinatal mental illness, including prenatal (antenatal) and post natal depression.
- NHS (Perinatal Mental Health Team) - <https://www.cpft.nhs.uk/perinataleservice>
The CPFT Perinatal Mental Health Team support mums and mums-to-be who are experiencing, or are at an increased risk of experiencing, mental health challenges during the perinatal period, from conception, through pregnancy and up to 1-year post-birth.

Self-Harm

- National Self Harm Network (NSHN) - <https://www.nshn.co.uk/>
The NSHN is a forum designed to provide crisis support, information and resources, advice, discussion and distractions and is available 24/7. Also supports and provides information for families and carers.
- Alumina - <https://www.selfharm.co.uk/>
Alumina is a free, online 7-week course for young people struggling with self-harm. Each course has up to 14 young people, all accessing the sessions from their own phones, tablets or laptops across the UK.

- NHS - <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/>
National Advice and Guidance about self-harm.
- Young Minds (Self-Harm) - <https://www.youngminds.org.uk/young-person/my-feelings/self-harm/>
Young Mind's information and advice for individuals who are affected by self-harm.
- Calm Harm App - <https://calmharm.stem4.org.uk/>
The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help.

Sexting

- Child Exploitation and Online Protection (CEOP) - <https://www.ceop.police.uk/safety-centre/>
CEOP's Thinkuknow gives advice for parents, as well as children and young people of different ages, on staying safe online. Thinkuknow have created short videos to help parents understand why children 'sext', how to talk to them about it and what to do if their child is affected.
- Internet Matters - <https://www.internetmatters.org/advice/>
E-safety resources for parents of teenagers - including things to share with Information and advice for parents and carers on supporting young people online
- NHS Chat Health for Young Persons – Phone Number: 07480 635443
Any young person who uses the service will receive a message back from a healthcare professional about where to get further help if their question is urgent, and when they can expect a response. Texts are usually replied to within one working day and cost the same as a standard text or come out of a user's message allowance. ChatHealth is available Monday to Friday between 9.30am and 4pm.

Sexual Health

- Integrated Contraception and Sexual Health services
<https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire/lime-tree-clinic-cambridge>
For sexual health screening including express home STI testing kits and contraception including C-Card scheme and emergency contraception.
- Brook - www.brook.org.uk
Brook is a national charity offering clinical sexual health and education and wellbeing service for young people. Areas of support and guidance include staying safe on social media, sexual health, contraception, and emotional wellbeing.

Sexual Violence

- Cambridge and Peterborough Rape Crisis Partnership - <https://www.caprccp.org.uk/>
The Cambridge and Peterborough Rape Crisis Partnership (CAPRCP) comprises two independent dedicated specialist sexual violence organisations, Cambridge Rape Crisis Centre (CRCC) and Peterborough Rape Crisis Care Group (PRCCG). The partnership has over 80 years' combined experience in the design and delivery of specialist support services to survivors of rape and sexual abuse, regardless of when the abuse happened.
- Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence Partnership
<https://www.cambsdasv.org.uk/web/>
For advice leaflets and how to access local services. Long Road Sixth Form College Safeguarding and Wellbeing Team can support with professional referrals to this service.
- The Cambridge Rape Crisis Centre helpline number is open Wednesday 7pm – 9:30pm and Sunday 10am – 12:30pm on 01223 245 888 and can be e-mailed on support@cambridgerapecrisis.org.uk.
- Peterborough Rape Crisis Care Group – <https://prccg.org.uk/>
The PRCCG group can be contacted on their helpline on 01733 852 578 and e-mailed at admin@prccg.org.uk.
- The Survivors Trust - <https://www.thesurvivorstrust.org/>
Based in the UK & Ireland which provide specialist support for women, men & children who have survived rape, sexual violence, or childhood sexual abuse.

Suicidal Thoughts

- Samaritans - <https://www.samaritans.org/>
The Samaritans website provides information and support around suicide, including several support networks such as their helpline available 24/7 at 116 123, e-mails to jo@samaritans.org, writing to Freepost SAMARITANS LETTERS or on-line webchats and face-to-face conversations
- Papyrus - <https://www.papyrus-uk.org/>
If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice. Call: [0800 068 4141](tel:08000684141) Text: [88247](tel:88247) Email: pat@papyrus-uk.org
- NHS (Suicide) - <https://www.nhs.uk/conditions/suicide/>
The NHS website for parents and young people providing support and guidance for individuals struggling with suicidal thoughts.

Young Carers

- Centre 33 (Young Carers) - <https://centre33.org.uk/help/young-carers/>
Young Carers support young people who undertake, or are involved, with the carers of an adult. Referral forms can be downloaded via visiting the Young Carers Centre 33 website or discussing with our college Young Carers coordinator **Lisa Verrier**. Please return it to youngcarers@centre33.org.uk.
- Caring Together - <https://www.caringtogether.org/>
If you are aged 18 or over and caring for someone across Cambridgeshire, Peterborough and Norfolk, Caring Together is here to help. It does not matter who you care for or what their condition is. They can help you with specialist information and advice, support with planning ahead, including for emergencies and when your caring role is likely to come to an end. To find out about their full range of other services contact them on 0345 241 0954 or hello@caringtogether.org
- Making Space (Cambridge) - <https://makingspace.co.uk/cambridgeshire-carer-support>
If you are a carer aged 18-65 supporting someone with mental health issues in Cambridgeshire or Peterborough, then Making Space are able to provide you with support. They can be reach by phone on 01480 21 1006 or by e-mail at enquiries@makingspace.co.uk.

Youth Services

- H.A.Y - <https://haycambridge.co.uk/>
H.A.Y. is all about helping you look after you. This website provides not just listings of local activities, groups and services but also video introductions to group organisers and taster clips of what to expect. H.A.Y. aims to support you both in finding out what you might like to get involved in and in taking those first steps.
- The Connection's Bus Project - www.connectionsbusproject.org.uk/
The Connection's Bus Project is a charity that aims to support youth services across Cambridgeshire. Their aims include supporting young people to build skills and advance education but also to provide recreational facilities for them.