

If you need help over the Christmas Holidays.

Here is some useful information and links to support available.

Chat health

Is a secure and confidential text messaging service for young people aged 11-19 across Cambridgeshire and Peterborough who are struggling to cope with issues such as bullying, emotional health, relationship problems, alcohol and drugs.

The confidential text messaging service opens a new line of communication to young people and gives them an excellent opportunity to anonymously get in touch with a healthcare professional for that much-needed support with a simple touch of a button

<https://chathealth.nhs.uk/>

Kooth

Kooth is a youth online support service. Kooth provides a safe online community where young people can access articles, discussions boards, keep a daily journal on their feelings and events as well as be able to speak to trained counsellors.

When a young person first creates their free account, they immediately become priority for a chat with one of the online counsellors.

<https://www.kooth.com/>

Keep your head

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people, adults, professionals, and schools across Cambridgeshire and Peterborough.

From the home page, you can select whether you are a young person, parent/carer, professionals or school.

<https://keep-your-head.com/>

Centre 33

C33 have seen a decline in the overall mental health of children and young people. This is in part due to the impact of Covid but also by the very real economic crisis.

As an organisation C33 offer support to children and young people up to the age of 25. The support they offer includes those children and young people who wish to discuss their mental health needs, sexual health needs, and those children and young people who have a caring responsibility. C33 can also offer support around housing.

If you know of any children and young people that need someone to talk to, then please share the details below and staff there will be very willing to have an initial discussion.

<https://centre33.org.uk/help/cambridge-south-cambridgeshire/>

Barnardo's

Barnardo's provide support to families, children and young people offering support focused on;

- Mental health and emotional wellbeing
- Young carers
- Domestic abuse
- Help for those fleeing the war in Ukraine
- Alcohol and substance misuse
- Children with a parent in prison
- Children seeking asylum
- Children's centres

<https://www.barnardos.org.uk/>

Spectrum

Supporting families in both Cambridgeshire and Peterborough with children with ASD. Blue light card for parents offering discounts, days out, and a helpline offering support with Disability Living Allowance applications. All parents will need to do is to create a free online account to access support and advice.

<https://spectrum.org.uk/>

Dhiverse

Offer high quality sexual health and HIV support, education and information for young people in Cambridgeshire and Peterborough. They also offer a counselling service for children and young people aged 9 upwards where issues relating to, sexualised behaviours, sexual health, HIV, sexual relationships, sexual trauma, gender identity and sexual orientation is affecting their mental health and wellbeing. This service is across both counties and details of when sessions are held can be found on the Dhiverse counselling website. Please note there is a waiting list for these free sessions.

<https://dhiverse.org.uk/>

<https://dhiverse.org.uk/our-services/counselling/>

Icash

Sexual health services offer

- Condoms
- Chlamydia testing
- Contraception
- Emergency contraception
- HIV testing
- HIV care
- PrEP
- STI testing
- Support and advice

<https://www.icash.nhs.uk/where-to-go/icash-cambridgeshire>

Kite Trust

The Kite Trust supports the wellbeing and creativity of LGBTQ+ young people in Cambridgeshire, Peterborough and surrounding areas through information, support, and groups. They build inclusive communities to tackle inequalities through consultancy, training, and education to all sectors.

<https://thekitetrust.org.uk/>