

Mental Health & Wellbeing Contacts

For acute mental health advice:

- **CPFT NHS First Response Service** – If you are experiencing a Mental Health Crisis
Freephone 111 – Option 2
Includes access to MIND's Sanctuary – a safe place for individuals experiencing an emotional or mental health crisis, 6pm to 1am, daily
(Please note this is a service only available to those living in Cambridgeshire and Peterborough.)
- **The CPFT Psychological Wellbeing Service** – provides access to NHS psychological or talking therapies
0300 300 0055
[Click here to self-refer](#)
- **MIND** – offers information about a range of mental health topics and support services
0300 123 3393
Monday to Friday, 9am-6pm
- **Samaritans**
24 Hours
Tel: 116 123

For non-acute mental health advice:

- **Staff Counselling Centre** – Has self-help leaflets on a variety of mental-health topics

For COVID-19 related queries:

- [Stay Safe Cambridge Website](#)
- [Clinical School COVID guidelines](#)
- **University COVID Helpdesk**
Email: covid-helpdesk@admin.cam.ac.uk
Tel: 01223 339514