

Who can offer additional support?

0808 800 5000: The [NSPCC 24 Hour Child Protection Helpline](#)

0800 1111: [The 24 hour Childline](#)

Educate Against Hate www.educateagainsthate.com

FamilyLine: a free help line, befriending and counselling service for parents and carers across England and Wales, offering emotional support and guidance on all aspects of parenting Contact 0808 802 0666 Text 07537 404 282

Email: familyline@family-action.org.uk or visit the website: www.family-action.org.uk/familyline

CHUMS Mental Health and Emotional Wellbeing Service – Offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood, as well as those with significant emotional wellbeing difficulties arising from life events such as bereavement and bullying. Support will vary depending on the child's or young person's needs but may include 1-to-1 or group interventions, advice and guided self-help or parent/carer groups.

Referral criteria

- Peterborough – Up to the age of 18

You can make a referral via the website <http://chums.uk.com/cambs-referral-forms> and one of their triage team will contact you to discuss in more detail. You might also find some of the CHUMS downloadable information helpful – <http://chums.uk.com/downloads> For further information contact 0330 0581 657 (Peterborough)

Centre 33 offers a range of support for young people (up to the age of 25) in Cambridgeshire and Peterborough. Centre 33 can help with all sorts of issues from housing, sexual health and money worries to family problems and bullying, no matter how big or small the problem is.

'Someone to Talk To' drop-in sessions and a helpline operate across the county 5 days a week. They also provide a schools counselling service and a young carers' project. Centre 33 have an open access policy and young people can refer themselves to the service by calling or popping into the drop in sessions. For more information on the Centre 33 service visit their [website](#) or call (0333 4141809) or email (help@centre33.org.uk)