

Contacts database

Name	Service offered	Location	Contact no	email/web address	Notes
Addictions					
SNAP (Referral service)	Drugs	Huntingdonshire	01480 396500		
Alcoholics anonymous	Alcohol addiction	National	0845 769 7555	www.alcoholics-anonymous.org	24 hr helpline
Narcotics anonymous	Drugs	National	0300 999 1212	www.ukna.org	daily until midnight
Gamblers anonymous	Gambling addiction	National		www.gamblersanonymous.org	
Priory centre	Drug rehab/Alcohol addiction/gambling addiction	National	0800 280 8999	http://www.priorygroup.com/addictions/drug-rehab	In and outpatient treatment centre
Casus	Drugs/alcohol addiction	Huntingdonshire	01480 415278	http://www.cpft.nhs.uk/services/CASUS-cambridgeshire-child-and-adolescent-substance-use-service.htm	Mon-Fri - 9-5pm
Al-Anon	Alcohol addiction		0800 0086 811	helpline@al-anonuk.org.uk	10am – 10pm, 365 days a year
Alzheimers					
Alzheimers society	dementia		0300 222 1122	www.alzheimers.org.uk	Mon-Fri, 9am-5pm. Weekends, 10am-4pm
MIND	Dementia	St Neots	01480 470 480		
Age UK	Dementia	National	0800 169 2081	http://www.ageuk.org.uk/about-us/local-services-search/?UserSetLocation=pe19+2ut&Facet=Local+Service	Mon-Fri 9-4.00
Huntingdon alzheimers society	People living with dementia and their carers and families	Huntingdon	Davina Hogben & Sandy Wells 01733 893853		Peer Support Groups for carers, Pathways Groups for people with dementia and a number of Dementia Information Points. last Tuesday of each month from 10.30am to 12.30pm at
Bereavement					
Cruse bereavement care	death of a loved one		0844 477 9400	www.crusebereavementcare.org	Mon-Fri, 9am-5pm
The Priory	Bereavement	St Neots	0800 787 0252	http://www.priorygroup.com/mental-health/bereavement-counselling	

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Marie Curie	Terminal illness/bereavement	national	0800 090 2309	https://www.mariecurie.org.uk/help/bereaved-family-friends/dealing-grief/bereavement-or-grief-counselling	
Child abuse services					
NSPCC	Child abuse		0800 1111 for Childline for children	www.nspcc.org.uk	24 hours
			0808 800 5000 for adults concerned about a child		24 hours
Supportline	Adult survivors of child abuse	Essex based	01708 765200	info@supportline.org.uk	
Aurora foundation	People who were abused in childhood	London based	020 8541 1951	http://www.aurorafoundation.org.uk/#!/getting-help/cwb2	Over 18
Child exploitation and protection	For reporting concern of online abuse of children.	National		https://www.ceop.police.uk/safety-centre/	
	For reporting concerns about adults or children, including self concern.	National	0808 1000 900		
Stop it now				https://www.stopitnow.org.uk/	
Couples counselling					
MIND	Relationships	St Neots	01480 470 480	http://www.mindincambs.org.uk/Services/Counselling	
Relate	Relationships	Huntingdon	01223 357 424	http://www.relate.org.uk/find-my-nearest-relate/outpost/huntingdon-relate	Monday- Thursday 8:00-22:00/ Fri 8:00-18:00/Sat: 9:00-17:00/ Sun Closed
Depression, mental health, Bi polar, Anxiety					
Mind	Depression and anxiety Mental health	Bedford Cambridge Milton Keynes Peterborough St Neots			
Lifeline Countrywide	Mental health	National	0808 808 2121		

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Rethink Mental illness	Depression/Anxiety/Obsession/Mental health/	National	0300 5000 927	www.rethink.org	Mon-Fri, 10am-2pm
Depression Alliance	Depression	National		www.depressionalliance.org	
CALM	Male suicide support campaign system	National	0800 58 58 58	www.thecalmzone.net	
Bi Polar UK	Bi Polar/Manic depression	National	020 7931 6480	www.bipolaruk.org.uk info@bipolaruk.org.uk	
SANE	Mental health	National	0845 767 8000	www.sane.org.uk sanemail@org.uk	daily, 6pm-11pm
The mental health foundation	Mental health problems or learning disabilities	National	08457 90 90 90	www.mentalhealth.org.uk	24 hrs a day
Young minds	Child and adolescent mental health, <i>our helpline service is for parents or carers worried about a child or young person.</i>	National	0808 802 5544	www.youngminds.org.uk ymentquiries@youngminds.org.uk	
Priory centre	Depression/anxiety/stress/OCD/Agora phobia/Bipolar/panic attacks/postnatal depression/SAD	St Neots	0800 280 8999	http://www.priorygroup.com/addictions/drug-rehab	In and outpatient treatment centre
Samaritans	Mental health	national	116 123	jo@samaritans.org.uk	24 hrs a day
Cambridgeshire council mental health services	Emotional/Behavioural	Cambridgeshire	01480 415 300	www.cpkt.nhs.uk/training/cambridgeshire-primary-care-child-and-adolescent-mental-health-services-central-team.htm accesscamhs@nhs.net	Mon-Fri, 9-5pm for 0-17 year olds

Domestic violence/rape

Peterborough rape crisis care group (PRCCG)	Rape	Peterborough	01733 317899	peterboroughrapecrisis@gmail.com	Wed: 7pm-9pm / Sat: 10am - 12noc
Rape crisis	Rape	national helpline	0808 802 9999	www.rapecrisis.org.uk	daily, 12pm-2.30pm, 7pm-9.30pm
Refuge	Domestic violence		0808 2000 247	www.refuge.org.uk	24 hour helpline
Victim support	Rape/domestic violence/abuse	National helpline	08 08 16 89 111	https://www.victimsupport.org.uk/	Mon to Fri 8pm - 8am Saturday 5pm to Monday 8am

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Deaf and hard of hearing victims can contact us using Text Relay 18001 08 08 16 89 111. The Supportline also has an interpretation service for people who do not speak English as a first language. - <https://www.victimsupport.org.uk/help-victims/how-we-can-help/supportline#sthash.kL9ym2rT.dpuf>

Eating Disorders

Beat	eating disorders		0345 634 1414 Youthline 0345 634 7650	http://www.b-eat.co.uk/	Mon-Thurs, 1.30pm-4.30pm
B eat (cambridge)	eating disorders	cambridge	01603 753307	http://helpfinder.b-eat.co.uk/view-profile-and-listings/cambridge-emotional-overeating-support-group/	Meetings are held at 6.30pm - 8.00pm in the Community Centre behind St Marks Church, Newnham, Cambridge, CB3 9JZ
B eat (Stevenage and St Albans)	eating disorders	Stevenage and St Albans	01438 355649	http://helpfinder.b-eat.co.uk/view-profile-and-listings/the-living-room-steinage-and-st-albans/	
Private Practitioner (Yvonne Green)	eating disorders	London and surrounding	7941612296	http://helpfinder.b-eat.co.uk/view-profile-and-listings/yvonne-green-counsellor-and-therapist/	daytime and evening
Peterborough eating disorders charity	eating disorders	Peterborough	01733 391537	http://helpfinder.b-eat.co.uk/view-profile-and-listings/peterborough-eating-disorders-charity/peds.eatingdisorders@aol.co.uk	Days, evenings and weekends

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Eating disorder counselling and therapy service	eating disorders	Northants	07881 776562	http://helpfinder.b-eat.co.uk/view-profile-and-listings/eating-disorder-counselling-and-therapy-service/	18 and above. Appointments available Thursday 6pm -9pm Saturday mornings between 10am-12.30pm
Caraline eating disorder	eating disorders	Luton based	01582 457474	http://helpfinder.b-eat.co.uk/view-profile-and-listings/caraline-eating-disorders-counselling-service/	Over 18. Monday - Friday 10am-3pm. No fee if a Bedfordshire resident
Vivre care (women)	Bulimia, Anorexia, Over exercising, OSFED	Luton based	01582 557755	caralineed@aol.com http://helpfinder.b-eat.co.uk/view-profile-and-listings/vivre-care-ltd/info@vivre-care.com	18-65.
Essex eating disorder and obesity service	eating disorders and obesity	Chelmsford	07776 242746	http://helpfinder.b-eat.co.uk/view-profile-and-listings/essex-eating-disorder-and-obesity-services-ltd-debbie/debbiehorrey1@gmail.com	16+. Weekday and evening appointments

HIV/Aids

Vanessa Ponter	HIV/AIDS	St Neots	07974 978 580	http://www.counselling-directory.org.uk/counsellors/vanessa-ponter	£30-£40 per hour
Diane Stevens	HIV/Aids	St Neots	01480 470 506/07810 492 433	http://www.counselling-directory.org.uk/counsellor_7921.html	Private practice

OCD

The Priory group	OCD/Body dymorphic disorder	St neots	0800 280 8999	http://www.priorygroup.com/mental-health/obsessive-compulsive-disorder	Use of cognitive behavioural therapy (CBT) and OCD medication
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Jerrie Richards CBT counsellor	OCD	Huntingdon	07984 760335	http://www.counselling-directory.org.uk/counsellors/je-rie-richards	Uses CBT
Belinda Percival	OCD, compulsive hoarding	Gamlingay	01767 654946 / 07969 034689	http://www.counselling-directory.org.uk/counsellors/belinda-percival	Cognitive and behavioural therapies Cognitive behavioural therapy (CBT) Humanistic therapies Person-centred therapy
Local Police station					
St Neots Police station	Violence/ Robbery/Missing persons/Car accidents	St Neots	101	huntsops@cambs.pnn.police.uk	Mon-fri - 9-5pm/ Sat/Sun/Bank holidays - Closed
Sexual/transgender					
2byou.org.uk (Support and friendship for young people ages 14-24) text + drop in/volunteer/talk	Bi/Gay/Lesbian/Unsure	National	TXT: 07808 189158	hello@2byou.org.uk	
Igbt Foundation		National	0345 5 30 30 30	https://lgbt.foundation/help/helpline-email-support/	
Sexual dysfunction					
The Priory Group	Sexual dysfunction	St Neots	0800 280 8999	http://www.priorygroup.com/mental-health/sexual-dysfunction	Outpatients and inpatients
Suicide					
Papyrus	Suicide (young suicide)	National	0800 068 4141 SMS: 07786 209697	www.papyrus-uk.org	Mon-Fri, 10am-5pm & 7pm-10pm. Weekends 2pm-5pm
Samaritans	Suicide	National	08457 90 90 90	www.stopsuicidepledge.org	
Lifeline	Suicide	National	0808 808 21 21	https://www.lifelinehelpline.info/	
Hopeline UK (for young people)	Suicide	National	0800 068 4141	https://www.uok.org.uk/resource/hopelineuk/	
C.A.L.M (for men)	Suicide	National	0800 58 58 58	https://www.thecalmzone.net/	
AOB					
SNAP (Referral service)	Anything/Bullying/Drugs/home violence/money	Huntingdonshire	01480 396500		

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**Cambridgeshire carer support services
(Supporting those who care for those with
mental health issues)**

Caring for the carers

St neots

01480 432504

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Job centre help

Young Woman's Trust supports women aged 16-30. We support and represent people struggling with employment issues.
https://www.youngwomenstrust.org/what_we_do/media_centre/press_releases/973_dwj

p_job_centres_to_aid_career_progression_response?gclid=CjwKCAiAmNbwBRBOEiwAqcww

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