

Helplines

Below is a list of just some of the many helplines available both locally and nationwide. It is not an exhaustive list and we are adding to it all the time. To the best of our knowledge all the numbers below are current and correct at April 2011. *If you are aware of any other useful helplines that we could add to this list, please contact Aly Anderson /Cam-mind on 01223 311320 development@cam-mind.org.uk*

In an emergency/crisis:

- **Dial 999** for an ambulance and other emergency services
- **The Emergency Dept** at Addenbrookes Hospital: **01223 217118**
- **Samaritans, Tel: 08457 90 90 90** (National number charged at local call rates) Minicom/textphone: 08457 90 91 92 [Email: jo@samaritans.org](mailto:jo@samaritans.org)
- **CamDoc (now Urgent Care Cambridge – UCC)** out of hours GP service – **0330 1239131**
- **CPFT out of hours no.** (for CPFT service users) – **0800 052 2252** – Mondays to Fridays – 5pm to 10pm, Saturdays, Sundays and Bank Holidays – 8am to 10pm
- **Lifeline**, Cambridgeshire Mental Health Helpline – **FREEPHONE 0808 808 2121** – 7pm to 11pm, 365 days a year.
- **PAPYRUS** (charity dedicated to prevention of young suicides) **HOPEline** – **0800 068 4141** (open daily Monday – Friday from 10am – 5pm and 7pm – 10pm, and 2pm – 5pm on weekends.)
- **CHILDLINE** – **0800 1111**
- **NSPCC** – **0808 800 5000**

Other useful helplines (these may be of use to both those experiencing difficulties and their friends and carers)

- **SupportLine** – general helpline offering emotional support and information on wide range of issues. **01708 765200** (currently only open Wednesdays 5pm – 7.30pm but hours may vary so ring for details. There also is lots of helpful information on their website www.supportline.org.uk)
- **Sane line** – **0845 767 8000** (6pm – 11pm)
- **Mind Information Line** – **0300 123 3393**
- **Mind Legal Advice Line** – **0300 466 6463**
- **Anxiety UK (formerly National Phobics Society)** **08444 775774** or **0161 2279898**
- **Cambridge Careline** (Rethink Helpline for carers of people with schizophrenia and other enduring mental illnesses: **01354 655 786** (office hours)
- **Women’s aid domestic violence** helpline – **08457 023468** (local rate)
- **Cambridge Rape Crisis Centre** – **01223 245888** (Wed evenings only - **7.30 – 9.30pm**)
- **Lesbian and Gay Foundation Helpline** – **0845 3303030**
- **BEAT** – Beat Eating Disorders – **0845 634 1414**
- **OCD Action** – **0845 390 6232**
- **Alcoholics anonymous** – **0845 769 7555** (local rate)
- **National Debt Helpline** – **0808 8084000**
- **UK National Drugs Helpline** – **0800 776600**
- **Cruse bereavement care** – Local – **01223 302662** – National daytime – **0844 477 9400**
- **Alzheimer’s Society National Dementia Helpline** – **0845 300 0336**
- **mentalhealthcare.org.uk** – Information for family members and friends of people who have psychosis

**FOR OTHER INVALUABLE INFORMATION AND MANY MORE
HELPLINES RELATING TO A VAST RANGE OF ISSUES PLEASE SEE
WWW.SUPPORTLINE.ORG.UK**

NB Please note that we have done the best we can to ensure accuracy of this information but cannot take responsibility for any inaccuracies or outdated information