



**WORLD  
MENTAL  
HEALTH  
DAY**

**Support &  
Resources**

# Mental Health Resources

Knowing where to turn for support can be difficult. To make it easier, we've collected some helpful resources in this document including:

- Support at CAW
  - Support in Cambridgeshire and Peterborough
- Support in London
- Support in Leeds
- Support for young people

We're here to help you and to champion mental health and wellbeing for all

# Support at CAW

We have a range of mental health and wellbeing resources available for our students and staff here at CAW

Counselling Services - free, confidential counselling for students and staff

CAW Buddy Scheme - get assigned a CAW Buddy to help with the struggles of college life

Togetherall - all staff and students can access mental health and wellbeing support through Togetherall

Fika - all staff and students have access to Fika, an app designed to power up your mental fitness

Living Well - health and wellness hub on the VLE

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# Support in Cambridgeshire & Peterborough

Find local services to support your mental health and wellbeing in Cambridgeshire and Peterborough

Mind CPSL GoodLife Service -  
community based wellbeing  
support

Centre 33 - Huntingdon based  
mental health drop-in centre

Cogwheel Counselling -  
Cambridge based counselling  
service

People and Animals - Wisbech  
based mental health support  
working with animals to support  
wellbeing

H.A.Y - listings of local  
community wellbeing services

CALMtown - St Ives based  
community-led mental health  
support

Keep Your Head - adult mental  
health service

# Support in London

Find local services to support your mental health and wellbeing in London

Rethink Mental Illness - network of support groups

Healthy London - partnership working to make London the healthiest city

Mind in London - partnership of 17 local Mind centres supporting all of London's boroughs

London Youth - mental health support for young people in London

Stem4 - supporting teenage mental health

Brent Centre for Young People - mental health charity for young people

Good Thinking - digital mental wellbeing for London

# Support in Leeds

Find local services to support your mental health and wellbeing in Leeds

[MindMate Leeds](#) - mental health information hub for young people in Leeds

[The Marketplace Leeds](#) - 1-1 support, counselling, group and drop-in centre for 11-25 year olds in Leeds

[MindWell](#) - mental health service for adults in Leeds

[Mind Leeds](#) - 1-1 and group mental health support for young people

[Northpoint Wellbeing](#) - charitable provider of therapy across Yorkshire

[Live Well Leeds](#) - city-wide support service

[Leeds Nightline](#) - confidential listening service for students over 16 in Leeds

[Keep Real](#) - creative wellbeing service in Yorkshire

# Support for Young People

Find nationwide services that provide mental health support for young people

Shout - urgent mental health crisis line

Kooth - online service offering mental health support for young people aged 11-24

Calm Harm - free app to help manage or resist urges to self-harm

Clic - free online community to support mental health

Young Minds - charity providing mental health support for young people across the UK

Childline - free confidential help to anyone under 19 in the UK

The Mix - support service for young people across the UK