
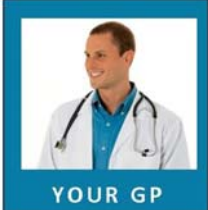

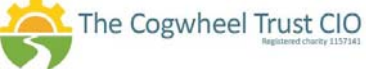






















| Local Mental Health Support | | | |
|--|---|--|--|
|  | Someone to talk to or send an email |  | Contact your GP |
|  | Offers Counselling and Advice |  | Cambridge, Sawston and Ely based Counselling |
|  | Support and Information |  | Offers Counselling for family breakdown, loss or bereavement |
|  | Hertfordshire Partnership University NHS Trust |  | Advice, information and find services near you |
| Mental Health Information websites | | | |
|  | Mental Health Information |  | Services and Groups, Advice and Information |
|  | Information and Advice |  | The Mental Elf – Mental Health Research & Guidance. Podcasts |
|  | Support & information |  | Helpline, Support Forum, Resources |
|  | Information and Support | | |
| Campaigning for Better Mental Health | | | |
|  | Information & Campaigning for Better Health |  | Empowering Emotional Health |
|  | Championing Young Peoples' Rights | | |
| Suicide Prevention and Awareness | | | |
|  | Suicide Prevention & Awareness, Support, Fund-raising |  | How to get help and raising awareness of suicide |
|  | Suicide Prevention & Awareness |  | Raising awareness, fighting depression, removing stigma attached to mental health |
|  | Suicide awareness & education, increasing help available and research |  | Working to prevent mental illness in young people and early intervention strategies for those experiencing trauma. |