



EMERGENCY SUPPORT FOR ANYONE IN DISTRESS

NHS 111 - First Response Service

If you are experiencing a mental health crisis, call Freephone 111 & select Option 2

A specialist healthcare professional, 'First Responder' will talk to you and assess your needs. someone may come out to see you or arrange for you to go to The Sanctuary which is a safe place providing support for people in crisis, open 6pm-1am, 7 days a week

Please note medical emergencies (Option 1) might need to attend A&E Addenbrooke's Hospital

Samaritans (Cambridge)

FREE (from any phone) National 24-hour helpline: 116 123

Email: jo@samaritans.org (But be aware it might take a few days to get a reply)

Website: <https://www.samaritans.org/> including an online chat option

They say: *"If you need someone to talk to, we listen. We don't judge or tell you what to do. Call us any time, day, or night. Emotional support 24 hours a day, 365 days a year."*

Urgent Care Cambridgeshire (UCC)

If you are experiencing a physical health crisis that cannot wait until your GP practice is open, e.g. overnight or at weekends, call Freephone 111 & select Option 1

Based at the Urgent Treatment Centre (Clinic 9) at Addenbrooke's Hospital, this service is for conditions which cannot wait until your GP practice is open.

Website: https://www.wellbeing.admin.cam.ac.uk/files/nhs_out_of_hours_gp.pdf

Alternatively, other sources of support are available via the University webpage:

<https://www.wellbeing.admin.cam.ac.uk/sources-support-0>



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