

## Parental mental health

For support with a mental health crisis, domestic abuse or a social care crisis, please contact Cambridgeshire County Council Crisis Support:  
<https://www.cambridgeshire.gov.uk/residents/adults/help-in-a-crisis> or call 0345 045 5202.

If you are experiencing difficulties with your mental health, then you should contact your GP. If you are in crisis, then 111, option 2 is available.

You can contact the Samaritans on 116123

You can also text SHOUT on 85258

You can look at the Keep Your Head website for support and advice <https://keep-your-head.com/>.

Where to find out more on the website:

Visit [www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk) and look under Useful Information