

Feeling low?

Trouble sleeping?

Stressed out?

Everything getting too much?

Cambridgeshire & Peterborough Mental Health

KeepYourHead

Wellbeing and mental health information and support for all ages

www.keep-your-head.com



Cambridgeshire and
Peterborough
NHS Foundation Trust



**Do you feel you are in
a mental health crisis?**

and are you registered with a GP in
Cambridgeshire or Peterborough?

Then call our **First Response Service**

**Call 111 and
press option 2**