

## **Website copy:**

### **Keep Your Head**

Adults and children in Cambridgeshire and Peterborough now have access to a mental health support website [www.keep-your-head.com](http://www.keep-your-head.com)

The website provides local residents of all ages with a 'one-stop shop' for information on wellbeing and mental health. This includes a range of local and national information on looking after your mental health, self-help resources, and local services that can help when you need more support.

Dr Emma Tiffin, local GP and Cambridgeshire and Peterborough STP Mental Health Clinical Lead, said: "Looking after our mental health is just as important as looking after our physical health. So many of us suffer alone and feel we have no-one to turn to but it doesn't have to be that way.

"The Keep Your Head website includes a range of information for people of all ages who want information on looking after their mental health and how they can help themselves to feel better. If people feel they need more support Keep Your Head includes information about local and national services that can help them to feel better.

"The website is easy to use and you don't need a referral or a log-in to access the site. It really is there for anyone who feels that they would like information and support for their wellbeing and mental health."

The site has been developed by Cambridgeshire and Peterborough Clinical Commissioning Group, Cambridgeshire County Council, Peterborough City Council, Cambridgeshire and Peterborough NHS Foundation Trust, and the SUN Network.