

TELEPHONE NUMBERS THAT MAY HELP YOU AT A TIME OF CRISIS

AA	01603 621128 08457697555	www.alcoholics-anonymous.org.uk
Al Anon Families	020 7403 0888	www.al-anonuk.org.uk
Cambridge Rape Crisis Wednesday 7pm – 9:30pm Saturday 3pm – 5:30pm Sunday 10am – 12:30pm	01223 245 888	www.cambridgerapecrisis.co.uk
Centre 33 (Up to 25 years of age)	01223 314763 (office) 01223 316448 (helpline) 01223 307488 (Young carers)	www.centre33.org.uk
Citizens Advice Bureau Cambridge	0844 848 7979 (Advice line) 0300 330 0650 (recommended number for mobile phone)	www.cambridgecab.org.uk
Cogwheel Trust	01223 464385	www.cogwheel.org.uk
Cruse	0844 477 9400	www.crusebereavementcare.org.uk
Family Lives (Freephone)	0808 800 2222	www.familylives.org.uk
GamCare	0808 8020 1330	www.gamcare.org.uk
Inclusion Cambridgeshire	0300 555 0101	
Lifeline (Freephone) 7:00pm and 11:00pm	0808 808 2121	www.lifecraft.org.uk
National Problem Gambling Clinic	020 7534 6699	Email Gambling.cnwl@nhs.net
Samaritans	01223 364455 08457909090	www.samaritans.org
Rethink mental illness	0300 5000 927	www.rethink.org
Street Outreach	01223 366292	www.cri.org.uk
Women's Resource Centre	01223 321148	www.cwrc.org.uk
Urgent Care Cambridge	0330 123 9131	
Police (non urgent)	101	www.cambs.police.uk