



Resources and where to get additional support

[CAMHS website](#)

This is the website for Children and Adolescent Mental Health Services in Cambridge and Peterborough.

www.cpft.nhs.uk

Contact the service

Cambridge – Brookside Family Consultation Clinic

T: 01223 465100

Peterborough – City Care Centre

T: 0300 555 5820

E: cpm-tr.peterborocamhsadmin@nhs.net

Recommended Mental Health Apps

[SAM - self-help anxiety management \(Apple & Android\)](#)

[Worry Box - anxiety self-help \(Android\)](#)

[What's Up \(Android\)](#)

[MindShift \(Apple & Android\)](#)

[Fear Tools - Anxiety Aid \(Apple & Android\)](#)

[ThinkNinja \(Apple & Android\)](#)– designed for 10 – 18 years old.

