

Anxiety UK	03444 775 774 Text support: 07537 416 905	https://www.anxietyuk.org.uk/
Anxiety Care UK	07552 877 219.	https://anxietycare.org.uk/
Social Care	0345 045 5203	
National Domestic Violence Helpline	0808 2000 247	
Mental Health Crisis Support	111 option 2	
NHS Inform Identifying, treating and managing mental health problems and disorders.	A site providing information, advice to those experiencing troublesome thoughts, feelings and actions. The site offers you various self-help guides to print, covering issues such as depression, anxiety, stress, panic and sleep problems.	https://www.nhsinform.scot/illnesses-and-conditions/mental-health

Local Foodbanks

Food Bank (Ely)	Countess Free Church	Tues 11-12.30, Fri 13.00 – 14.00
Food Bank (Littleport)	St George's Church but currently working from home	Tues and Fri 10-12, contact via Facebook page