



Changes to the counselling service at Centre 33

We have been offering free counselling to young people in Cambridgeshire (and recently Peterborough) for many years and are immensely proud of the work we have done and the young people we have worked with.

The funding for a part of this service has now gone to another organisation. Therefore our free counselling service will be greatly reduced from 1st January 2018. Centre 33 remains strongly committed to supporting young people with their mental and emotional well-being. It remains central to everything we do. We will still be running several projects to enable you to access help if you need it. More detail on this soon.

We also continue to run our county-wide young carers project and our comprehensive information and support service which operates a helpline, drop in centres and support with sexual health, mental health, housing and money issues among other things.

Please call during opening hours to discuss anything that you are worried about. You can also contact us via facebook, twitter, messenger or livechat.

If you are on our waiting list for counselling you should have received a letter from us and we will be trying to contact you soon to discuss your options.

If you would like to know how to contact CHUMS, who will now run the mental health and emotional wellbeing service, please see their website at <http://chums.uk.com>. They will be offering services to young people aged 5-25 from January 1st.

Centre 33

Address: 33 Clarendon Street
Cambridge CB1 1JX

Helpline: 0333 4141 809

Email: help@centre33.org.uk

Website: www.centre33.org.uk