**Emotional Health and Wellbeing**

[**Keep your Head**](https://www.keep-your-head.com/cyp)

Keep your Head is a website where you can find information about mental health support in Cambridgeshire & Peterborough. This site brings together good reliable up to date information on mental health and well-being for children and young people, parents/carers and professionals.

[**CHUMS: emotional health and wellbeing (not ASD specific)**](http://www.chums.uk.com/cambs-pborough-services)

CHUMS Mental Health and Emotional Wellbeing Service offers support to children and young people with mild to moderate mental health difficulties, such as anxiety and low mood, as well as those with significant emotional wellbeing difficulties arising from life events, such as bereavement and bullying.

You can make a referral via our website and one of our triage team will contact you to discuss the presenting issue in more detail.

[**Emotional Health and Wellbeing Service**](https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/emotional-health-and-wellbeing-services)

The Emotional Health and Wellbeing Service offers support to children with mild mental health difficulties. They offer support in schools. A big part of their role is signposting to appropriate support.

To be referred to the EHWS please speak to your school and ask them to contact them directly:

**Tel:**0300 029 50 50  
**Email:**[ccs.ehw@nhs.net](mailto:ccs.ehw@nhs.net)