

Centre 33 provides **free & confidential** support & information for young people **up to the age of 25** in Cambridgeshire and Peterborough.

We are here to listen and to help

HOW WE WORK

We have had to change the way we work because of the Coronavirus but we can still support you by **phone, text, WhatsApp & email.**
You can get in touch about anything.

We don't judge, we are just here to help.

We're used to talking with young people about all sorts of things.

HELP

We can support you with your mental health and refer you for counselling support. If you are looking after someone at home, then we can give you some support with that. We can help with housing issues and with your sexual health. We can help you with your money and with food and let you know about other help in your area.

GET IN TOUCH

Tel: 0333 4141809 (Mon to Fri 12noon-4pm).

You can leave a message any other time and we'll get back to you as soon as we can.

Text/WhatsApp: 07514 783745

Email: help@centre33.org.uk

Need help now?

www.centre.33.org.uk/help/need-help-now