

### **National Sexual Health Line**

**Open: Weekdays 9am – 8pm**

**Tel: 0300 1237123** This is a free and confidential telephone service with advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services. No Website.

### **THT Direct**

**Open: 10am to 8pm Monday to Friday**

**Tel: 0800 802 1221**

Calls are charged at the local call rate. This is a free and confidential service with advice on any aspect of HIV.

### **Centre 33**

**Open 10am to 5pm Monday to Wednesday & 10am to 1.30pm Friday and Saturday .  
Thursday and Sunday closed. Drop-in counselling: Saturday 11am – 1pm**

**Tel: 01223 316488; 33 Clarendon Street, Cambridge**

Centre 33 offers a range of support to young people in Cambridgeshire up to the age of 25. Drop-in or telephone service available.

### **Cambridge City Council (Emergency Duty Team – Out of Hours)**

(5pm - 9am, weekends and public holidays)

**Tel: 0844 335 3944**

The Emergency Duty Team provide social care advice and assistance (including housing and risk of homelessness) in an emergency out of office opening hours

### **Cambridge Womens Aid**

**Tel: Outside normal working hours emergency help is available on a 24 hour basis throughout the year via 01223 460947 (Alt No. 01223 361214)**

Provide information, advice and support for women suffering domestic violence, and provide temporary accommodation in a safe house (Refuge) to women and their children who are fleeing domestic violence

### **National Domestic Violence – 24 hour Freephone Helpline**

**Tel: Freephone - 0808 2000 247**

This is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

### **Mens Advice Line**

**Tel: 0808 801 0327**

**Open: Monday to Friday 10am – 1pm and 2pm to 5pm**

If the lines are busy or if you are calling outside of those hours, please leave a message with your name and a safe number and we will call you back as soon as we can. You can also email us: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)