

**LET'S  
KEEP  
TALKING**



**It's okay to feel anxious  
and overwhelmed.**

**Take regular breaks from  
social media and call your  
friends.**

**Let's stay in touch.**

If you're struggling to cope then  
call **Samaritans on 116 123**



**#StartTheConversation**

[healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)

Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call.

**Dial 999 if you have seriously harmed yourself**

	Online self-help materials, resources and guidance.	<a href="http://healthyyoungmindspsc.co.uk/information/children-and-young-people/coronavirus">healthyyoungmindspsc.co.uk/information/children-and-young-people/coronavirus</a> Available: 24 hours a day, daily.
	An online counselling service for over 16s.	<a href="http://bigwhitewall.com">bigwhitewall.com</a> Available: 24 hours a day, daily.
	Safe and anonymous online counselling and support for young people.	<a href="http://kooth.com">kooth.com</a> Available: weekdays 9am-10pm; weekends 6-10pm.
	A safe place for anyone struggling to cope.	<a href="http://samaritans.org">samaritans.org</a> 116 123 Available: 24 hours a day, daily.
	Preventing child abuse, protecting children.	<a href="http://nspcc.org.uk">nspcc.org.uk</a> 0800 1111 (children and young people); 0808 800 5000 (to report abuse). Interpretation available. Available: 24 hours a day, daily.
	Working to prevent male suicide. Support for men struggling or in crisis.	<a href="http://calmzone.net">calmzone.net</a> 0800 58 58 58 Available: 5pm-12am, daily.
	Support for people dealing with suicide, depression or emotional distress – particularly teenagers and young adults.	<a href="http://papyrus-uk.org">papyrus-uk.org</a> 0800 068 41 41 Text: 07786 209697 Available: weekdays 10am-10pm; weekends 2-10pm; bank hol: 2-5pm. <a href="http://LanguageLine">LanguageLine</a> support available.
	Advice for parents / carers concerned about the mental health of a child or young person.	<a href="http://youngminds.org.uk">youngminds.org.uk</a> 0808 802 55 44 Availability: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. <a href="http://LanguageLine">LanguageLine</a> support available.
	Wellbeing and mental health helpline supporting people's mental health or that of someone they know.	<a href="http://lscft.nhs.uk/Mental-Health-Helpline">lscft.nhs.uk/Mental-Health-Helpline</a> 0800 915 4640 Available: 24 hours a day, daily.
	Helping you understand and look after your mental health and wellbeing.	<a href="http://lancashiremind.org.uk">lancashiremind.org.uk</a> <a href="http://mindincumbria.org.uk">mindincumbria.org.uk</a> Available: Online only.

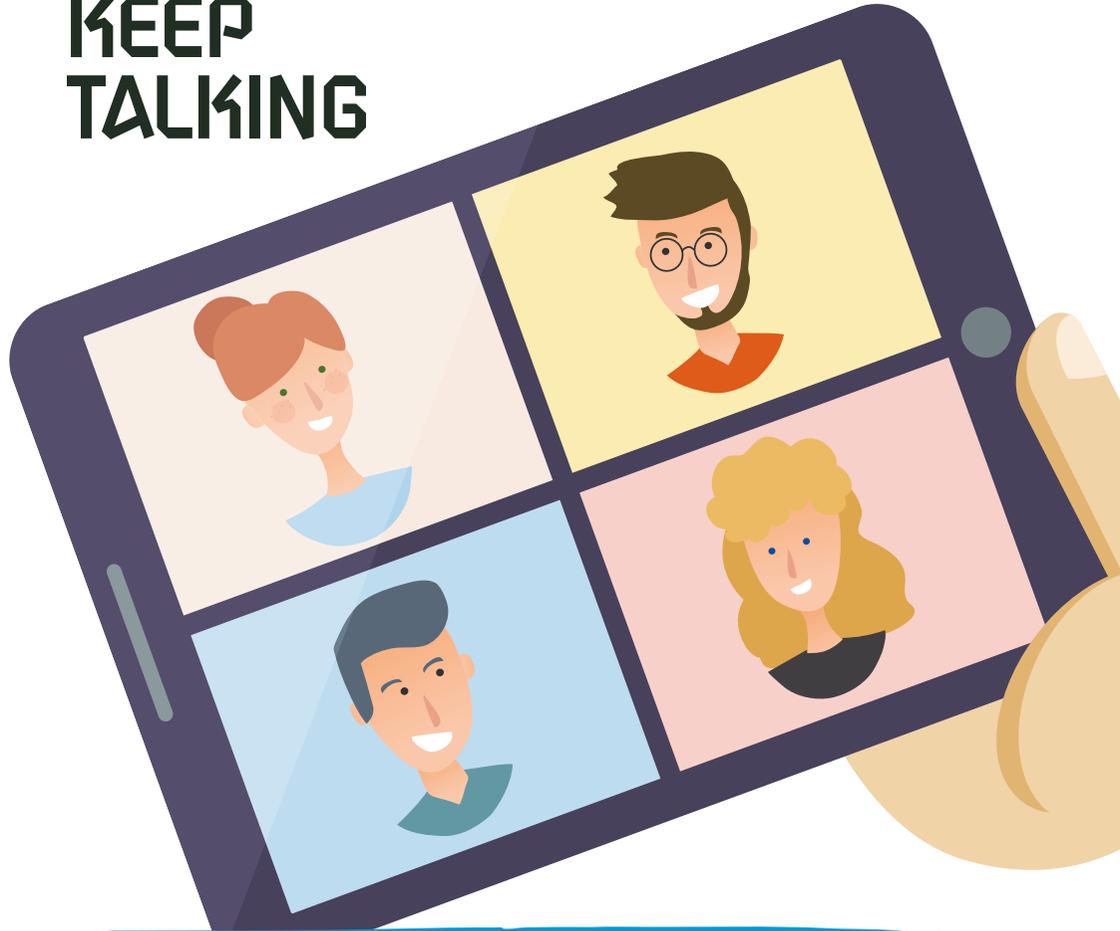
	Confidential and anonymous service supporting wellbeing and mental health for people who prefer to text.	<a href="http://lscft.nhs.uk/texting-service">lscft.nhs.uk/texting-service</a> Text HELLO to 07860 022846.
	Helping older people who are at home and need a little extra support with their wellbeing.	<a href="http://ageuk.org.uk">ageuk.org.uk</a> 0800 678 1602 Availability: 8am-7pm, daily. Language support on Thursday.
	A free confidential helpline providing information, friendship and advice to older people.	<a href="http://thesilverline.org.uk">thesilverline.org.uk</a> 0800 470 80 90 Availability: 24/7.
	Practical advice - from how to deal with stress and anxiety, to boosting our mood or sleeping better.	<a href="http://nhs.uk/oneyou/every-mind-matters/">nhs.uk/oneyou/every-mind-matters/</a> Availability: Online only 24/7.
	Supporting adults recovering from addiction and with mental health/dual diagnosis.	<a href="http://redroserecovery.org.uk">redroserecovery.org.uk</a> Availability: Online only 24/7.
	Emotional support for families across East Lancashire.	<a href="http://homestarteastlancs.org">homestarteastlancs.org</a>
	Psychological therapy via telephone / video conference or online support.	<a href="http://lscft.nhs.uk/Mindsmatterbfwh.nhs.uk/our-services/supporting-minds">lscft.nhs.uk/Mindsmatterbfwh.nhs.uk/our-services/supporting-minds</a>
	Educational resource for adults on children's mental health.	<a href="http://minded.org.uk">minded.org.uk</a>
	Advice on how to look after your mental health during Coronavirus.	<a href="http://mentalhealth.org.uk/coronavirus">mentalhealth.org.uk/coronavirus</a>
	Resources to equip young people to look after their mental wellbeing.	<a href="http://cwmt.org.uk">cwmt.org.uk</a>
	Supporting recovery and continued sobriety of alcoholics.	<a href="http://alcoholics-anonymous.org.uk">alcoholics-anonymous.org.uk</a> E: <a href="mailto:eastlancsaa@gmail.com">eastlancsaa@gmail.com</a>
	Private and confidential service where children can talk about anything.	<a href="http://childline.org.uk">childline.org.uk</a>
	A range of mental health support services.	<a href="http://richmondfellowship.org.uk">richmondfellowship.org.uk</a>

**How to suggest additional content**

This document is reviewed on a regular basis. Email suggestions of mental health support available in Lancashire and South Cumbria to [Healthier.LSC@nhs.net](mailto:Healthier.LSC@nhs.net). For the latest update, visit [healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)

Last reviewed: 16 April 2020.

# LET'S KEEP TALKING



**Now is not the time to  
bottle things up.**

**Talk to your mates and  
stay connected.**

**Let's stay in touch.**

**If you're struggling to cope then  
call Samaritans on 116 123**



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