

LET'S
KEEP
TALKING

Resources and information

to help support
your mental health.



If you're struggling to cope then call the LSCFT mental health crisis line **0800 953 0110** available 24 hours a day or contact Papyrus - Hopeline 0800 068 41 41 Mon-Fri 9am-5pm and 7pm-10pm. Weekends operates from 2pm-5pm.



**Lancashire and
South Cumbria**
Health and Care Partnership

healthierlsc.co.uk/MentalHealthSupport

If you are struggling with your mental health and need someone to talk to, or want to find further information follow the links below or reach out and make a call.

DIAL 999 IF YOU HAVE SERIOUSLY HARMED YOURSELF.

Samaritans – 24 hour support 116 123.

Crisis text line -serves anyone, in any type of crisis, providing access to free, 24/7 support. www.crisistextline.org/text-us/ or Text HOME to 741741.

Ace – Achieve change and engagement - Ace is a charity that provides emotional health and wellbeing therapy free of charge, aged 11-25 in the Lancaster, Morecambe, Carnforth, Kirkham and Fleetwood. Email confidential.a-c-e.org.uk a-c-e.org.uk/ 07717316883 or 07468600903.

Single Point of Access Young People up to 25 years, to access emotional health and wellbeing services for Blackpool, Wyre and Fylde 07810 696565 available 24 hours. E: bfwh.casher.team@nhs.net

Amparo – Bereaved by suicide Free support service - www.amparo.org.uk or call 0330 088 9255 - Local Liaison Workers aim to make initial contact within 24 hours of a referral being made.

The Mix, call us for FREE on **0808 808 4994**. Our crisis messenger text service provides free, 24/7 crisis support across the UK. If you're aged 25 or under, and are experiencing any painful emotion or are in crisis, you can text THEMIX to 85258.

Shout- for support in a crisis: Self-harm crisis advice: <https://www.giveusashout.org/> For support in a crisis, Text Shout to 85258

Young minds practical tips and advice for young people struggling with their feelings www.youngminds.org.uk/young-person/find-help/

Kooth: www.kooth.com/ Free safe anonymous online support for young people Online support Mon- Fri 12-10pm, Sat - Sun 6-10pm.

Childline 0800 1111 (free 24hr).

Anna Freud crisis line: text AFC to 85258.

The AFC Crisis Messenger text service is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope or visit - <https://www.annafreud.org/on-my-mind/afc-crisis-messenger/>

Family Lives: www.familylives.org.uk Providing resources for families on a wide range of issues including BullyingUK Helpline 0808 8002222 Mon- Fri 9am-9pm, weekends 10am-3pm.

Muslim Youth Helpline: www.myh.org.uk Helpline 0808 808 2008 4-10pm.

NSPCC www.nspcc.org.uk Advice and support. Childline: 0800 11 11 Support currently available from 9am-Midnight (normally 24/7) and on line 1-2-1 chat.

Winston's Wish -offers specialist bereavement support to children, young people and their families, helping them to rebuild their lives and face the future with confidence and hope. Information line – 08452 030405, North West Contact number – 08088 020 021 www.winstonswish.org.uk

Cascade (Child and Adolescent Support and Counselling Around Death Experience) is a counselling service for any child from the age of five living in Blackpool, Wyre and Fylde 01253358881 <http://www.trinityhospice.co.uk/services/linden-centre/>

More support is available at: www.healthyyoungmindslsc.co.uk