







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

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

	<p>Confidential and anonymous service supporting wellbeing and mental health for people who prefer to text.</p>	<p>lscft.nhs.uk/texting-service Text HELLO to 07860 022846.</p>
	<p>Helping older people who are at home and need a little extra support with their wellbeing.</p>	<p>ageuk.org.uk 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.</p>
	<p>A free confidential helpline providing information, friendship and advice to older people.</p>	<p>thesilverline.org.uk 0800 470 80 90 Available: 24/7.</p>
	<p>Practical advice - from how to deal with stress and anxiety, to boosting our mood or sleeping better.</p>	<p>nhs.uk/oneyou/every-mind-matters/ Available: Online only 24/7.</p>
	<p>Under 25s' Helpline for any challenges young people might be facing.</p>	<p>themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).</p>
	<p>Supporting adults recovering from addiction and with mental health/dual diagnosis.</p>	<p>redroserecovery.org.uk Available: Online only 24/7.</p>
	<p>Emotional support for families across East Lancashire.</p>	<p>homestarteastlancls.org</p>
	<p>Psychological therapy via telephone / video conference or online support.</p>	<p>lscft.nhs.uk/Mindsmatterbfwh.nhs.uk/our-services/supporting-minds</p>
	<p>Educational resource for adults on children's mental health.</p>	<p>minded.org.uk</p>
	<p>Advice on how to look after your mental health during Coronavirus.</p>	<p>mentalhealth.org.uk/coronavirus</p>
	<p>Resources to equip young people to look after their mental wellbeing.</p>	<p>cwmt.org.uk</p>
	<p>Supporting recovery and continued sobriety of alcoholics.</p>	<p>alcoholics-anonymous.org.uk E: eastlancsaa@gmail.com</p>
	<p>Private and confidential service where children can talk about anything.</p>	<p>childline.org.uk</p>
	<p>Helping people who suffer from panic attacks, and other anxiety disorders.</p>	<p>nopanic.org.uk 0330 606 1174 Available: weekdays 3-6pm</p>

	<p>Helping those suffering with anxiety disorders.</p>	<p>anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.</p>
	<p>Preventing child abuse, protecting children.</p>	<p>nspcc.org.uk 0800 1111 (children and young people); 0808 800 5000 (to report abuse). Interpretation available. Available: 24 hours a day, daily.</p>
	<p>A listening ear for parenting questions and guidance around complex family issues.</p>	<p>family-action.org.uk/what-we-do/children-families/familyline/ 0808 802 6666 Available: daily 9am-9pm or text FAMILYACTION to 85258 (24/7)</p>
	<p>SAFA Cumbria uses trained counsellors to provide support for anyone in Cumbria who is anxious, isolated or worried about COVID-19.</p>	<p>safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm</p>
	<p>Support for children and young people who are grieving and specific advice in relation to COVID-19.</p>	<p>childbereavementuk.org/coronavirus-supporting-children 0800 02 888 40 Available: weekdays 9am – 5pm.</p>
	<p>MyTime: Emotional health and wellbeing support to children and young people living across Cumbria</p>	<p>tinyurl.com/barnardosmytime 01539 742626 E: MyTimeCumbria@barnardos.org.uk Available: weekdays 9am – 5pm.</p>
	<p>Reading Well's shelf-help: free-to-borrow library books to help you cope with the pressures of life.</p>	<ul style="list-style-type: none"> • lancashire.gov.uk/libraries-and-archives/libraries/reading-for-health/ • cumbria.gov.uk/libraries/wellread/well_read.asp
	<p>Projects to improve your mood, build confidence, feel better about your mental and have better relationships.</p>	<p>lancashirewomen.org 0300 330 1354 E: TalkToUs@lancashirewomen.org</p>
	<p>Helpful resources that are available to help support your mental health and well-being.</p>	<p>camhs-resources.co.uk/coronavirus</p>
	<p>A range of mental health support services.</p>	<p>richmondfellowship.org.uk</p>