

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

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

	Helping those suffering with anxiety disorders.	anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
	Preventing child abuse, protecting children.	nspcc.org.uk 0800 1111 (children and young people); 0808 800 5000 (to report abuse). Interpretation available. Available: 24 hours a day, daily.
	Under 25's Helpline for any challenges young people might be facing.	themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
	A listening ear for parenting questions and guidance around complex family issues.	family-action.org.uk/what-we-do/children-families/familyline/ 0808 802 6666 Available: daily 9am-9pm or text FAMILYACTION to 85258 (24/7)
	SAFA Cumbria uses trained counsellors to provide support for anyone in Cumbria who is anxious, isolated or worried about COVID-19.	safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm
	Support for children and young people who are grieving and specific advice in relation to COVID-19.	childbereavementuk.org/coronavirus-supporting-children 0800 02 888 40 Available: weekdays 9am – 5pm.
	MyTime: Emotional health and wellbeing support to children and young people living across Cumbria	tinyurl.com/barnardosmytime 01539 742626 E: MyTimeCumbria@barnardos.org.uk Available: weekdays 9am – 5pm.

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. For the latest update, visit healthierlsc.co.uk/MentalHealthSupport

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