

## Mental health support resources in Lancashire and South Cumbria

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

Healthy young minds	Online self-help materials, resources and guidance.	healthyyoungmindslsc.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.
keeth	Safe and anonymous online counselling and support for young people.	kooth.com Available: weekdays 9am-10pm; weekends 6-10pm.
SAMARITANS	A safe place for anyone struggling to cope.	samaritans.org 116 123 Available: 24 hours a day, daily.
NSPCC	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.
CAMPAIGN AGAINST LIVING MISERABLY CALM	Working to prevent male suicide. Support for men struggling or in crisis.	calmzone.net 0800 58 58 58 Available: 5pm-12am, daily.
PAPYRUS  PREVENTION OF YOUNG SUICIDE	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 Availability: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. LanguageLine support available.
Lancashire & South Cumbria NHS Foundation Trust	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.
mind for better mental health	Helping you understand and look after your mental health and wellbeing.	lancashiremind.org.uk mindincumbria.org.uk Available: Online only.



## Mental health support resources in Lancashire and South Cumbria

Confidential and anonymous service supporting wellbeing and mental health for people who prefer to text.  Helping older people who are at home and need a little extra support with their wellbeing.  A free confidential helpline providing information, friendship and advice to older people.  Practical advice - from how to deal with stress and anxiety, to boosting our mood or sleeping better.  Supporting adults recovering from addiction and with mental health/dual diagnosis.  Emotional support for families across East Lancashire.  Psychological therapy via telephone / video conference or online support.  Educational resource for adults on children's mental health.  Minded  Confidential and anonymous service supporting wellbeing and mental health cext HELLO to 07860 022846.  Text HELLO to 07860 022846.  Iscft.nhs.uk/texting-service Text HELLO to 07860 022846.  Text HELLO to 07860 022846.  Iscft.nhs.uk/texting-service Text HELLO to 07860 02846.  Iscft.nhs.uk/texting-service Text HELLO to 07860 02	SMENTAL HEALTH TEXTING SERVICE  Helping older people who are at home and need a little extra support with their wellbeing.  A free confidential helpline providing information, friendship and advice to older people.  Practical advice - from how to deal with stress and anxiety, to boosting our mood or sleeping better.  Supporting adults recovering from addiction and with mental health/dual diagnosis.  Emotional support for families across East Lancashire.  Psychological therapy via telephone / video conference or online support.  Educational resource for adults on children's mental health.  Helping older people who are at home and need a little extra support ageuk. O800 678 1602  Availability: 8am-7pm, daily. Language support on Thursday.  10800 470 80 90  Availability: 24/7.  Nhs.uk/oneyou/every-mind-matters/ Availability: Online only 24/7.  Tedroserecovery.org.uk  Availability: Online only 24/7.  Implication of the first indication and with mental health.			
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	A range of mental health support services.  A range of mental health support services.	RICHMOND FELLOWSHIP MAKING RECOVERY REALITY	•	richmondfellowship.org.uk

## 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 <a href="https://example.co.uk/mental-health-support">Healthier.LSC@nhs.net</a>. For the latest update, visit <a href="https://example.co.uk/mental-health-support">healthier.LSC@nhs.net</a>. For the

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