

LET'S KEEP TALKING

**Right now
it can be
difficult to
see what's
next for us.**



**Stay in the present, take it a
day at a time, and chat to
your friends about how
you're feeling.**

If you're struggling to cope then call the LSCFT
mental health crisis line **0800 953 0110**

or text **HELLO** to the Wellbeing & Mental
Health Texting Service on **07860 022 846**

or call Samaritans on 116 123

Scan the QR
code for a list
of services in
your area



**Healthier
Lancashire &
South Cumbria**

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.

More support is available at: healthierlsc.co.uk/MentalHealthSupport

Dial 999 if you have seriously harmed yourself

	Online self-help materials, resources and guidance.	healthyyoungminds.lsc.co.uk/information/coronavirus Available: 24 hours a day, daily.
	An online counselling service for over 16s.	togetherall.com Available: 24 hours a day, daily.
	A safe place for anyone struggling to cope.	selfhelp.samaritans.org 116 123 Available: 24 hours a day, daily.
	Support for men struggling or in crisis.	calmzone.net 0800 58 58 58 Available: 5pm-12am, daily.
	Wellbeing and mental health helpline and text service supporting people's mental health. LanguageLine available.	lscft.nhs.uk/Mental-Health-Helpline 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight
	Mental Health Crisis Line - urgent help with mental health distress	lscft.nhs.uk/Crisis 0800 953 0110 Available: 24 hour a day, daily.
	Psychological therapy via telephone / video or online.	lscft.nhs.uk/Mindsmatter
	Support for young people dealing with suicide, depression or distress. LanguageLine available.	papyrus-uk.org 0800 068 41 41 Text: 07786 209697. Available: weekdays 10am-10pm; weekends 2-10pm.
	Supporting adults recovering from addiction / mental health diagnosis.	redroserecovery.org.uk Available: online only 24/7.
	Supporting recovery and continued sobriety of alcoholics.	alcoholics-anonymous.org.uk E: eastlancsaa@gmail.com
	Helping you understand and look after your mental health and wellbeing.	lancashiremind.org.uk mindinfurness.org ulverstonmind.org.uk online only.

	Confidential helpline providing information, friendship and advice to older people.	thesilverline.org.uk 0800 4708090 Available: 24 hours a day, daily.
	Practical advice - how to deal with stress and anxiety.	nhs.uk/oneyou/every-mind-matters/ online only 24/7.
	Helpline for any challenges under 25s' might be facing.	themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
	Helping those suffering with anxiety disorders.	anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
	Advice for parents / carers concerned about the mental health of a child or young person.	youngminds.org.uk 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. LanguageLine available.
	Helping older people who are at home and need extra support with their wellbeing.	ageuk.org.uk 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.
	Safe and anonymous online counselling and support for young people.	kooth.com Available: weekdays 12pm-10pm; weekends 6-10pm.
	Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.	lancashirebmenetwork.org.uk/counselling 01254 392974 Available: weekdays 10am-5pm.
	Confidential counselling service for children.	childline.org.uk
	Helping people with panic attacks and anxiety disorders.	nopanik.org.uk 0330 606 1174 Available: weekdays 3-6pm.
	Support for anyone anxious or worried in Cumbria.	safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm.
	Support for children & young people who are grieving.	childbereavementuk.org 0800 0288840 Available: weekdays 9am – 5pm.
	Emotional support for children and young people in Cumbria	tinyurl.com/barnardosmytime 01539 742626 E: MyTimeCumbria@barnardos.org.uk Available: weekdays 9am – 5pm.

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School holidays might seem like a disruption to the family routines we've created over the past few months.

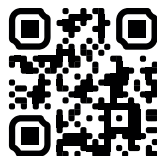
**Go at your own pace,
and chat to friends and
family about it.**

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