

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

 <p><b>THE WELLBEING &amp; MENTAL HEALTH TEXTING SERVICE</b></p>	<p>Confidential and anonymous service supporting wellbeing and mental health for people who prefer to text.</p>	<p><a href="https://lscft.nhs.uk/texting-service">lscft.nhs.uk/texting-service</a> Text HELLO to 07860 022846.</p>
 <p><b>ageUK</b></p>	<p>Helping older people who are at home and need a little extra support with their wellbeing.</p>	<p><a href="https://ageuk.org.uk">ageuk.org.uk</a> 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.</p>
 <p><b>The Silver Line</b> helpline for older people 0800 4 70 80 90</p>	<p>A free confidential helpline providing information, friendship and advice to older people.</p>	<p><a href="https://thesilverline.org.uk">thesilverline.org.uk</a> 0800 470 80 90 Available: 24/7.</p>
 <p><b>every mind matters</b></p>	<p>Practical advice - from how to deal with stress and anxiety, to boosting our mood or sleeping better.</p>	<p><a href="https://nhs.uk/oneyou/every-mind-matters/">nhs.uk/oneyou/every-mind-matters/</a> Available: Online only 24/7.</p>
 <p><b>R</b> RED ROSE RECOVERY</p>	<p>Supporting adults recovering from addiction and with mental health/dual diagnosis.</p>	<p><a href="https://redroserecovery.org.uk">redroserecovery.org.uk</a> Available: Online only 24/7.</p>
 <p><b>HOME START</b> in East Lancashire</p>	<p>Emotional support for families across East Lancashire.</p>	<p><a href="https://homestarteastlancs.org">homestarteastlancs.org</a></p>
 <p><b>Minds matter</b> Talking Therapies provided by Lancashire Care</p>	<p>Psychological therapy via telephone / video conference or online support.</p>	<p><a href="https://lscft.nhs.uk/Mindsmatterbfwh.nhs.uk/our-services/supporting-minds">lscft.nhs.uk/Mindsmatterbfwh.nhs.uk/our-services/supporting-minds</a></p>
 <p><b>MindEd</b> e-learning to support learning minds</p>	<p>Educational resource for adults on children's mental health.</p>	<p><a href="https://minded.org.uk">minded.org.uk</a></p>
 <p><b>Mental Health Foundation</b></p>	<p>Advice on how to look after your mental health during Coronavirus.</p>	<p><a href="https://mentalhealth.org.uk/coronavirus">mentalhealth.org.uk/coronavirus</a></p>
 <p><b>CWM</b> CHILDREN'S WELLBEING MATTERS</p>	<p>Resources to equip young people to look after their mental wellbeing.</p>	<p><a href="https://cwmt.org.uk">cwmt.org.uk</a></p>
 <p><b>AA</b> RECOVERY</p>	<p>Supporting recovery and continued sobriety of alcoholics.</p>	<p><a href="https://alcoholics-anonymous.org.uk">alcoholics-anonymous.org.uk</a> E: <a href="mailto:eastlancsaa@gmail.com">eastlancsaa@gmail.com</a></p>
 <p><b>childline</b> ONLINE, ON THE PHONE, ANYTIME</p>	<p>Private and confidential service where children can talk about anything.</p>	<p><a href="https://childline.org.uk">childline.org.uk</a></p>
 <p><b>RICHMOND FELLOWSHIP</b> MAKING RECOVERY REALITY</p>	<p>A range of mental health support services.</p>	<p><a href="https://richmondfellowship.org.uk">richmondfellowship.org.uk</a></p>
 <p><b>No Panic</b> don't call us - pick up the phone</p>	<p>Helping people who suffer from panic attacks, and other anxiety disorders.</p>	<p><a href="https://nopic.org.uk">nopic.org.uk</a> 0330 606 1174 Available: weekdays 3-6pm</p>

	<p>Helping those suffering with anxiety disorders.</p>	<p><a href="http://anxietyuk.org.uk">anxietyuk.org.uk</a> 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.</p>
	<p>Preventing child abuse, protecting children.</p>	<p><a href="http://nspcc.org.uk">nspcc.org.uk</a> 0800 1111 (children and young people); 0808 800 5000 (to report abuse). Interpretation available. Available: 24 hours a day, daily.</p>
	<p>Under 25's Helpline for any challenges young people might be facing.</p>	<p><a href="http://themix.org.uk">themix.org.uk</a> 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).</p>
	<p>A listening ear for parenting questions and guidance around complex family issues.</p>	<p><a href="http://family-action.org.uk/what-we-do/children-families/familyline/">family-action.org.uk/what-we-do/children-families/familyline/</a> 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><a href="http://safa-selfharm.com">safa-selfharm.com</a> 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><a href="http://childbereavementuk.org/coronavirus-supporting-children">childbereavementuk.org/coronavirus-supporting-children</a> 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><a href="http://tinyurl.com/barnardosmytime">tinyurl.com/barnardosmytime</a> 01539 742626 E: <a href="mailto:MyTimeCumbria@barnardos.org.uk">MyTimeCumbria@barnardos.org.uk</a> Available: weekdays 9am – 5pm.</p>

### 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](mailto:Healthier.LSC@nhs.net). For the latest update, visit [healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)

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