Support available during school holidays

Below is a list of Mental Health and Well Being support services available across Lancashire.

Dial 999 if you have seriously harmed yourself

healthyyoungmindslsc.co.uk/
Online self-help materials, resources information/coronavirus

An online counselling service for over 16s. Available 24 hours a day, daily.
www.togetherall.com

A safe place for anyone struggling to cope. Available: 24 hours a day, daily.
www.selfhelp.samaritans.org / 116 123

Support for men struggling or in crisis. Available: 5pm-12am, daily.
www.calmzone.net / 0800 58 58 58

Wellbeing and mental health helpline and text service supporting people's mental health. lscft.nhs.uk\Mental-Health-Helpline / 0800 915 4640

LanguageLine - Available: Weekdays 7pm-11pm and weekends 12pm-Midnight. Text HELLO to 07860 022846.

Mental Health Crisis Line - urgent help with mental health distress. Available: 24 hour a day, daily. lscft.nhs.uk/Crisis / 0800 953 0110

Psychological therapy via telephone video or online.
www.lscft.nhs.uk/Mindsmatter

Support for young people dealing with depression or distress.
www.papyrus-uk.org / 0800 068 41 41 / text: 07786 209697
LanguageLine available. Available: weekdays 10am-10pm; weekends 2 -10pm.

Helping people with panic attacks and anxiety disorders.
www.nopanic.org.uk / 0330 606 1174. Available: weekdays 3pm – 6pm.

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.
www.themix.org.uk / 0808 808 4994. Available 4pm – 11pm, daily.

Helping those suffering with anxiety disorders.
anxietyuk.org.uk / 08444 775 775. Available: weekdays 9.30am

Advice for parents / carers concerned about the mental health of a child or young person. www.anxietyuk.org.uk / 08444 775 775.
24/7 Crisis Messenger: text YM to 85258
Available: weekdays 12-10pm

Confidential counselling service for children.

www.childline.org.uk

Safe and anonymous online counselling and support for young people. www.kooth.com
Available: weekdays 12pm-10pm; weekends 6-10pm

Talk me happy counselling, bereavement and befriending for BME people in Lancashire.
www.lancashirebmenetwork.org/counselling / 01254 392974
Available: weekdays 10am-5pm.

Support for children & young people who are griving.
www.childbereavementuk.org / 0800 0288840
Available: weekdays 9am – 5pm.

Eating disorders are complex mental illnesses. Anyone, no matter what their age, gender, or background can develop one.
Helpline services provided 365 days a year. Helpline on 0808 801 0677 or 0808 801 0711. Youthline www.beateatingdisorders.org.uk

SANE is a leading UK mental health charity. We work to improve the quality of life for anyone affected by mental illness.
SANEline: 0300 304 7000 (daily, 4.30pm-10.30pm)
Textcare: comfort and care via text message, sent when the person needs it most.
http://www.sane.org.uk/textcare
Peer support forum: www.sane.org.uk/supportforum

Helping you understand and look after your mental health and wellbeing.
Online only.
www.lancashiremind.org.uk
www.mindinfurness.org