

Services for Young People and Families

Mental Health and Wellbeing for Families, Children and Young Adults

A

- **ACE Achieve Change and Engagement** – Charity providing emotional health and wellbeing therapy to young people age 11-25 free of charge – individual support or group work. <https://a-c-e.org.uk>
- **Anna Freud Institute** – A children's mental health charity caring for young people and their families. Please see their website for more information.

B

- **Beat Eating Disorders** – Website offering support and advice for those suffering from eating disorders. Please see the BEAT website for more information.

C

- **Carers Help Advisory Training Support** – A service for anyone looking after a child or young person with any kind of emotional or mental health problem. Support available via email (chats_123@yahoo.com) or by telephone: Claire – 07846 332609 || Rebecca – 07939 685408 || Sue – 07909 584135
- **CALM** – Campaign Against Living Miserably, a service for men aged between 15 and 35. Please see their website for more information.
- **CHATS** (Carers Help Advisory Training Support) – For anyone looking after a child or young person with any kind of emotional or mental health problem. Email: chats_123@yahoo.com or Facebook: H.A.T.S Parent Support Group (Lancaster and Morecambe area)
- **Child and Adolescent Mental Health** – Lots of helpful resources from across the internet that are available to help support your mental health and well-being. <https://www.camhs-resources.co.uk/>
- **Child Bereavement Trust** – Support for children and young people who are grieving. Also providing specific advice in relation to COVID-19. Please see their website for more information.
- **Child Bereavement UK** – Support for children & young people up to age 25 who are grieving and specific advice in relation to COVID-19. <https://www.childbereavementuk.org/coronavirus-supporting-children>
- **Childline** – join an online queue for a 1-2-1 chat from 9am-10.30pm, chats carry on until Midnight. 0800 1111

F

- **FAB** (Families and Babies) – FAB is a charity supporting, promoting and protecting breastfeeding and well being in Lancashire. FAB are also providing an online class to learn breastfeeding and feeding basics as Antenatal classes have been cancelled. Please see their Facebook page for more information.

- **Family Lives** – Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. Please see the Family Lives website for more information.

H

- **Healthy Young Minds** – A website with advice, guidance and support related to children and young people's mental health and emotional wellbeing. <https://www.healthyyoungmindsisc.co.uk/home>

K

- **Kooth** – Free, safe and anonymous online support for young people. Please see the Kooth website for more information.

L

- **Lancashire MIND** – Support sections for Adults, Children & Young People, Parents & Carers. <https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

- **Lancashire Mind & Healthy Young Minds** – Wellbeing Passport – a tool to help young people share information about their mental health and emotional wellbeing. <https://wellbeingpassport.org.uk/>

- **Lancashire Youth Challenge** – A series of 5 short films covering breathing, relaxation & mindfulness sessions to support young people managing their anxiety <http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/>

- **Lancaster University** – Term time student mental health support line. Please contact them for more information 01524 594444.

M

- **The Mix** – Support service for young people under 25. Help with any challenge – mental health, money, homelessness, finding a job, break-ups, drugs. 808 808 4994 / themix.org.uk Crisis Messenger service: text THEMIX to 85258

N

- **NHS Child and Adolescent Mental Health Services** – Mental Health Crisis Line – 24hrs a day, 7 days a week for crisis support, urgent advice, triage and assessment. For young people, families/carers and other professionals. 0800 953 0110

- **No Panic – Youth Hub** – Charity offering support for those who suffer from panic attacks, phobias, obsessive compulsive disorder (OCD) and other related anxiety disorders. info@nopanic.org.uk

- **NSPCC** – National Society for the Prevention of Cruelty to Children, offering support for victims of child abuse. Please see their website for more information.

P

- **Papyrus** – Young suicide prevention society. Please see their website for more information.

- **Prop Up Project** – A group for teenagers and young adults who find socializing hard and would like to improve their mental health. Please see their Facebook page for more information.

R

- **Relate** – Free relationship support. For more information, please visit the Relate website.
- **Royal College of Psychiatrists** – Information for young people, parents and carers, about young people's mental health. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

T

- **Teen Body Image and Self-Esteem** – A guide for parents focusing on practical advice for improving their self-esteem and supporting them as they grow up. <https://www.freederm.co.uk/body-image-and-self-esteem>
- **Teen Mental Health: A Guide for Parents** – A break-down of some key pain-points, and what you can to do help as a parent. <https://www.mytutor.co.uk/blog/teen-mental-health-a-guide-for-parents/>

U

- **Understanding Screen Addiction and Responsible Digital Use** – Take control and ensure your digital devices have a positive impact on your life. <https://www.comparethemarket.com/broadband/content/screen-usage-guide/>

W

- **We are with you** (formally Young Addaction) Lancaster – Are still taking referrals and can offer online/telephone/social media support to any young people under 25 who are experiencing addiction to drugs, alcohol and solvents. Online Chat : wearewithyou.org.uk/services/lancashire-for-young-people-lancaster

Y

- **Young Addiction Lancaster** – Taking referrals and offering online, telephone and social media support to young people (under 25) who are experiencing addiction to drugs and alcohol. For more information, please contact them on 01524 239570
- **Young Minds** – Information and support for children and adolescents with poor mental health. Services for parents and professionals. Please see their website for more information.