

Mental Health Services

B-eat- Leading UK charity providing information, help and support for people affected by eating disorders. Contact on; 0845 6341414 Online: www.b-eat.co.uk

Youth line: Mon-Fri 4:30pm-8:30pm

Big White Wall – Big white wall is an online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares. Available through the website: www.Bigwhitewall.com

Calm- For young men, 15-24 years, 5pm-3am daily. Contact on: 0800 585858. Online: www.thecalmzone.net

CAMHS (Child and Adolescent Mental Health Service)- NHS service that assesses and treats young people with emotional, behavioural and mental health difficulties. Supports depression, problems with food, self-harm, abuse, violence, anger, bipolar, schizophrenia, anxiety and more. Contact on: 0808 8025544

Family Rights Group- Provides advice and support for families whose children are involved with social services. Contact on: 0808 8010366

Key Youth Charity- Key helps people to build better lives, develop self-confidence and well being, prevent homelessness and strengthen families. Contact on: 01772 678979

Lancashire LGBT - Supporting LGBT people to be happier healthier and well connected. Contact on: 01772 717461. Online: www.lancslgbt.org.uk

Mindsmatter Chorley and South Ribble- Offering talking therapies to adults from the age 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression. Contact on: 01772 643168. Self-referral online: www.lancashirecare.nhs.uk/Mindsmatter

The Mix- The UK's leading support for young people. They offer help with any challenge you're facing, from mental health to money, from homelessness to finding a job and from break ups to drugs. Contact on: 0808 8084994. Online: www.themix.org.uk/

The Priory- Priory is the leading independent provider of behavioural care in the UK. Our purpose is to make a real and lasting difference for everyone we support. Priory is dedicated to helping people to improve their health and wellbeing. We understand that in order for people to achieve high quality clinical and educational outcomes they need individually tailored programmes, suiting their specific needs. Contact on: 0800 0846116 . Website: www.priorygroup.com

Shelter- Offers free, confidential and impartial advice, information and assistance on any housing problems. Contact on: 0808 8004444. Online: www.shelter.org.uk

Suicide and Self harm- Crisis Team. Contact On: 01772 676173

Victim Support- Support for victims of abuse/domestic violence. Contact on: 01772 201 142

Young Addaction- Addaction helps people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – we support people to making lasting change in their lives. Contact on: 0808 164 0074

Young Carers- If you are under 18 years old and care for someone with a physical disability, mental health problem and a drug or alcohol problem then your local Barnardos team can help you. Contact on: 01772 641 002 or email on: lancashireyoungcarers@barnardos.org.uk

Young Minds- Young people's mental health and wellbeing. Contact on: 0808 8025544. Online: www.youngminds.org.uk

Youth Zone- Work with young people aged 12-19 across Lancashire. If you're struggling to cope with a problem or just want to find out information, you can text or talk with one of their advisors between 2pm and 10pm every day. You can also see them face to face in your local info zone. www.lancashire.gov.uk/youthzone/get-in-touch