

Safeguarding

Where can I access support?

Lancashire Children's Social Care 0300 123 6720, cyreferrals@lancashire.gov.uk, (out of hours 0300 123 6721)

Lancashire Police 101 or 999 in an emergency

Missing People Charity 116 000

Childline 0800 1111

NSPCC 0808 800 5000 (adults who are concerned about a child) www.nspcc.org.uk

Samaritans 116 123

Mental Health Support

Anxiety UK 03444 775 774 www.anxietyuk.org.uk

Papyrus 0800 068 41 41 www.papyrus-uk.org

CALM (aimed at men aged 15-35) 0800 58 58 58 www.thecalmzone.net

SANE 0300 304 7000 www.sane.org.uk

Men's Health Forum www.menshealthforum.org.uk

Mental Health Foundation www.mentalhealth.org.uk

MIND 0300 123 3393 www.mind.org.uk

No Panic 0844 967 4848 www.nopanic.org.uk

Young Minds – Parent helpline 0808 802 5544 www.youngminds.org.uk

Time to Change <https://www.time-to-change.org.uk>

Lifestyle Central <https://www.life-central.org> (there is a Life Central App that you can download)