

Children and Family
Wellbeing
Service

Get advice and support

Someone to talk to
Problems at
home/school
Jobs and training
Apprenticeships
Staying safe
online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and
alcohol
Things to do
Housing, rights
and money
What age can I?

[facebook.com/LancashireYPS](https://www.facebook.com/LancashireYPS)

twitter.com/LancashireYPS

You can contact us 365 days a year

2pm to 10pm

**talk
zone**

Text 07786 511111

Talk online lancashire.gov.uk/youthzone

Call 0800 511111



Age 0-19

(up to 25 for young
people with learning
difficulties or disabilities)

www.lancashire.gov.uk

Lancashire

County
Council

