












Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call.

More support is available at: healthierlsc.co.uk/MentalHealthSupport

Dial 999 if you have seriously harmed yourself

	<p>Online self-help materials, resources and guidance.</p>	<p>healthyyoungminds.lsc.co.uk/information/coronavirus Available: 24 hours a day, daily.</p>
	<p>An online counselling service for over 16s.</p>	<p>togetherall.com Available: 24 hours a day, daily.</p>
	<p>A safe place for anyone struggling to cope.</p>	<p>selfhelp.samaritans.org 116 123 Available: 24 hours a day, daily.</p>
	<p>Support for men struggling or in crisis.</p>	<p>calmzone.net 0800 58 58 58 Available: 5pm-12am, daily.</p>
	<p>Wellbeing and mental health helpline and text service supporting people's mental health. LanguageLine available.</p>	<p>lscft.nhs.uk\Mental-Health-Helpline 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight</p>
	<p>Mental Health Crisis Line - urgent help with mental health distress</p>	<p>lscft.nhs.uk/Crisis 0800 953 0110 Available: 24 hour a day, daily.</p>
	<p>Psychological therapy via telephone / video or online.</p>	<p>lscft.nhs.uk/Mindsmatter</p>
	<p>Support for young people dealing with suicide, depression or distress. LanguageLine available.</p>	<p>papyrus-uk.org 0800 068 41 41 Text: 07786 209697. Available: weekdays 10am-10pm; weekends 2-10pm.</p>
	<p>Supporting adults recovering from addiction / mental health diagnosis.</p>	<p>redroserecovery.org.uk Available: online only 24/7.</p>
	<p>Supporting recovery and continued sobriety of alcoholics.</p>	<p>alcoholics-anonymous.org.uk E: eastlancsaa@gmail.com</p>
	<p>Helping you understand and look after your mental health and wellbeing.</p>	<p>lancashiremind.org.uk mindinfurness.org ulverstonmind.org.uk online only.</p>

**Mental health support
resources in Lancashire
and South Cumbria**

	<p>Confidential helpline providing information, friendship and advice to older people.</p>	<p>thesilverline.org.uk 0800 4708090 Available: 24 hours a day, daily.</p>
	<p>Practical advice - how to deal with stress and anxiety.</p>	<p>nhs.uk/oneyou/every-mind-matters/ online only 24/7.</p>
	<p>Helpline for any challenges under 25s' might be facing.</p>	<p>themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).</p>
	<p>Helping those suffering with anxiety disorders.</p>	<p>anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.</p>
	<p>Advice for parents / carers concerned about the mental health of a child or young person.</p>	<p>youngminds.org.uk 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. LanguageLine available.</p>
	<p>Helping older people who are at home and need extra support with their wellbeing.</p>	<p>ageuk.org.uk 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.</p>
	<p>Safe and anonymous online counselling and support for young people.</p>	<p>kooth.com Available: weekdays 12pm-10pm; weekends 6-10pm.</p>
	<p>Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.</p>	<p>lancashirebmenetwork.org.uk/counselling 01254 392974 Available: weekdays 10am-5pm.</p>
	<p>Confidential counselling service for children.</p>	<p>childline.org.uk</p>
	<p>Helping people with panic attacks and anxiety disorders.</p>	<p>nopanic.org.uk 0330 606 1174 Available: weekdays 3-6pm.</p>
	<p>Support for anyone anxious or worried in Cumbria.</p>	<p>safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm.</p>
	<p>Support for children & young people who are grieving.</p>	<p>childbereavementuk.org 0800 0288840 Available: weekdays 9am – 5pm.</p>
	<p>Emotional support for children and young people in Cumbria</p>	<p>tinyurl.com/barnardosmytime 01539 742626 E: MyTimeCumbria@barnardos.org.uk Available: weekdays 9am – 5pm.</p>