

## Carr Hill – Wellbeing and mental health support

### Online services and signposting for young people

<https://youngminds.org.uk/> - crisis messenger for urgent help, advice and support

<https://www.childline.org.uk/> - helpline, 1-2-1 online help, email, advice on a wide range of topics

<https://papyrus-uk.org/> (organisation for the prevention of young suicide) – helpline, advice and support, suicide bereavement support

<https://www.kooth.com/> - free, safe and anonymous online counselling for young people

<https://www.mind.org.uk/information-support/for-children-and-young-people/> - information and support for young people

<https://www.annafreud.org/on-my-mind/> (Anna Freud National Centre for Children and Families) – On My Mind page designed for young people

<https://www.samaritans.org/> - helpline 24/7, 365 days a year

<https://www.bigwhitewall.co.uk/> (Fylde and Wyre) - 16 years plus, safe online community and 1-2-1 support

<https://www.cwmt.org.uk/resources> (Charlie Waller Memorial Trust) – resources and support around depression

### Apps

To find trusted apps that have been approved by the NHS, please see the

<https://www.orcha.co.uk/> website

<https://hubofhope.co.uk/> - find support in your location or by entering a postcode

### Support services/groups for young people

<https://www.bfwh.nhs.uk/our-services/community-services/child-and-adolescent-mental-health-service-for-blackpool-camhs/> - Blackpool CAMHS

<https://www.blackpoolcarers.org/> - support for young carers

<https://www.bfwh.nhs.uk/our-services/hospital-services/alcohol-liaison-nurse-service/the-hub/> (The Hub Blackpool) - substance misuse service for under 24s

<https://www.bfwh.nhs.uk/our-services/community-services/connect-therapy-service/> (Youtherapy) – counselling and therapy for 11-25 years, drop in service Wednesdays 3-5pm

<https://www.lancswt.org.uk/myplace> - ecotherapy for 11 years plus

<https://www.lancashire.gov.uk/youthzone/things-to-do/places/young-peoples-centres/the-zone-in-fylde/> - The Zone in Fylde (youth zone)

<https://www.addaction.org.uk/services/young-addaction-lancashire-central> (Young Addaction) - young people's substance misuse service for under 25's

### Support and services for parents

<https://youngminds.org.uk/> - parents helpline

<http://www.peertalk.org.uk/> (Preston – 07719562617) – peer support group for over 18's living with depression

<http://ncompassnorthwest.co.uk/> (Preston) – advocacy, health and wellbeing and counselling services

<https://www.menhear.co.uk/> (Preston) – men's peer support group

<http://www.happydaze.org.uk/> (Preston) – men's peer support group

<https://www.facebook.com/groups/TheDadsnetLancashire/> - online community and peer support for dads

<http://www.samaritans.org/branches/preston-and-district-branch-samaritans> (Preston)

<http://www.samaritans.org/branches/samaritans-blackpool-fylde-and-wyre-branch> (Blackpool, Fylde and Wyre)

<https://www.shbi.org.uk/> - Counselling in the Community (Blackpool)

[www.bipolaruk.org](http://www.bipolaruk.org) – Blackpool Bipolar UK support group (Helpline - 0333 323 3880)

<https://lancashirewomen.org/> - Lancashire Women's Centre  
([TalkToUs@lancashirewomen.org](mailto:TalkToUs@lancashirewomen.org))

<https://www.homestartcentrallancs.org.uk/> - support families with children 0-11 years old in the areas of Chorley, South Ribble and West Lancashire

<https://www.lancswt.org.uk/myplace> - ecotherapy for 11 years plus

### Support for staff

All the above services, plus some education professional specific

<https://www.educationsupport.org.uk/helping-you/telephone-support-counselling> (Education Support) - 24/7, 365 helpline

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/> - Supporting school staff and creating a mentally health school culture

<https://www.mentalhealthatwork.org.uk/toolkit/staff-mental-health-in-education/> - resources for supporting staff mental health