


















Please find below, contacts for additional agencies that can be accessed directly by you.

	Support	About	Contact
	A.C.E	A service to support young people to build emotional resilience. You can self-refer to this agency.	Call: 07717316883 or 07468600903 Website: https://a-c-e.org.uk/
	Addaction	A service that supports young people with addiction to alcohol and drugs	Call: 08081640074 Website: https://www.addaction.org.uk
	Barnardo's	Barnardo's offer free and confidential support to young carers in Lancashire	Call: 01772 641002 Website: www.barnardos.org.uk/lancashire-young-carers.htm
	Cancer Care	Support for 13 – 18 year olds who have been affect by cancer or if someone close to you has died of any cause.	Call: 01524381820 Website: https://www.cancercare.org.uk/
	Child Action North West	Targeted Early Support to help young people and families in difficulty	Call: 01254 244700 Website: http://canw.org.uk/

	CEOP	CEOP help children stay safe online.	Website: https://www.ceop.police.uk/safety-centre
	Childline	You can contact Childline about anything. You can call, chat online or email.	Call : 0800 1111 Website: https://www.childline.org.uk/
	FRANK	Online advice about drugs.	Call: 03001236600 Text: 82111 Website: https://www.talktofrank.com
	Home Start Central	Home-Start Central Lancashire is an early intervention, family support charity which gives families support and friendship during difficult, challenging times.	Call: 01257 241636 Website: https://www.homestartcentrallancs.org.uk/about-us/
	Kooth	Free, safe and anonymous online support for young people.	Website: https://www.kooth.com/

	Lancashire LGBT	Supporting LGB&T people to be happier, healthier and well connected.	Call: 01772717461 Website: https://lancslgbt.org.uk/
	Mindsmatter	Mindsmatter is a wellbeing service offering a range of free psychological therapies to people aged 16 and over in Lancashire.	Call: 01772 695300 Website: https://www.lancashirecare.nhs.uk/Mindsmatter
	NEST	Nest support young people aged 5 to 18 who have been affected by crime or subjected to bullying, threats or harassment. Young people can talk to Nest in confidence and all services are free of charge.	Call: 0300 111 0323 Website: www.nestlancashire.org
	NSPCC	Help for children and young people.	Helpline: 0808 800 5000 Website: https://www.nspcc.org.uk/
	Papyrus	Papyrus offer advice and resources to young people who may have suicidal thoughts.	Call: 08000684141 Website: www.papyrus-uk.org
	Rainbow Trust	Rainbow trust is a charity that provides support to those with life changing illnesses helping them get all of the treatments, funding and help needed to get through life. They help young people from 0-18 years.	Call: 01372 220 095 Website: www.rainbowtrust.org.uk

	Samaritans	Free support for everyone day or night.	Call: 116123 Website: https://www.samaritans.org/
	SEED <i>(Support and Education for Eating Disorders)</i>	SEED offers information, advice, education and practical help for individuals suffering from Eating Disorders and their parents/carers.	Call: 08443915539 Website: https://helpfinder.beateatingdisorders.org.uk/seed-lancashire-support-and-education-for-eating-disorders
	Unique Kidz and Co	Unique Kidz and Co aims to improve the social and play opportunities of disabled children and young people, and their siblings through specialist childcare services.	Call: 01524831132 Website: http://www.uniquekidzandco.org.uk/
	Young Minds	Online support for parents & children suffering with mental health.	Call: 08088025544 Website: https://youngminds.org.uk/