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

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

	<b>Lancashire LGBT</b>	Supporting LGB&T people to be happier, healthier and well connected.	<b>Call:</b> 01772717461  <b>Website:</b> <a href="https://lanclgbt.org.uk/">https://lanclgbt.org.uk/</a>
	<b>Mindsmatter</b>	Mindsmatter is a wellbeing service offering a range of free psychological therapies to people aged 16 and over in Lancashire.	<b>Call:</b> 01772 695300  <b>Website:</b> <a href="https://www.lancashirecare.nhs.uk/Mindsmatter">https://www.lancashirecare.nhs.uk/Mindsmatter</a>
	<b>NEST</b>	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.	<b>Call:</b> <a href="tel:03001110323">0300 111 0323</a>  <b>Website:</b> <a href="http://www.nestlancashire.org">www.nestlancashire.org</a>
	<b>NSPCC</b>	Help for children and young people.	<b>Helpline:</b> 0808 800 5000  <b>Website:</b> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
	<b>Papyrus</b>	Papyrus offer advice and resources to young people who may have suicidal thoughts.	<b>Call:</b> 08000684141  <b>Website:</b> <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>

 <p><b>RAINBOW TRUST</b> SUPPORTING FAMILIES WITH A SERIOUSLY ILL CHILD</p>	<p><b>Rainbow Trust</b></p>	<p>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.</p>	<p><b>Call:</b> <a href="tel:01372220095">01372 220 095</a></p> <p><b>Website:</b> <a href="http://www.rainbowtrust.org.uk">www.rainbowtrust.org.uk</a></p>
 <p><b>SAMARITANS</b></p>	<p><b>Samaritans</b></p>	<p>Free support for everyone day or night.</p>	<p><b>Call:</b> 116123</p> <p><b>Website:</b> <a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p>
 <p><b>Seed</b> EATING DISORDER SUPPORT SERVICE</p>	<p><b>SEED</b> (Support and Education for Eating Disorders)</p>	<p>SEED offers information, advice, education and practical help for individuals suffering from Eating Disorders and their parents/carers.</p>	<p><b>Call:</b> 08443915539</p> <p><b>Website:</b> <a href="https://helpfinder.beateatingdisorders.org.uk/seed-lancashire-support-and-education-for-eating-disorders">https://helpfinder.beateatingdisorders.org.uk/seed-lancashire-support-and-education-for-eating-disorders</a></p>
 <p><b>Unique Kidz and Co</b></p>	<p><b>Unique Kidz and Co</b></p>	<p>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.</p>	<p><b>Call:</b> 01524831132</p> <p><b>Website:</b> <a href="http://www.uniquekidzandco.org.uk/">http://www.uniquekidzandco.org.uk/</a></p>
 <p><b>YOUNG MINDS</b></p>	<p><b>Young Minds</b></p>	<p>Online support for parents &amp; children suffering with mental health.</p>	<p><b>Call:</b> 08088025544</p> <p><b>Website:</b> <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>