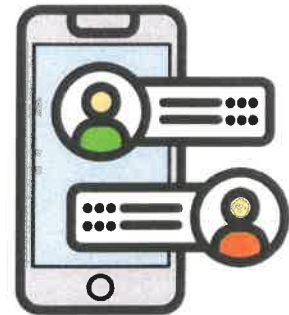


THE WELLBEING & MENTAL HEALTH TEXTING SERVICE



A confidential* and anonymous service that aims to support the people of Lancashire's Wellbeing and Mental Health by providing emotional support to those who may prefer to communicate via text

Experiencing any of the following?



Suicidal thoughts



Abuse



Bullying



Parental conflict



Loneliness



Mental health problems



Sexuality challenges



Self-image issues



Self-harm

Text HELLO to

07860 022846



Scan Me!

How can we help?

- Offer anonymous emotional support through texting
- Intervene when someone is in crisis*
- Offer information about mental health and supporting services
- We empower and guide to make positive choices

Responses:

Mon - Fri: 7pm til 11pm

Sat - Sun: 12pm til Midnight

*The Wellbeing, Mental Health Helpline and Texting Service is a confidential service. Please note some exceptions to confidentiality may apply, you can read about these exceptions on our website www.lscft.nhs.uk/confidentiality-policy. Standard text rates apply for the texting service, for more information please check with your provider. The Helpline is a Freephone service to all UK mobiles and landlines.

Would you prefer to speak to someone rather than text?

Call our Freephone helpline on

0800 915 4640

to talk to a specialist trained volunteer.

