



MENTAL HEALTH HELPLINES TEXT & WEB BASED SUPPORT



There are Helplines, text and web-based support if someone is finding it hard to cope. You can get for 24 hr advice to support you, your parent/ carer or someone you care for. More details below.



The CASHER Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.

0800 121 7762 option 2 or
bfbw.casher.team@net.



Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals. Call 0800 953 0110



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.

Call: 0800 068 4141
Text: 07860 039 967



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year. Call 116 123 for free



Mind's online community Side by Side is a supportive place where you can feel at home talking about your mental health and connect with others who understand.

sidebyside.mind.org.uk



Calm
the calm app improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Ring: 0800 111
Visit: www.childline.org.uk



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. Text YM to 85258.



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com



Togetherall
Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



LANCASHIRE
VICTIM
SERVICES

They offer help and support no matter what kind of crime you have been affected by.

- Specialist services are available to support with
- have been affected by hate crime
- have been affected by rape and/or sexual assault
- are under the age of 18
- are a victim of domestic abuse

lancashirevictimservices.org



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.

