

USEFUL CONTACTS

SHOUT Helpline

Get free, confidential support in a crisis.

Text HELP: 85258

Kooth

Online Mental Wellbeing Community
Free, safe and anonymous support

www.Kooth.com

MIND

Information & Support

www.mind.org.uk

Young Minds

Help and Advice

www.youngminds.org.uk

Stem4

Supporting Teenage Mental Health

www.stem4.org.uk

Anxiety UK

03444-775-774

Childline

Support for children and young people

Free helpline

0800-1111

FRANK

Confidential advice and information about drugs, their effects and the law.

0300-123-6600

Hope Again

www.hopeagain.org.uk

Support for children and young people who have experienced loss and grief

NHS Go

NHS app with confidential health advice and

Support for 16-25 year olds

www.nhsgo.uk

Samaritans

Freephone 116123

Refuge

Help and support for young people affected

by domestic violence

0808 200 0247

www.refuge.org.uk

Papyrus HopelineUK

Confidential support for under 35's at risk of suicide

And for others who are concerned about them.

0800 068 4141

07860 039967 (text only)

www.papyrus-uk.org

CASHER

Blackpool

07810 696565

YoutherapY

Talbot Road

Blackpool

01253 955858

Child Bereavement UK

northsupport@childbereavementuk.org

0800 02 888 40

www.annafreud.org

click on link "young people"

Variety of options and guidance for support