Helpful Links and Support

**National Autistic Society** – [**www.autism.org.uk**](http://www.autism.org.uk)

**ADHD Northwest** – [**www.adhdnorthwest.org.uk**](http://www.adhdnorthwest.org.uk)

**Living with ADHD** – [**http://livingwithadhd.co.uk**](http://livingwithadhd.co.uk)

**B-eat UK Eating Disorder Charity** – [**www.b-eat.co.uk**](http://www.b-eat.co.uk)

**Winston’s Wish Charity for Bereaved Children** – [**www.winstonswish.org.uk**](http://www.winstonswish.org.uk) helpline no: 0808 802 0021

**Child Bereavement UK** – [**www.childbereavement.org.uk**](http://www.childbereavement.org.uk) National Helpline no: 0800 028 8840

**Anxiety UK** – [**http://www.anxietyuk.org.uk/**](http://www.anxietyuk.org.uk/)

**Mind Ed free e-learning to help adults to identify and understand children and young people with mental health issues –** [**www.minded.org.uk**](http://www.minded.org.uk)

**Domestic Abuse** **Support** – The Liberty Centre – tel no: 01695 50600 OR0808 100 3062 (24-hours)[**https://thelibertycentre.org.uk/**](https://thelibertycentre.org.uk/)

**Childline** – tel no: 0800 1111 [**www.childline.org.uk**](http://www.childline.org.uk)

**We Are With You – Drug and Alcohol Support Service (formally Addaction) –** [**www.wearewithyou.org.uk**](http://www.wearewithyou.org.uk)

**The Wellbeing and Mental Health Helpline (all age service)** – (Lancashire & South Cumbria Trust) tel. no: 0800 915 4640 open 24 hours a day, 7 days a week. You can also text ‘HELLO’ to 07862022846.

**Mind** – [**www.mind.org.uk**](http://www.mind.org.uk)

**MindsMatter** – **Psychological Therapies for people 16 years and over** tel no: 01695 684177

**Young Minds –** [**www.youngminds.org.uk**](http://www.youngminds.org.uk)

**Young Minds** – Parent Helpline tel no: 0808 802 5544 (Mon – Fri 9:30am- 4:00pm)

**On line counselling and emotional wellbeing for young people aged between 11-16 years** [**www.kooth.com**](http://www.kooth.com)

**Children and Family Wellbeing Service –** [**https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/**](https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/)

**Healthy Young Minds –** a variety of advice, guidance and support related to children and young people’s mental health and emotional wellbeing.[**www.healthyyoungmindslsc.co.uk**](http://www.healthyyoungmindslsc.co.uk)

**The British Psychological Society** – a variety of resources focused on the coronavirus some of which are aimed at schools and others working with children & young people. [**https://www.bps.org.uk/responding-coronavirus**](https://www.bps.org.uk/responding-coronavirus)

**The Anna Freud National Centre for Children and Families – has now included information and guidance related to the coronavirus on its website.** [**https://www.annafreud.org/**](https://www.annafreud.org/)