

Mental health support resources in Lancashire and South Cumbria

Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call.

Dial 999 if you have seriously harmed yourself

	<p>Online self-help materials, resources and guidance.</p>	<p>healthyyoungmindslsc.co.uk/information/children-and-young-people/coronavirus Available: 24 hours a day, daily.</p>
	<p>An online counselling service for over 18s.</p>	<p>bigwhitewall.com Available: 24 hours a day, daily.</p>
	<p>Safe and anonymous online counselling and support for young people (under 18).</p>	<p>kooth.com Available: weekdays 12-10pm; weekends 6-10pm.</p>
	<p>A safe place for anyone struggling to cope.</p>	<p>samaritans.org 116 123 Available: 24 hours a day, daily.</p>
	<p>Preventing child abuse, protecting children.</p>	<p>nspcc.org.uk 0800 1111 (children and young people); 0808 800 5000 (to report abuse). Available: 24 hours a day, daily.</p>
	<p>Working to prevent male suicide. Support for any man who is struggling or in crisis.</p>	<p>thecalmzone.net 0800 58 58 58 Available: 5pm-12am daily.</p>
	<p>Support for people dealing with suicide, depression or emotional distress – particularly teenagers and young adults.</p>	<p>papyrus-uk.org 0800 068 41 41 Text: 07786 209697 Available: weekdays 10am-10pm; weekends 2-10pm; bank hols 2-5pm.</p>
	<p>Advice for parents / carers concerned about the mental health of a child or young person.</p>	<p>youngminds.org.uk 0808 802 55 44 Availability: weekdays 12-10pm.</p>

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	<p>Wellbeing and mental health helpline supporting people in relation to their own mental health or someone they know.</p>	<p>lscft.nhs.uk/Mental-Health-Helpline 0800 915 4640 Available: 24 hours a day, daily.</p>
	<p>A confidential and anonymous service supporting wellbeing and mental health for people who prefer to communicate by text.</p>	<p>lscft.nhs.uk/texting-service Text HELLO to 07860 022846.</p>
	<p>Here to help you understand and look after your mental health and wellbeing.</p>	<p>lancashiremind.org.uk mindincumbria.org.uk/region/southlakeland.aspx Available: Online only.</p>
	<p>Helping older people who are at home and need a little extra support with their wellbeing.</p>	<p>ageuk.org.uk Telephone: 0800 678 1602 Availability: 8am-7pm, daily.</p>
	<p>A free confidential helpline providing information, friendship and advice to older people.</p>	<p>thesilverline.org.uk 0800 4 70 80 90 Availability: 24 hours a day, daily.</p>
	<p>Practical advice to - from how to deal with stress and anxiety, to boosting our mood or sleeping better.</p>	<p>nhs.uk/oneyou/every-mind-matters/ Availability: Online only 24 hours a day, daily.</p>
	<p>Supporting adults recovering from addiction or with mental health/dual diagnosis.</p>	<p>redroserecovery.org.uk/ Availability: Online only 24 hours a day, daily.</p>

How to suggest additional content

We will be reviewing and adding to this document on a regular basis. If you have suggestions for other mental health support resources available across Lancashire and South Cumbria, please let us know at Healthier.LSC@nhs.net

For the latest update, visit healthierlsc.co.uk/MentalHealthSupport

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