

## 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><a href="https://healthyyoungmindslsc.co.uk/information/children-and-young-people/coronavirus">healthyyoungmindslsc.co.uk/information/children-and-young-people/coronavirus</a> Available: 24 hours a day, daily.</p>
	<p>An online counselling service for over 18s.</p>	<p><a href="https://bigwhitewall.com">bigwhitewall.com</a> Available: 24 hours a day, daily.</p>
	<p>Safe and anonymous online counselling and support for young people (under 18).</p>	<p><a href="https://kooth.com">kooth.com</a> Available: weekdays 12-10pm; weekends 6-10pm.</p>
	<p>A safe place for anyone struggling to cope.</p>	<p><a href="https://samaritans.org">samaritans.org</a> 116 123 Available: 24 hours a day, daily.</p>
	<p>Preventing child abuse, protecting children.</p>	<p><a href="https://nspcc.org.uk">nspcc.org.uk</a> 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><a href="https://thecalmzone.net">thecalmzone.net</a> 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><a href="https://papyrus-uk.org">papyrus-uk.org</a> 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><a href="https://youngminds.org.uk">youngminds.org.uk</a> 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><a href="https://lscft.nhs.uk/Mental-Health-Helpline">lscft.nhs.uk/Mental-Health-Helpline</a> 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><a href="https://lscft.nhs.uk/texting-service">lscft.nhs.uk/texting-service</a> Text HELLO to 07860 022846.</p>
	<p>Here to help you understand and look after your mental health and wellbeing.</p>	<p><a href="https://lancashiremind.org.uk">lancashiremind.org.uk</a> <a href="https://mindincumbria.org.uk/region/southlakeland.aspx">mindincumbria.org.uk/region/southlakeland.aspx</a> Available: Online only.</p>
	<p>Helping older people who are at home and need a little extra support with their wellbeing.</p>	<p><a href="https://ageuk.org.uk">ageuk.org.uk</a> Telephone: 0800 678 1602 Availability: 8am-7pm, daily.</p>
	<p>A free confidential helpline providing information, friendship and advice to older people.</p>	<p><a href="https://thesilverline.org.uk">thesilverline.org.uk</a> 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><a href="https://nhs.uk/oneyou/every-mind-matters/">nhs.uk/oneyou/every-mind-matters/</a> Availability: Online only 24 hours a day, daily.</p>
	<p>Supporting adults recovering from addiction or with mental health/dual diagnosis.</p>	<p><a href="https://redroserecovery.org.uk/">redroserecovery.org.uk/</a> 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](mailto:Healthier.LSC@nhs.net)

For the latest update, visit [healthierlsc.co.uk/MentalHealthSupport](https://healthierlsc.co.uk/MentalHealthSupport)

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