

## LOCAL COUNSELLING & ONLINE/TELEPHONE SUPPORT SERVICES

- <https://www.pendleside.org.uk/family-support-and-bereavement>. Free family Support Service provide support and counselling to adults, children and families who are caring for a loved one or who have been affected by a bereavement (or expected bereavement) and who live within the Burnley and Pendle community.
- <https://maundyrelief.org.uk/therapies/> 01254 945 209 Free counselling service for adults and young people in Lancashire.
- <https://www.gatewaytrustcounselling.co.uk/> 07849 047479 Free/low cost counselling service for residents in the Ribble Valley Borough.
- <https://frvf.co.uk/> **Foundation for Ribble Valley Families** Aims to provide swift, easy and effective access to mental health and emotional wellbeing support. Offers support to any family member with a child under the age of 18 years of age (25 with SEND) who lives in the Ribble Valley Borough.
- <https://www.freeflowcounselling.co.uk/> 07551 444 641 or 01282 450545 Free counselling service for adults and young people in Lancashire.
- <https://www.lscft.nhs.uk/services/service-finder-z/wellbeing-helpline-and-texting-service> Freephone out of hours, listening environment for people in Lancashire requiring emotional support in relation to their own wellbeing and mental health or that of someone they know. Call service is available Monday to Friday 7pm-11pm and Saturday to Sunday 12pm to midnight. Text service is available Monday to Friday 10am-11pm and Saturday to Sunday 12pm to midnight.
- <https://www.lancashiremind.org.uk/services/> Various support services for young people/adults/families
- [www.youngminds.org.uk](http://www.youngminds.org.uk) Information/support for children and young people about mental health and wellbeing. **Free 24/7 crisis messenger – text YM to 85258**
- <https://www.youngminds.org.uk/parent/parents-helpline/> Free Parents Online Support and Helpline - **0808 802 5544**
- [www.childline.org.uk](http://www.childline.org.uk) Free confidential service to help young people under 19 with any issue they are going through. **Helpline – 0800 11 11**
- [www.kooth.com](http://www.kooth.com) Free, safe & anonymous online support for young people

- [www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk) Listings of local counsellors in private practice
- [www.bacp.co.uk](http://www.bacp.co.uk) British Association for Counselling & Psychotherapy
- [www.themix.org.uk](http://www.themix.org.uk) The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258 **Helpline: 0800 808 4994**
- <https://coramvoice.org.uk/> Advocacy, information and support for looked after children and young people. **Helpline: 08088005792**
- [www.samaritans.org](http://www.samaritans.org) Crisis support for anyone in emotional distress or thinking about suicide.  
**Helpline: 08457 90 90 90**
- [www.papyrus-uk.org](http://www.papyrus-uk.org) Confidential advice and support for young people who feel suicidal **Helpline 08000684141/ Text 07786209697**
- [www.thecalmzone.net](http://www.thecalmzone.net) Support for young men who are down or in a crisis.  
**Helpline 0800585858**
- <https://nationalcareers.service.gov.uk/> Information, advice and guidance about learning, training and work
- <http://www.centreplace.org.uk/talkzone.htm> Counselling, live chat on-line or telephone
- [www.the-lookout.org.uk](http://www.the-lookout.org.uk) Support around domestic abuse for young people and families, run by Children & Family Wellbeing service.
- [www.mind.org.uk/information-support/for-young-people](http://www.mind.org.uk/information-support/for-young-people) Information and support for mental health and wellbeing issues.