



www.kooth.com is an online mental wellbeing community offering advice and articles on all things wellbeing!



www.lancashiremind.org.uk offer a variety of services and signposts to support your wellbeing and mental health.



Mental Health Freephone Helpline for the People of Lancashire

The Wellbeing and Mental Health

helpline

Feeling Low? Need Support?
Need to talk?



This is a listening service available in Lancashire for anyone concerned about their own, or someone else's, mental health. **Call the Freephone Wellbeing and Mental Health Helpline on 0800 915 4640 or text 'Hello' to 07860 022846.** Open Mon-Fri 7pm-11pm and Sat-Sun 12pm-Midnight.



Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.
Call: 116 123 for support

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline offers support and advice via their website and also on the phone 24/7



www.ceop.police.uk is here to keep children safe from sexual abuse and grooming online.



Lancashire Children's Services
Call **0300 123 6720** or out of hours 0300 123 6722.



www.papyrus-uk.org/

Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

Call