

# LET'S KEEP TALKING



**Our health and our finances have taken a hit during coronavirus.**

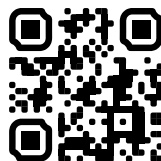
**Share the load - talk to a friend or family member about what you're going through.**

If you're struggling to cope then call the LSCFT mental health crisis line **0800 953 0110**

or text **HELLO** to the Wellbeing & Mental Health Texting Service on **07860 022 846**

or call Samaritans on 116 123

Scan the QR code for a list of services in your area



**Healthier  
Lancashire &  
South Cumbria**

[healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)

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.

More support is available at: [healthierlsc.co.uk/MentalHealthSupport](http://healthierlsc.co.uk/MentalHealthSupport)

### Dial 999 if you have seriously harmed yourself

	Online self-help materials, resources and guidance.	<a href="http://healthyyoungmindslsc.co.uk/information/coronavirus">healthyyoungmindslsc.co.uk/information/coronavirus</a> Available: 24 hours a day, daily.
	An online counselling service for over 16s.	<a href="http://togetherall.com">togetherall.com</a> Available: 24 hours a day, daily.
	A safe place for anyone struggling to cope.	<a href="http://selfhelp.samaritans.org">selfhelp.samaritans.org</a> 116 123 Available: 24 hours a day, daily.
	Support for men struggling or in crisis.	<a href="http://calmzone.net">calmzone.net</a> 0800 58 58 58 Available: 5pm-12am, daily.
	Wellbeing and mental health helpline and text service supporting people's mental health. <a href="#">LanguageLine</a> available.	<a href="http://lscft.nhs.uk/Mental-Health-Helpline">lscft.nhs.uk/Mental-Health-Helpline</a> 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight
	Mental Health Crisis Line - urgent help with mental health distress	<a href="http://lscft.nhs.uk/Crisis">lscft.nhs.uk/Crisis</a> 0800 953 0110 Available: 24 hour a day, daily.
	Psychological therapy via telephone / video or online.	<a href="http://lscft.nhs.uk/Mindsmatter">lscft.nhs.uk/Mindsmatter</a>
	Support for young people dealing with suicide, depression or distress. <a href="#">LanguageLine</a> available.	<a href="http://papyrus-uk.org">papyrus-uk.org</a> 0800 068 41 41 Text: 07786 209697. Available: weekdays 10am-10pm; weekends 2-10pm.
	Supporting adults recovering from addiction / mental health diagnosis.	<a href="http://redroserecovery.org.uk">redroserecovery.org.uk</a> Available: online only 24/7.
	Supporting recovery and continued sobriety of alcoholics.	<a href="http://alcoholics-anonymous.org.uk">alcoholics-anonymous.org.uk</a> E: <a href="mailto:eastlancaaa@gmail.com">eastlancaaa@gmail.com</a>
	Helping you understand and look after your mental health and wellbeing.	<a href="http://lancashiremind.org.uk">lancashiremind.org.uk</a> <a href="http://mindinfurness.org">mindinfurness.org</a> <a href="http://ulverstonmind.org.uk">ulverstonmind.org.uk</a> online only.

	Confidential helpline providing information, friendship and advice to older people.	<a href="http://thesilverline.org.uk">thesilverline.org.uk</a> 0800 4708090 Available: 24 hours a day, daily.
	Practical advice - how to deal with stress and anxiety.	<a href="http://nhs.uk/oneyou/every-mind-matters/">nhs.uk/oneyou/every-mind-matters/</a> online only 24/7.
	Helpline for any challenges under 25s' might be facing.	<a href="http://themix.org.uk">themix.org.uk</a> 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
	Helping those suffering with anxiety disorders.	<a href="http://anxietyuk.org.uk">anxietyuk.org.uk</a> 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
	Advice for parents / carers concerned about the mental health of a child or young person.	<a href="http://youngminds.org.uk">youngminds.org.uk</a> 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. <a href="#">LanguageLine</a> available.
	Helping older people who are at home and need extra support with their wellbeing.	<a href="http://ageuk.org.uk">ageuk.org.uk</a> 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.
	Safe and anonymous online counselling and support for young people.	<a href="http://kooth.com">kooth.com</a> Available: weekdays 12pm-10pm; weekends 6-10pm.
	Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.	<a href="http://lancashirebmenetwork.org.uk/counselling">lancashirebmenetwork.org.uk/counselling</a> 01254 392974 Available: weekdays 10am-5pm.
	Confidential counselling service for children.	<a href="http://childline.org.uk">childline.org.uk</a>
	Helping people with panic attacks and anxiety disorders.	<a href="http://nopanics.org.uk">nopanics.org.uk</a> 0330 606 1174 Available: weekdays 3-6pm.
	Support for anyone anxious or worried in Cumbria.	<a href="http://safa-selfharm.com">safa-selfharm.com</a> 01229 832269 Available: weekdays 9am-5pm.
	Support for children & young people who are grieving.	<a href="http://childbereavementuk.org">childbereavementuk.org</a> 0800 0288840 Available: weekdays 9am – 5pm.
	Emotional support for children and young people in Cumbria	<a href="http://tinyurl.com/barnardosmytime">tinyurl.com/barnardosmytime</a> 01539 742626 E: <a href="mailto:MyTimeCumbria@barnardos.org.uk">MyTimeCumbria@barnardos.org.uk</a> Available: weekdays 9am – 5pm.

# LET'S KEEP TALKING



**No matter what  
life has thrown at  
us this year, you can  
still make ends meet.**

**Reach out and have  
the chat you've been  
meaning to have.**

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LSCFT mental health crisis line **0800 953 0110**  
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Health Texting Service on **07860 022 846**  
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