

Updated Community Support offer 19.5.2020

## Supporting Adult Mental Health



**CALLING 999** Dial '55' during a 999 call when it's too dangerous to talk

**Every Life Matters** Practical information about things you can do now to look after your mental health and wellbeing, and how you can support others - Downloadable booklet & online support <https://www.every-life-matters.org.uk/covid-19/>

Positive Futures, White Cross, Lancaster Are closed but Talking Therapies will continue over the phone. All current clients will also be contacted weekly by phone. Trained volunteers can now provide a daily telephone be-friending service. Live art and music feeds on Facebook - 2pm everyday - music (Mon & Thurs), quiz (Fri), sing along (Wed), positive messages (Tues) 01524 587223 Facebook -Positive Futures North West

Socialease A support group for people experiencing social anxiety and/or isolation and/or poor mental health. Telephone support available to new & current group members Tuesdays 10am-12noon, Wednesdays 2-4pm & Thursdays 2-4pm. 07568 937988 Facebook: Socialease

Adullam Taking referrals for people who need support with low/moderate mental health issues. Online Community Groups will begin running shortly, details to follow. [adullam.programme@hotmail.com](mailto:adullam.programme@hotmail.com) Facebook: Adullam

Lancaster & Morecambe College Are offering a short distance learning course in Mental Health Awareness Level 1 to anyone 18+. Go online, register and receive a username and password and do from home. <https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mentalhealth-awareness>

The Well Communities Offering a range of peer support sessions addressing addiction to substances and alcohol, recovery and family support. Live feeds from Facebook for Q&A sessions rerecovery, families, isolation and coping, recovery check ins, plus exercise, 5 ways to wellbeing and guest speakers. 01524 415919 Facebook: The Well Communities Email: [info@thewell2.co.uk](mailto:info@thewell2.co.uk) The Eating Disorder Peer Support Group runs every two weeks on a Monday at 6.00pm. For anyone struggling with addiction or alcohol problems - Zoom Group meeting 7 days a week from 10am - 12 noon. Like-minded people sharing experience and supporting each other. Contact: The Well for other Zoom support groups Zoom ID - 999 9698 0555

Samaritans Not doing face to face support but are still available via telephone or email. Tel: 116123 email: [jo@samaritans.org](mailto:jo@samaritans.org)

Challenge through Sport Initiative (CSI) A free, online timetable/programme of activities to do at home for people in recovery or for those with mental health issues. Facebook: Challenge through Sport Initiative Recovery Group – CSI

Anxiety UK Providing support if you have been diagnosed with an anxiety condition. 03444 775 774 - Mon to Friday - 9.30am to 5.30pm, Sat/Sun 10am – 8pm [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Bipolar UK Anonymous, 7/7 online support for people who are living with manic depression or bipolar disorder. [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

CALM Campaign Against Living Miserably, for men aged 15 to 35. 0800 58 58 58 - daily, 5pm to midnight Webchat sign up at: [www.thecalmzone.net](http://www.thecalmzone.net)

Mens Health Forum 24/7 support for men experiencing stress via chat, text, email.  
[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Mental Health Foundation Providing information and support for anyone with mental health problems or learning disabilities. [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

MIND Promoting the views and needs of people with mental health problems. 0300 123 3393 - Mon - Fri - 9am to 6pm [www.mind.org.uk](http://www.mind.org.uk)

Lancashire MIND Website link - Support sections for Adults, Children & Young People, Parents & Carers Facebook - daily updates, resources and fun challenges to engage with Facebook: Lancashire Mind <https://www.lancashiremind.org.uk/pages/148-coronavirus-and-yourmental-health>

No Panic Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). 0844 967 4848 - daily, 10am to 10pm - calls cost 5p per minute plus your phone provider's access charge [www.nopanic.org.uk](http://www.nopanic.org.uk)

OCD Action Support for people with OCD. Includes information on treatment and online resources. Phone: 0845 390 6232 - Mon - Fri - 9.30am to 5pm - calls cost 5p per minute plus your phone provider's access charge [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

OCD UK A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 - Mon - Fri - 9am to 5pm [www.ocduk.org](http://www.ocduk.org)

Rethink Mental Illness Support and advice for people living with mental illness. 0300 5000 927 - Mon - Fri - 9.30am to 4pm [www.rethink.org](http://www.rethink.org) Mindsmatter Self referrals for counselling and cognitive behavioural therapies for people in Lancaster, Morecambe and surrounding areas. 01524 550552 [www.lancashirecare.nhs.uk/Mindsmatter](http://www.lancashirecare.nhs.uk/Mindsmatter)

Moodgym Self help guides. <https://moodgym.com.au>

The Big White Wall An online anonymous safe community to support your mental health 24/7. Trained professionals available to keep the community safe. [www.bigwhitewall.com](http://www.bigwhitewall.com)

Northumberland Online Self Help Guides Includes leaflets on depression and low mood, anxiety, hearing voices and disturbing beliefs, sleep issues, bereavement, stress, obsessions and compulsions, health anxiety, controlling anger, alcohol, abuse, panic, postnatal depression, PTSD, self-harm and social anxiety. <http://www.ntw.nhs.uk/pic/selfhelp/>

Lancaster University Night time student mental health support line (term time only). 01524 594444

**Family Lives** Support re all aspects of parenting. 0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun - 10am – 3pm [www.familylives.org.uk](http://www.familylives.org.uk)

**Mencap** Support for people with a learning disability, their families and carers. 0808 808 1111 - Mon - Fri - 9am to 5pm [www.mencap.org.uk](http://www.mencap.org.uk)

BEAT Eating Disorder support. 0808 801 0677 (adults) 0808 801 0811 (students)  
<https://www.beateatingdisorders.org.uk/>

Cruse Cumbria Bereavement support for those living in the postcode areas CA1 to CA28 and LA5 to LA23. If calling the number please leave a message and your call will be returned.  
[www.crusecumbria.org.uk/](http://www.crusecumbria.org.uk/) 0300 600 3434

Cruse Bereavement Care Bereavement support - National Contact details 0808 808 1677 open Mon - Fri - 9.30am to 5pm, open until 8pm on Tues, Wed, Thurs [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  
Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**Cruse Lancashire** Free confidential bereavement support. Telephone helpline manned Tues & Weds 10am-12noon, Friday 6pm-8pm 01772 433645 [lancashire@cruse.org.uk](mailto:lancashire@cruse.org.uk)  
[www.cruselancashire.org.uk](http://www.cruselancashire.org.uk)

Alzheimer's Society Dementia support, including factsheets and helplines. Dedicated Coronavirus helpline for advice & guidance. 0333 150 3456 - Mon-Wed - 9am-8pm, Thur/Fri 9am-5pm, Sat/Sun 10am-4pm Facebook: Alzheimer's Society Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Alzheimers Lancaster & Morecambe can still be accessed via phone (leave a message they'll get back to you) or email for support. 01253 696854 Email: [patina.fry@alzheimers.org.uk](mailto:patina.fry@alzheimers.org.uk)

Admiral Nurses Support for all families living with dementia or concerned about dementia - 9am-9pm weekdays, 9am-5pm weekends 0800 888 6678 SANE Emotional support, information and guidance for people affected by mental illness, their families and carers. SANeline: 0300 304 7000 - daily, 4.30pm to 10.30pm [www.sane.org.uk/support](http://www.sane.org.uk/support) Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

**Refuge** 24-hour National Domestic Abuse Helpline for women and children  
<https://www.nationaldahelpline.org.uk/> 0808 2000 247

Relate Relationship support & advice for keeping relationships healthy including live chat and webcam counselling [www.relate.org.uk](http://www.relate.org.uk) <https://www.relate.org.uk/relationshiphelp/covid-19-advice-and-information>

**Lancaster Relate** Office hours Mon-Fri 9am-5.30pm, Sat 9.30-12.30 01772 717 597

Respect Domestic Abuse - Men's advice line <https://mensadvice.org.uk/> Mon - Fri from 9am to various close times 0808 8010327

Victim Support. Support for people affected by crime or traumatic events, including live chat [www.victimsupport.org.uk](http://www.victimsupport.org.uk) - 24/7 supportline 0808 1689 111 - [www.lancashirevictimservices.org](http://www.lancashirevictimservices.org) - Mon-Fri 9am-6pm

Birchall Trust Weekly counselling support for males & females of all ages who have experienced rape/sexual abuse. Accepting new clients but with a long wait time.

1229 820828 [www.birchalltrust.org.uk](http://www.birchalltrust.org.uk)

Alcoholics Anonymous Support and advice re alcohol intake/dependency. Phone: 0800 917 7650 (24-hour helpline) Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Inspire North Lancs Provide all aspects of drug & alcohol treatment and promote recovery from addiction. On-line Activity Calendar can be found on Facebook (posted 13th April) along with other support and advice <https://inspirenorthlancs.org.uk/> 08081 698 673 Facebook: Inspire North and Central Lancashire Integrated Recovery Service

National Gambling Helpline Support and advice re gambling addiction. Phone: 0808 8020 133 (daily, 8am to midnight) [www.begambleaware.org](http://www.begambleaware.org)

Cocaine Anonymous Support and advice re cocaine addiction <https://www.ca-online.org/>

Narcotics Anonymous Support and advice re substance addiction. Phone: 0300 999 1212 (daily, 10am to midnight) Website: [www.ukna.org](http://www.ukna.org)

UK SMART Recovery Self management and recovery training – charity promoting recovery from any addictive behaviour through meetings and training programmes. Currently providing online meetings <https://smartrecovery.org.uk/online-meetings/>

Lancashire & South Cumbria NHS Foundation Trust - The Wellbeing and Mental Health Helpline  
A confidential support service, 24 hours a day 7 days a week, across Lancashire & South Cumbria offering emotional support & a listening ear if you're suffering from stress, anxiety or feeling lonely and isolated. 0800 9154640 text 'HELLO' to 07862022846  
<https://www.lscft.nhs.uk/Mental-Health-Helpline>

Lancashire & South Cumbria NHS Foundation Trust - Mental Health Urgent Response Line 24/7  
phone line operated by trained mental health professionals offering help, advice, mental health assessments, referrals and access to the Trust's wider mental health services, including home treatment. Can be used by anyone looking for advice if they are worried about someone else. 0800 953 0110

Action for Happiness Actions to take to spread some happiness at work, with friends & family and among communities <https://www.actionforhappiness.org/take-action>

Widowed and Young (WAY) Peer support network for anyone who has lost their partner before the age of 51 Facebook: WAY - Widowed And Young [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

Healthier Lancashire & South Cumbria List of some mental health support resources across Lancashire & South Cumbria <https://www.healthierlsc.co.uk/MentalHealthSupport>

S.E.E.D. - Support and Education for Eating Disorders Offering information, advice, education and practical help for individuals suffering from Eating Disorders and their carers, serving Lancashire and the North West email: [hello@seedlancashire.co.uk](mailto:hello@seedlancashire.co.uk) 01772 915735  
<http://www.seedlancashire.co.uk/>

Breathe Therapies Offering early intervention, early access and the most appropriate and sufficient treatment for anyone in Preston and the North West who are experiencing Eating Disorder, Obesity, Mental Health or Wellbeing issues. The treatment arm of S.E.E.D - see above email: [reception@breathetherapies.co.uk](mailto:reception@breathetherapies.co.uk) 01772 915735 <https://www.breathetherapies.co.uk/>

Making Space Mental Health Employment Support Service (Lancaster District) Free Health and Wellbeing Mentoring / Coaching support during COVID 19 crisis (telephone and on line support including via IT Tablet provided on loan). Subject to priority of need. Also providing one-to-one employment support and an employability programme. 07738 14289  
[lionel.rice@makingspace.co.uk](mailto:lionel.rice@makingspace.co.uk) <https://makingspace.co.uk/>