



Community Support

Emotional Health and Wellbeing

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.everylifematters.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 Tuesdays 10am-12noon & 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 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 The Well's Eating Disorder Peer Support Group is running every two weeks online, telephone for details. 01524 415919 Facebook: The Well Communities

Samaritans Not doing face to face support but are still available via telephone or email. Tel: 116123 email: 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

Bipolar UK Anonymous, 7/7 online support for people who are living with manic depression or bipolar disorder. 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

Mens Health Forum 24/7 support for men experiencing stress via chat, text, Email. www.menshealthforum.org.uk

Mental Health Foundation Providing information and support for anyone with mental health problems or learning disabilities. 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

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

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

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

Rethink Mental Illness Support and advice for people living with mental illness. 0300 5000 927 - Mon - Fri - 9.30am to 4pm www.rethink.org

Mindsmatter Self referrals for counselling and cognitive behavioural therapies for people in Lancaster, Morecambe and surrounding areas. 01524550552

www.lancashirecare.nhs.uk/Mindsmatter

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

The Big White Wall A safe community to support your mental health 24/7.

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, post-natal 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

Mencap Support for people with a learning disability, their families and carers.
0808 808 1111 - Mon - Fri - 9am to 5pm www.mencap.org.uk

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

Cruse Bereavement Care Bereavement support. 0808 808 1677 open Mon - Fri -
9.30am to 5pm, open until 8pm on Tues, Wed, Thurs helpline@cruse.org.uk
Website: 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 www.cruselancashire.org.uk

Alzheimer's Society Dementia support, including factsheets and helplines. 0333
150 3456 - Mon-Wed - 9am-8pm, Thur/Fri 9am-5pm, Sat/Sun 10am-4pm
Facebook: Alzheimer's Society Website: www.alzheimers.org.uk

Dedicated Coronavirus helpline for advice & guidance.

<https://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

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

Peer support forum: www.sane.org.uk/supportforum

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

Relate Relationship support & advice for keeping relationships healthy including live chat and webcam counselling

www.relate.org.uk <https://www.relate.org.uk/relationshiphelp/covid-19-advice-and-information>

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

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 24/7 supportline 0808 1689 111
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. 01229 820828 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

Inspire North Lancs Provide all aspects of drug & alcohol treatment and promote recovery from addiction. <https://inspirenorthlancs.org.uk/> 08081 698 673

National Gambling Helpline Support and advice re gambling addiction. Phone: 0808 8020 133 (daily, 8am to midnight) Website: 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

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>

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

Healthier Lancashire & South Cumbria List of some mental health support resources across Lancashire & South Cumbria

<https://www.healthierlsc.co.uk/MentalHealthSupport>

Mental Health Children & Young People Support Contact Details Anna Freud Institute Advice on how to support young peoples mental health during this period of disruption.

www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus

Lots of self-care activities <https://www.annafreud.org/on-my-mind/self-care/>

Work-book https://www.annafreud.org/media/3194/year7_help4pupils.pdf

Lancashire Youth Challenge A series of 5 short films covering breathing, relaxation & mindfulness sessions to support young people managing their anxiety

<http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/>

CHATS (Carers Help Advisory Training Support) For anyone looking after a child or young person with any kind of emotional or mental health problem. Support is still available via email and/or the parent peer support volunteers. Email:

chats_123@yahoo.com

Parent reps:

Claire - 07846 332609 Rebecca - 07939 685408 Sue – 07909 584135

Prop Up Project A group for teenagers and young adults who find socialising hard and would like to improve their mental health. Telephone support available - contact Keeley for more details or message via Facebook page.

07568 937988 Facebook: Prop Up Project

Kooth A free, safe and anonymous place for young people to find online support and counselling. <https://kooth.com>

Papyrus Young suicide prevention society. HOPELINEUK 0800 068 4141 - Mon - Fri - 10am to 10pm and 2pm to 10pm on weekends and bank holidays. Website:

www.papyrus-uk.org

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

BEAT Eating Disorder support. 0808 801 0711 (for under-18s)

Website: www.b-eat.co.uk

NSPCC A children's charity dedicated to ending child abuse and child cruelty. Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline) Website: www.nspcc.org.uk

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mentalhealth/depression-anxiety-mental-health/>

NSPCC specific page for Parental Support - parenting tips & how to deal with difficult situations, downloadable pdf

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Royal College of Psychiatrists information for young people, parents and carers, about young people's mental health.

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

Young Minds Information on child and adolescent mental health. Services for parents and professionals. Parents' helpline - 0808 802 5544 - Mon to Fri - 9.30am to 4pm www.youngminds.org.uk Young people's blogs on their own experiences <https://youngminds.org.uk/blog/>

ACE Achieve Change and Engagement Charity providing emotional health and wellbeing therapy to young people age 11-25 free of charge <https://a-c-e.org.uk/> Additional service - 7 day a week 10am-10pm phone line for any young person aged 11-25 in Fylde, Wyre & Lancaster Districts who is experiencing emotional distress & would like to talk to, text or email an emotional health worker.

0800 1448461 Email: contact@a-c-e.org.uk

Al-Anon Helpline for anyone, including families and children, who are affected by someone else's drinking. 0800 0086 811 10am-10pm 365 days a year

www.al-anonuk.org.uk helpline@al-anonuk.org.uk

Child Bereavement UK Support for children & young people up to age 25 who are grieving and specific advice in relation to COVID-19. Also supports families of a child who dies or is dying. 0800 02 888 40

<https://www.childbereavementuk.org/coronavirus-supporting-children>

support@childbereavementuk.org

Child and adolescent mental health This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being.

<https://www.camhs-resources.co.uk/>