

## Support for Young People:

- [ADHD Northwest](#) - Offer support for children, young people and their families. 01254 886886
- [AMPARO](#) - Offers support for anyone affected by suicide in Lancashire. **0330 088 9255**.
- [Be Well BwD](#) For information and resources on improving your mental health from BwD's Council Public Health Team.
- [Brook Blackburn - Free Sexual Health and Contraception Services - Brook Blackburn \(sexualhealthblackburn.co.uk\)](#) Counselling offer is available. Brook 'My Life' offer; is an early help programme which aims to empower and support young people to improve their own health and wellbeing. [Counselling in Blackburn and Burnley – Brook](#)
- [Bullying and cyberbullying | Childline](#) Information to support you, if you or someone you know is being bullied.
- [Child Bereavement UK](#). Support for children and young people who are grieving. Training for parents and staff also available. **Helpline: 0800 02 888 40**
- ELCAS Young People's Mental Health Drop – In Service. Every Wednesday. See poster below.
- [Healthy Young Minds](#) Online self-help materials, resources and guidance
- [Kooth](#) Safe and anonymous online counselling and support for young people. For more information or to order Kooth resources please email: [hhook@kooth.com](mailto:hhook@kooth.com)
- [ORCHA](#) Find and download NHS Approved APPS to your device to help improve and track your mental health and wellbeing.
- [Papyrus HOPELINEUK](#). Support for young people dealing with suicide, depression or distress. Call on **0800 068 4141**, or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text **07860 039 967**.
- [Rainbow Youth Centre](#) Acts as a hub for parents and young members of the LGBTQI+ community, a place that offers help, support, a place that is safe for young members be themselves.
- [Reading Well for Teens](#) This booklist is targeted at teenagers (13-18) and includes self-help techniques, personal stories, graphic books, fiction and a selection of supporting digital resources. Hard copies and online versions of these book are available from Blackburn Libraries service. [Blackburn Central Library | Blackburn with Darwen Borough Council](#)
- [Samaritans](#). To talk about anything that is upsetting you, you can contact the Samaritans, 24 hours a day, 365 days a year. Call **116 123** (free from any phone), or email [jo@samaritans.org](mailto:jo@samaritans.org)
- [Trust House](#) Provide specialist support services to women, men and children affected by rape and sexual abuse. They can also support the family. **01772 825288**
- [The Mix](#). If you're under 25, you can call The Mix on **0808 808 4994** (Sunday-Friday 2pm–11pm)

## Support for Adults (Parents and Staff)

- [Bereavement Support](#) Grief can be overwhelming. Call the Cruse helpline on **0808 808 1677**.
- [Bereavement Training Courses](#) for Adults / Schools supporting Children who have been bereaved.
- [BwD Adult Learning](#) provide training to help individuals and families on a range of wellbeing and mental health courses. Including Mental Health First Aid.
- [Campaign Against Living Miserably](#) (CALM). If you identify as male, you can call the Campaign Against Living Miserably (CALM) on **0800 58 58 58** (5pm–midnight every day) or use their webchat service.
- ELCAS Young People’s Mental Health Online Service. Every Wednesday. For adults concerned about someone under 18. See poster below.
- [Flourishing Minds](#) Lancashire Mind provide the following range of mental health and wellbeing services to **ALL** residents 18+:
  - **Wellbeing Workshops** (One off workshops on topics including Five Ways to Wellbeing and stress management.)
  - **Wellbeing Groups** (Completed over 6 weeks, covering topics such as low mood, anxiety, stress, sleep and worry management.)
  - **1-to-1 Wellbeing Coaching** (Work with a Wellbeing Coach over 6 sessions, to identify the challenges you are facing and look at ways to overcome them.)**To find out more contact: The Wellbeing Service on 01254 682037**
- [LSCFT \(NHS\)](#) access urgent or general mental health support, 24 hours a day seven days a week. For you or for someone you are worried about. Call **0800 013 0707**
- [Manchester Parents Group](#) is a voluntary organisation which supports families and friends of lesbian, gay, bisexual and transgender people (LGBT).
- [NHS MENTAL HEALTH CRISIS LINE:](#) If you need urgent help as you are in mental health distress and you are over 16 you can call **0800 953 0110** - 24 hours, seven days a week
- [NHS Wellbeing Helpline & Texting Service:](#) staffed by volunteers and those with lived experience, offers emotional support – ring if you want to chat about your mental health or are lonely etc. It can be contacted on **0800 915 4640** or by texting ‘Hello’ to **07860 022846**.
- Online Safety
  - [Digital Parenting Pro | Parental Controls Guide | Vodafone UK](#) – Help your family stay safe with the Digital Parenting website.
  - [Social media: How parents can limit its negative impact on mental health | Blogs | Anna Freud Centre](#)
  - [How to Minimise the Impact of Social Media on Your Mental Health | Anna Freud Centre](#) – Download the Managing Social Media Booklet

- [ORCHA](#) Find and download NHS Approved APPS to your device to help improve and track your mental health and wellbeing.
- [Samaritans](#). To talk about anything that is upsetting you, you can contact the Samaritans, 24 hours a day, 365 days a year. Call **116 123** (free from any phone), or email [jo@samaritans.org](mailto:jo@samaritans.org)
- [SANeline](#). If you're experiencing a mental health problem or supporting someone else, call **0300 304 7000** (4.30pm–10.30pm every day of the year).
- [Trust House](#) Provide specialist support services to women, men and children affected by rape and sexual abuse. They can also support the family. **01772 825288**



**East Lancashire - Young People's Mental Health**

**Concerned about your Mental Health?  
Are you under 18 or concerned about someone under 18?**

**Advice sessions are available on-line via 'Attend Anywhere', delivered by ELCAS**

Please log on using the hyperlink - <https://nhs.vc/HLSC/CAMHS>

Please enter the word "drop" as the first name and "in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

First Wednesday of every month - 3pm - 5pm  
 Second Wednesday of every month - 1pm - 3pm  
 Third Wednesday of every month - 5pm - 7pm  
 Fourth Wednesday of every month - 1pm - 3pm

**Safe | Personal | Effective**

ELCAS Young People's Mental Health Online Service. Click on this link to access the sessions at the correct time each Wednesday:

[Video call setup - Attend Anywhere](#)

Following the instructions on the poster.