LET'S KEEP TALKING

NHS
Lancashire and South Cumbria
Integrated Care Board

Mental health support in Lancashire and South Cumbria

For more information on services in your area, visit:

www.lancashireandsouthcumbria.icb.nhs.uk/mentalhealthsupport

Orange Button Community Scheme

Did you know if you live or work in Lancashire or South Cumbria you can access **Fully Funded** suicide awareness training and have the opportunity to become an Orange Button badge holder?

The Orange Button is a way of identifying people in the community who have had suicide awareness training and may be able to support, provide information for or signpost people that may need this. To see what courses are available or to book your training, please visit **www.lancashireandsouthcumbria.icb.nhs.uk/orangebutton**

Please follow **@lscicb** and use **#OrangeButtonCommunity** to find out more.

Scan the QR code for more information

Suicide prevention support services

Hub of Hope	www.hubofhope.co.uk
Action for Wellbeing	Email: hello@actionforwellbeing.uk 07568 704638 www.actionforwellbeing.uk
Lancashire Mind	01257 231660 www.lancashiremind.org.uk
Every Life Matters	Cumbria residents only. 07908 537541 www.every-life-matters.org.uk
Papyrus - Hopeline UK	0800 068 4141 Email: pat@papyrus-uk.org www.papyrus-uk.org
Samaritans	Call free 116 123 Email: jo@samaritans.org www.samaritans.org
Zero Suicide Alliance	www.zerosuicidealliance.com
Campaign Against Living Miserably (CALM)	Helpline 0800 58 58 58 5pm to midnight, 365 days a year. www.thecalmzone.net/
Elliot's Place	For young men. Blackpool 0300 323 2100 www.empowermentcharity.org.uk/elliots-place

Suicide bereavement support services

Amparo	Free support for anyone affected by suicide in Lancashire. 0330 088 9255 www.amparo.org.uk
Every Life Matters	Cumbria residents only. 07908 537541 www.every-life-matters.org.uk
The Coroners' Courts Support Service	www.coronerscourtssupportservice.org.uk
Talk Me Happy	A culturally sensitive bereavement and befriending service. Blackburn: 01254 392974 www.lancashirebmenetwork.org.uk/talk-me-happy
Survivors of Bereavement by Suicide	Email: support@uksobs.org www.uksobs.org/local-support-groups
Suicide Bereavement Service Cumbria	07572 975 721 www.sbs.org.uk/
Solace	0300 3232 100 www.empowermentcharity.org.uk/solace
Cruse Bereavement	Helpline 0808 808 1677 www.cruse.org.uk
Support after Suicide Partnership	www.supportaftersuicide.org.uk

Local adult mental health support services

Lancashire and South Cumbria crisis line	0800 953 0110 www.lscft.nhs.uk/urgent-help
Wellbeing helpline and texting service	0800 915 4640 Text HELLO to 07860 022846 www.lscft.nhs.uk/urgent-help
Lancashire Mind	www.lancashiremind.org.uk
NHS Lancashire and South Cumbria Talking Therapies	For Lancashire residents (not including Blackpool or Cleveleys) aged 16 plus and South Cumbria residents aged 18 plus. www.lscft.nhs.uk/talkingtherapies
NHS East Lancashire Talking Therapies	For people aged 16 and over who live in East Lancashire, not including Blackburn and Darwen. www.lancashirewomen.org/get-support-therapy-for-you
NHS Blackpool Talking Therapies	01253 955 700 For people aged 16 and over who live in Blackpool or Cleveleys. www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies
Rethink	0800 801 0525 www.rethink.org
The Silver Line	For older adults, open 24/7. 0800 4 70 80 90 www.thesilverline.org.uk/

Local children and young people mental health support services

Healthy Young Minds	www.healthyyoungmindslsc.co.uk
Kooth	www.kooth.com
The Mix	0808 808 4994 www.themix.org.uk
ACE	07468 600903 www.a-c-e.org.uk
Childline	Call 0800 1111 www.childline.org.uk
NSPCC	Helpline 0808 800 5000 www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/
Students Against Depression	www.studentsagainstdepression.org
Young Minds	Parents helpine: 0808 802 5544 www.youngminds.org.uk
Anna Freud Centre	Text AFC to 85258 www.annafreud.org/on-my-mind/

Crisis cafes and urgent drop-in support services

Preston Chorley and South Ribble	The Central Lancashire Haven crisis service. www.richmondfellowship.org.uk/services/central-lancashire-haven/
West Lancashire	The Birchwood Crisis and Information Centre.www.birchwoodcentre.co.uk/
East Lancashire	Burnley: www.cots-ministries.co.uk/ Accrington: www.maundyrelief.org.uk/ Bacup: www.thegreenhouses.org/
Blackburn with Darwen	One Voice. www.1vblackburn.org/ Blackburn Rovers Community Trust. www.rovers.co.uk/community/community-wellbeing-hub/ Creative Football. www.creativefootball.co.uk/ Nightsafe. www.nightsafe.org/
Blackpool, Fylde and Wyre	The Light Lounge. www.richmondfellowship.org.uk/services/blackpool-light-lounge/
Morecambe Bay and South Cumbria	Barrow. www.mindlinecumbria.org/contact.aspx
Lancaster	Crisis Cafe. www.positivefutures.uk/crisis-cafe/

For more information visit:

www.lancashireandsouthcumbria.icb.nhs.uk/mentalhealthsupport

Addiction support services

The North West Gambling Service	0300 300 1490 www.northerngamblingservice.nhs.uk
Emerging Futures	03330 124 714 Email: info@emergingfutures.org.uk www.emergingfutures.org.uk/projects/lancashire/
Inspire Lancashire	www.inspirelancs.org.uk
The Well	Morecambe: 01524 415278 Barrow: 01229 829832 www.thewellcommunities.co.uk
We Are With You	0808 164 0074 (freephone) 01282 505037 www.wearewithyou.org.uk
Red Rose Recovery	Central Lancashire, Blackburn and Preston: 01772 821440 Accrington: 01254 352580 www.redroserecovery.org.uk
Alcoholics Anonymous AA	0800 917 7650 (freephone) www.alcoholics-anonymous.org.uk
Beacon Counselling Trust	National gambling helpline. 0151 226 0696 www.beaconcounsellingtrust.co.uk
Narcotics Anonymous	0300 999 1212 www.ukna.org

Suicide prevention resources for employers

If you are an employer within Lancashire and South Cumbria who would be interested in finding out how you can support your workforce, access free training and information, please visit:
www.lancashireandsouthcumbria.icb.nhs.uk/suicidepreventionemployers

For more information and resources to promote suicide prevention, please visit:
www.lancashireandsouthcumbria.icb.nhs.uk/suicideprevention

Self-harm/self-injury support services

Lancashire and South Cumbria crisis line	0800 953 0110 www.lscft.nhs.uk/urgent-help
Lancashire Mind	01257 231660 www.lancashiremind.org.uk
Every Life Matters	Cumbria residents only. 07908 537541 Email: info@every-life-matters.org.uk www.every-life-matters.org.uk
Butterfly and Phoenix Service	0345 013 8208 https://www.barnardos.org.uk/
SAFA	Cumbria residents only. 01229 832269 www.safa-selfharm.com
RightLines	www.right-lines.co.uk
Child Action North West (CANW)	01254 244700 Email: ehwbreferrals@canw.org.uk www.canw.org.uk
Harmless	www.harmless.org.uk
Togetherall	Blackpool, Fylde and Wyre, Chorley and South Ribble and Greater Preston only. www.togetherall.com/en-gb/
Richmond Fellowship	0330 008 3672 www.richmondfellowship.org.uk

Debt support services

Citizens Advice	0800 144 8848 Telephone and face-to-face support for signposting, debt and welfare. www.citizensadvice.org.uk/debt-and-money/
Cost of Living and Debt Advice	01228 817400 For residents of Cumberland council requiring support on cost of living. www.cumberland.gov.uk/health-and-social-care/public-health/cost-living-support
Lancashire Women	0300 330 1354 Budgeting, debt and energy advice. www.lancashirewomen.org/money-advice
Not for profit (IVA)	0800 856 8569 Advice, help and support to complete an individual voluntary agreement (IVA) to reduce debt. Get advice from IVA specialists. www.iva.org
Bankruptcy Advice Online	Helpline 0800 368 8231 Provider of information and guidance on bankruptcy, debt and debt solutions. www.bankruptcyadvice-online.co.uk
National Debtline	0808 808 4000 (freephone) Free debt advice and support. www.nationaldebtline.org
Step Change	0800 138 1111 Debt charity - free expert debt advice. www.stepchange.org

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Talking to others can signpost us and get us on the right track.

Have a chat with someone who can help point you in the right direction

SCAN HERE
to view the electronic version.

If you're struggling to cope then call the Lancashire and South Cumbria mental health crisis line **0800 953 0110**

or text **HELLO** to the wellbeing and mental health texting service on **07860 022 846**

or call Samaritans on **116 123**

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