LET'S KEEP TALKING

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

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

SCAN HERE
for a list of services in your area

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

NHS
Lancashire and South Cumbria
Integrated Care Board

Addiction support services

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 829 832 www.thewellcommunities.co.uk
We Are With You	0808 164 0074 (freephone) 01282 505 037 www.wearewithyou.org.uk
Red Rose Recovery	01772 821 440 07935 251 579 www.redroserecovery.org.uk
Alcoholics Anonymous AA	0800 917 7650 (freephone) www.alcoholics-anonymous.org.uk
GamCare	Call 0808 8020 133 www.gamcare.org.uk
Narcotics Anonymous	Helpline 0300 9991 212 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, then please visit **www.healthierlsc.co.uk/suicide-prevention/employers** or contact Email: **healthierlscmh@nhs.net**.

You can download our free campaign materials to promote suicide prevention messages, and provide signposting for your employees.

www.healthierlsc.co.uk/MaleSuicide-1/letskeeptalking-toolkit

Self harm/self injury support services

LSCFT	www.lscft.nhs.uk/help/crisis/15 0800 915 4640
East Lancashire and Blackburn with Darwen crisis line	0300 029 0500
Every Life Matters	Email: info@every-life-matters.org.uk 07908 537541
Shout	Self-harm crisis advice: www.giveusashout.org/ Shout Crisis Text Line - Text DEAF to 85258. Text Shout 85258
Butterfly and Phoenix Project	0345 0138 208 www.butterflyandphoenix.org
SAFA	01229 832269 www.safa-selfharm.com
RightLines	www.right-lines.co.uk
Child Action North West (CANW)	01254 244596 Email: EHWBreferrals@canw.org.uk www.canw.org.uk
Harmless	www.harmless.org.uk

Debt support services

Citizen Advice	03444 111 444 Telephone and face to face support for signposting, debt, welfare www.citizensadvice.org.uk/debt-and-money/
Benefit Advice Service (Cumbria)	01228 817400 For residents of Carlisle and District requiring welfare and benefit advice. www.carlisle.gov.uk
Lancashire Women	0300 330 1354 Budgeting, debt and energy advice www.lancashirewomen.org
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	0800 564 2211 Provider of information and guidance on bankruptcy, debt and debt solutions. Helpline 0800 368 8231 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

LET'S KEEP TALKING

Directory

Mental Health Support in Lancashire and South Cumbria

Health organisations in Lancashire and South Cumbria have worked together to develop an interactive map of mental health services. For more information visit **www.healthierlsc.co.uk/servicemap** to find organisations in your area who can offer help and support.

NHS
Lancashire and South Cumbria
Integrated Care Board

Orange Button Community Scheme

Did you know that 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 or signpost people that may need this. To see what courses are available or to book your training, please visit **www.healthierlsc.co.uk/orangebuttonscheme**

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

Scan the QR code for more information

Suicide prevention support services

Action for wellbeing	Email: hello@actionforwellbeing.uk 07568 704638 www.actionforwellbeing.uk
Every Life Matters	07908 537541 www.every-life-matters.org.uk
East Lancashire and Blackburn with Darwen crisis line	0300 029 0500
Papyrus - HopelineUK	0800 068 4141 www.papyrus-uk.org Email: pat@papyrus-uk.org
Samaritans	www.samaritans.org 116123 Email: jo@samaritans.org
Hub of Hope	www.hubofhope.co.uk
Zero Suicide Alliance	www.zerosuicidealliance.com

Suicide bereavement support services

Amparo	Free support for anyone effected by suicide in Lancashire 0330 0889 255 www.amparo.org.uk
Suicide Bereavement Service Cumbria	www.sbs.org.uk 07572 975 721
Talk Me Happy	Offering Lancashire BME a bereavement and befriending service.
Coroners' Court support service	www.coronerscourtssupportservice.org.uk
Cruse Bereavement	www.cruse.org.uk
Support After Suicide Partnership	www.supportaftersuicide.org.uk
Survivors of Bereavement by Suicide	www.uksobs.org/we-can-help/local-support-groups/ Email: support@uksobs.org

Local adult mental health support services

Mental Health Helpline	24 hour/7 days a week 0800 013 0707
Mindsmatter (NHS)	www.lscft.nhs.uk/Mindsmatter
Every Life Matters	07908 537541 www.every-life-matters.org.uk
Lancashire Mind	www.lancashiremind.org.uk
LSCFT Mental Health Crisis Line	0800 953 0110 www.lscft.nhs.uk
East Lancashire and Blackburn with Darwen crisis line	0300 029 0500
Wellbeing and Mental Health Helpline	0800 915 4640 (freephone) Text HELLO to 07860 022846 wwww.lscft.nhs.uk Text SHOUT to 85258
Campaign Against Living Miserably (CALM)	0800 585858 Helpline 5pm-Midnight, 365 days a year thecalmzone.net

Local children's and young people mental health support services

Healthy Young Minds Helpline	www.healthyyoungmindslsc.co.uk/home
Richmond Fellowship	0330 008 3672 www.richmondfellowship.org.uk
Kooth	www.kooth.com
ACE	07717 316883 07468 600903 www.a-c-e.org.uk
Childline	0800 1111
NSPCC	0808 8005 000 www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/
Students Against Depression	www.studentsagainstdepression.org
Young Minds	Text YM to 85258 Parents Helpine: 0808 802 5544 www.youngminds.org.uk/contact-us/ www.healthyyoungmindslsc.co.uk
Anna Freud Centre	www.annafreud.org/on-my-mind/ Text AFC to 85258

Local mental health support services

Mindsmatter Psychological Therapies	www.lscft.nhs.uk/mindsmatter-lancashire (Not Blackpool)
Blackpool Healthier Minds Service	Blackpool only 01253 955 700 https://www.bfwh.nhs.uk/our-services/healthier-minds/
The Mix	0808 808 4994
Mind	InfoLine: 0300 123 393 www.mind.org.uk
First Step	South Cumbria only 0300 555 0345 www.lscft.nhs.uk/first-step
Rethink	0800 4708 090 www.rethink.org
The Silver Line	www.thesilverline.org.uk/