

## **Pennine Lancashire Services**

### **East Lancashire Child and Adolescent Service (CAMHS)**

Open daily from 9am till 5pm

Tel: 01282 804806

### **ADHD North West**

Providing help and support for children, young people and families affected by ADHD across Pennine Lancs. Continuing to work with families via digital and telephone methods.

Tel: 01254 352 586 / 01524 411 044

Website: <http://www.adhdnorthwest.org.uk/>

Email: [reception@adhdnorthwest.org.uk](mailto:reception@adhdnorthwest.org.uk)

### **Brook Counselling Service**

Available in Burnley and Pendle, Blackburn with Darwen. Counselling service for 13yrs to 25yrs now using digital or telephone methods of contact.

Tel: 01282 416 596

Website: [www.brook.org.uk/burnley](http://www.brook.org.uk/burnley)

### **Barnardo's Young People's Carers Service**

Help and information offered to young carers across East Lancashire only. During Covid-19 this will be offered remotely via digital methods and telephone.

Tel: 01772 432020

Website: [www.barnardos.org.uk/lancashire-young-carers.htm](http://www.barnardos.org.uk/lancashire-young-carers.htm)

Email: [lancashireyoungcarers@barnardos.org.uk](mailto:lancashireyoungcarers@barnardos.org.uk)

### **Home-Start Blackburn Infant Mental Health Support**

Tel: 01254 692613

Will continue to support mothers in services with babies/toddlers under two years via telephone, email and skype with those volunteers who are willing and able to continue.

All vulnerable families will continue to be tracked.

All informed with an offer of contact during the next 12 weeks.