



MENTAL HEALTH HELPLINES TEXT & WEB BASED SUPPORT

There are Helplines, text and web-based support if someone is finding it hard to cope. You can get for 24 hr advice to support you, your parent/ carer or someone you care for. More details below.

CASHER

The CASHER Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.
07810 696565 or bfwh.casher.team@net.net

ChildLine
0800 1111

Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.
Ring: 0800 111
Visit: www.childline.org.uk

Mental Health Crisis Line
0800 953 0110
24 hours a day
7 days a week

Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals.
Call 0800 953 0110

Text YM to 85258
for urgent mental health support

Available all day, every day.

YOUNGMINDS
Crisis Messenger

The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.
Text YM to 85258.

PAPYRUS

HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.
Call: 0800 068 4141
Text: 07860 039 967

kooth

Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com

"It's alright to ask for help"

SAMARITANS
116 123

Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.
Call 116 123 for free

Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.

mind

Mind's online community Side by Side is a supportive place where you can feel at home talking about your mental health and connect with others who understand.

sidebyside.mind.org.uk

LANCASHIRE VICTIM SERVICES

They offer help and support no matter what kind of crime you have been affected by.

- Specialist services are available to support with
- have been affected by hate crime
- have been affected by rape and/or sexual assault
- are under the age of 18
- are a victim of domestic abuse

lancashirevictimservices.org

Calm

Calm the calm app improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.

Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.

