

Mental Health Helplines			
Name	Contact details	Opening hours	Description
Lancashire & South Cumbria NHS Foundation Trust Wellbeing and Mental Health Helpline	Call 0800 915 4640 Text HELLO to 07860 022 846	24/7 M-F 7-11pm Wknds 12pm – 12am	Emotional support for anyone experiencing mental health concerns
Blackburn Crisis line	01254 226430 01254 226074	9am-5am 5pm-9am	If you need urgent help as you are in mental health distress
Blackpool Crisis line	01253 951225 01253 956280	9am-5am 5pm-9am	
Chorley & South Ribble Crisis line	01772 676173 01772 773525	9am-5am 5pm-9am	
Hyndburn, Rossendale & Ribble Valley Crisis line	01254 226006 01254 612640	9am-5am 5pm-9am	
Lancaster & Morecambe Crisis line	01524 550550 01524 550198 01524 550199	9am-5am 5pm-9am 5pm-9am	
Pendle & Burnley Crisis line	01282 628455 01282 657222	9am-5am 5pm-9am	
Preston Crisis line	01772 647024 01772 773433	9am-5am 5pm-9am	
South Cumbria Crisis line	0300 024 7247 0300 024 7247	9am-5am 5pm-9am	
West Lancashire Crisis line	01695 684161 01695 684356	9am-5am 5pm-9am	
CALM Campaigning Against Living Miserably	<u>0800 58 58 58</u>	5pm-12am	
PAPYRUS Prevention of Young Suicide	<u>0800 068 4141</u> <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> <u>07786209697</u>	10am-10pm	Suicide prevention helpline for under 35's. Confidential unless life at immediate risk <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
Samaritans	<u>116 123</u> <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	24/7	Listening helpline

Shout Crisis Text line	<a href="tel:85258">85258</a>	24/7	For anyone experiencing a mental health crisis in need of support
Listening Ear	Helpline to be launched in a few weeks <a href="http://www.listening-ear.org.uk">www.listening-ear.org.uk</a>	Check website for details	For anyone having lost someone to the coronavirus in need of emotional support
<b>Helpful websites</b>			
Help Guide	<a href="https://www.helpguide.org">https://www.helpguide.org</a>		Guide to mental health and wellness
Hub of Hope	<a href="https://hubofhope.co.uk">https://hubofhope.co.uk</a>		Find local services that support mental health
Big White Wall	<a href="https://www.bigwhitewall.com">https://www.bigwhitewall.com</a>		Online peer support community for anxiety, depression and other common mental health concerns
Mind	<a href="https://www.elefriends.org.uk">https://www.elefriends.org.uk</a>		A supportive online community
Dealing with Depression	<a href="http://www.dealingwithdepression.co.uk/forum.php">http://www.dealingwithdepression.co.uk/forum.php</a>		Online forum for those dealing with depression
Metanoia	<a href="https://www.metanoia.org">https://www.metanoia.org</a>		Talk to a therapist online, help choosing a counsellor and help if you're thinking about suicide
Stay Alive	Mobile App		Tools to help you stay safe in a crisis
<b>Free guided sessions via zoom</b>			
Mindfulness with Peer Talk "Facing Depression together"	Mon-Fri at 09.30am		Meeting I.D. 8419303344 Password 885006