






	Support	About	Contact
	Childline	You can contact Childline about anything. You can call, chat online or email.	Call : 0800 1111  Website: <a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>
	NSPCC	Help for children and young people.	Helpline: 0808 800 5000  Website: <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
	Samaritans	Free support for everyone day or night.	Call: 116123  Website: <a href="https://www.samaritans.org/">https://www.samaritans.org/</a>
	A.C.E	A service to support young people to build emotional resilience. You can self-refer to this agency.	Call: 07717316883 or 07468600903  Website: <a href="https://a-c-e.org.uk/">https://a-c-e.org.uk/</a>
	Young Minds	Online support for parents & children suffering with mental health.	Call: 08088025544  Website: <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>
	Mindsmatter	Mindsmatter aim to Improve Access to Psychological Therapies (IAPT) service part of Lancashire Care NHS Foundation Trust. We are a wellbeing service offering a range of free psychological therapies to people aged 16 and over in Lancashire.	Call: 01772 695300  Website: <a href="https://www.lancashirecare.nhs.uk/Mindsmatter">https://www.lancashirecare.nhs.uk/Mindsmatter</a>
	N compass Northwest Butterfly & Phoenix Project	The Butterfly & Phoenix project aim to equip young people to cope better with difficult circumstances, preventing them from escalating into more serious issues.	Call: 03450138208  Website: <a href="https://www.ncompassnorthwest.co.uk/services/young-peoples-self-harm-support">https://www.ncompassnorthwest.co.uk/services/young-peoples-self-harm-support</a>





	FRANK	Online advice about drugs.	<b>Call:</b> 03001236600 <b>Text:</b> 82111  <b>Website:</b> <a href="https://www.talktofrank.com">https://www.talktofrank.com</a>
	Addaction	A service to help people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – we support people to make lasting change in their lives.	<b>Call:</b> 08081640074  <b>Website:</b> <a href="https://www.addaction.org.uk">https://www.addaction.org.uk</a>
	Kooth	Free, safe and anonymous online support for young people.	<b>Website:</b> <a href="https://www.kooth.com/">https://www.kooth.com/</a>
	Lancashire LGBT	Supporting LGB&T people to be happier, healthier and well connected.	<b>Call:</b> 01772717461  <b>Website:</b> <a href="https://lancslgbt.org.uk/">https://lancslgbt.org.uk/</a>
	Beat Eating Disorders	Are a multidisciplinary team offering support to people of any age, who have been diagnosed with/meet the diagnosis criteria for an eating disorder.	<b>Call:</b> 08088010711  <b>Website:</b> <a href="https://www.beateatingdisorders.org.uk/contact-us">https://www.beateatingdisorders.org.uk/contact-us</a>
	SEED (Support and Education for Eating Disorders)	SEED offers information, advice, education and practical help for individuals suffering from Eating Disorders and their carers.	<b>Call:</b> 08443915539  <b>Website:</b> <a href="https://helpfinder.beateatingdisorders.org.uk/seed-lancashire-support-and-education-for-eating-disorders">https://helpfinder.beateatingdisorders.org.uk/seed-lancashire-support-and-education-for-eating-disorders</a>

	<p><b>CEOP</b></p>	<p>CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it here.</p>	<p><b>Website:</b>  <a href="https://www.ceop.police.uk/safety-centre">https://www.ceop.police.uk/safety-centre</a></p>
	<p><b>Lancashire Youth Challenge</b></p>	<p>Lancashire Youth Challenge is a dynamic charity which enables young people to build confidence and resilience via an exciting year round programme of physical, creative and cultural activities and projects.</p>	<p><b>Call:</b> 07803370504</p> <p><b>Website:</b>  <a href="http://www.lancashireyouthchallenge.co.uk">http://www.lancashireyouthchallenge.co.uk</a></p>
	<p><b>Cancer Care</b></p>	<p>Support for 13 – 18 year olds who have been affect by cancer or if someone close to you has died of any cause.</p>	<p><b>Call:</b> 01524381820</p> <p><b>Website:</b>  <a href="https://www.cancercare.org.uk/">https://www.cancercare.org.uk/</a></p>
	<p><b>Children &amp; Family Wellbeing Services</b></p>	<p>The Children and Family Wellbeing Service, previously children's centres and Young People's Service, provide services to help with parenting and other support you may need.</p> <p>We support families of children and young people from 0-19 years old and young people with special</p>	<p><b>Call:</b> 01524581280</p> <p><b>Website:</b>  <a href="https://www.lancashire.gov.uk/children-education-families/childcare-and-family-support/children-and-family-wellbeing-service/">https://www.lancashire.gov.uk/children-education-families/childcare-and-family-support/children-and-family-wellbeing-service/</a></p>

		educational needs and/or disabilities up to 25.	
 <p><b>HOME START</b> Central Lancashire</p>	Home Start Central	Home-Start Central Lancashire is an early intervention, family support charity which gives families support and friendship during difficult, challenging times. We support parents as they grow in confidence and strengthen relationships with their children.	<p><b>Call:</b> 01257 241636</p> <p><b>Website:</b> <a href="https://www.homestartcentralallancs.org.uk/about-us/">https://www.homestartcentralallancs.org.uk/about-us/</a></p>
 <p><b>CANW</b> Child Action Northwest</p>	Child Action North West	Targeted Early Support and Specialist Services (TESSS) – Provide a range of services in the community to support children, young people and families in partnership with a number of organisations including Schools, Youth Offending Teams, Local Authority Children’s Services, Health and the Police.	<p><b>Call:</b> 01254 244700</p> <p><b>Website:</b> <a href="http://canw.org.uk/">http://canw.org.uk/</a></p>
 <p><b>Unique Kidz</b> and Co</p>	Unique Kidz and Co	Unique Kidz and Co aims to improve the social and play opportunities of disabled children and young people, and their siblings through specialist childcare services. The services offered include after school and holiday clubs for disabled children aged 5 to 19, a daytime support service for disabled children to meet friends and have new experiences, Stay and play	<p><b>Call:</b> 01524831132</p> <p><b>Website:</b> <a href="http://www.uniquekidzandco.org.uk/">http://www.uniquekidzandco.org.uk/</a></p>

		<p>sessions for disabled children and their siblings aged 0 to 5, and a Siblings group where young people who have disabled siblings can talk to peers and staff who relate to their experiences.</p>	
	<p><b>NEST</b></p>	<p>Nest Lancashire is part of Lancashire Victim Services and has been set up by the PCC to support young people aged 5 to 18 who have been affected by crime or subjected to bullying, threats or harassment. Young people can talk to Nest in confidence and all services are free of charge.</p> <p>Nest can offer one-to-one support, group sessions with other young people, help to build confidence, help to ensure young people feel safe and secure again, support in reporting the crime if the young person would like to do so, information about rights as a victim of crime and support young people throughout the process if a case goes to court.</p> <p>All services are free and confidential.</p>	<p><b>Call:</b> <a href="tel:03001110323">0300 111 0323</a> – the team covers the whole of Lancashire from 4 local hubs.</p> <p><b>Website:</b> <a href="http://www.nestlancashire.org">www.nestlancashire.org</a></p>
	<p><b>Rainbow Trust</b></p>	<p>Rainbow trust is a charity that provides support to those with life changing illnesses helping them get all of the treatments, funding and help needed to</p>	<p><b>Call:</b> <a href="tel:01372220095">01372 220 095</a></p> <p><b>Website:</b> <a href="http://www.rainbowtrust.org.uk">www.rainbowtrust.org.uk</a></p>

		<p>get through life. They help young people from 0-18 years. Rainbow trust supports those whose family can cope independently and not currently in crisis, but still require some areas of support. They mainly deal with palliative care to those children who do not have long left in life and to ensure that everything is comfortable and the way the family and child would like it to be before they die. They deal with all areas from diagnosis to death. This charity helps the siblings too, providing trips and surprises to make things slightly easier for them.</p>	
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National and local agencies supporting young people and their families	Support	About	Contact
	<b>We are with you</b>	A charity that offers free, confidential support to people who have issues with drugs, alcohol or mental health	<b>Website:</b> <a href="https://www.wearewithyou.org.uk">https://www.wearewithyou.org.uk</a>
<b>Support with the cost of living crisis</b>			
	<b>Department of Work and Pensions</b>	Supporting Families Team working with local council. Benefits and support getting back to work.	<b>Website:</b> <a href="https://www.gov.uk/government/organisations/department-for-work-pensions">https://www.gov.uk/government/organisations/department-for-work-pensions</a>
	<b>Citizens Advice</b>	Benefits information, help with cost of living, bills	<b>Website:</b> <a href="https://www.citizensadvice.org.uk">https://www.citizensadvice.org.uk</a>
	<b>Morecambe Pantry</b>	Local foodbank with great services for all Morecambe families	<b>Website:</b> <a href="https://www.morecambeparish.church/pantry/">https://www.morecambeparish.church/pantry/</a>
	<b>Household Support Fund</b>	Is to assist residents most in need to help with significant rising living costs	<b>Website:</b> <a href="https://www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/household-support-fund/">https://www.lancashire.gov.uk/health-and-social-care/benefits-and-financial-help/household-support-fund/</a>
<b>Support with relationships</b>			

	<b>Safenet</b>	Support women, children and men who are experiencing domestic abuse.	<b>Website:</b> <a href="https://www.safenet.org.uk">https://www.safenet.org.uk</a> Email <a href="mailto:contact@safenet.org.uk">contact@safenet.org.uk</a> Tel 0300 3033 581
<b>Emotional support</b>			
	<b>C.H.A.T.S (Carers. Help. Advisory. Training)</b>	A peer support group for parents/carers who have a young person experiencing emotional/mental health difficulties	<b>Website:</b> <a href="https://www.northlancsdirectionsgroup.com/c-h-a-t-s">https://www.northlancsdirectionsgroup.com/c-h-a-t-s</a> Email: <a href="mailto:chats_123@yahoo.com">chats_123@yahoo.com</a>
	<b>Lancashire Mind</b>	Adult virtual wellbeing coaching by Lancashire mind. Coaching also available online for 10-18 year olds	<b>Website:</b> <a href="#">Adult Virtual Coaching   Lancashire Mind</a> <a href="#">Virtual Wellbeing Coaching   Lancashire Mind</a>
	<b>Social Prescribers</b>	They are employed through the Primary Care Network and help connect people with local groups and activities that can help promote positive mental health and wellbeing.	<b>Website:</b> <a href="https://www.baymedicalgroup.co.uk/social-prescribers">https://www.baymedicalgroup.co.uk/social-prescribers</a>