

## Domestic Abuse/Sexual Exploitation

Service	About	Contact Details
<b>Trust House</b>	<p>Trust House Lancashire offers a safe place and specialist support for women, men, children and young people affected by rape and sexual abuse. Services on offer at Trust House include:</p> <p><b>Counselling</b> – Counselling is offered around Lancashire, and consist of approximately 10-12 sessions dependant on the individual's needs. Specialist support is offered around sexual abuse and rape.</p> <p><b>Family Support</b> – Counselling is offered to both parents, partners and supporters of individuals that have been subjected to sexual violence or abuse. Furthermore, Trust House has Specialist Family Support Workers who work with non-abusing family members to support them and their child's recovery following sexual abuse.</p> <p><b>Grounding and Flashbacks</b> – Useful information around the use of grounding is found on the Trust House website.</p> <p><b>Professional Training</b> - Trust House supports professionals from a range of specialist and non-specialist backgrounds to work with survivors of sexual abuse.</p>	<p>For more advice and guidance around the services or for referral,  <b>Contact:</b> 01772 825288  <b>Email:</b> <a href="mailto:support@trustouselancs.org">support@trustouselancs.org</a></p> <p><b>Website:</b>  <a href="https://trustouselancs.org/contact-us/">https://trustouselancs.org/contact-us/</a></p> <p>For CPD training opportunities  <b>Email:</b>  <a href="mailto:Office@trustouselancs.org">Office@trustouselancs.org</a>.</p>
<b>Preston Domestic Violence Services</b>	<p>Preston Domestic Violence Services (PDVS) provides support for people affected by domestic violence and abuse. Services within the PDVS include:</p> <p><b>Helpline</b> – available during office hours.</p> <p><b>The Sanctuary Service:</b> offers an alternative option to victims of Domestic Violence who would otherwise have to leave behind their home, family, friends and all their belongings. To be eligible for the scheme you must:</p> <ul style="list-style-type: none"> <li>• No longer be in the domestic violence relationship but are still receiving abuse and threats at the property.</li> <li>• Live within Preston city council boundaries</li> <li>• Have right to occupy your property, be this your own property or rented accommodation.</li> <li>• Permission from landlords must be sought for work to go ahead.</li> </ul> <p>A security survey is carried out on each property to ensure the extra security measures are suitable. These may include making improvements to external doors, lock changes, window alarms etc.</p> <p><b>The Outreach Service</b> - For any victim of domestic violence. Offer a non-judgmental approach with 1:1 emotional and practical support. Examples of support provided include: talking therapy, applying for benefits, grants and loans, speaking to other agencies and attending appointments with you (i.e., solicitors).</p>	<p><b>Website:</b>  <a href="https://www.pdvs.org.uk/">https://www.pdvs.org.uk/</a>  PDVS only cover the area of Preston.</p> <p>Referral can be made over the telephone.  Service users are able to self-refer themselves to PDVS.</p> <p><b>Helpline number:</b> 01772 201601  Victims/survivors can contact us directly or may be referred by another agency.</p> <p>Referral or more information on <b>The Sanctuary Service</b> –  <b>Contact:</b> 01772 201601  <b>Email:</b> <a href="mailto:sanctuary@pdvs.org.uk">sanctuary@pdvs.org.uk</a></p> <p><b>The Outreach Service</b> –  <b>Contact:</b> 01772 201601  <b>Email:</b> <a href="mailto:outreach@pdvs.org.uk">outreach@pdvs.org.uk</a></p>
<b>Lancashire Victim Services (LVS)</b>	<p>LVS provide support for both victims and witnesses of a crime. For victims, support include:</p> <p><b>Specially trained professionals who will:</b></p> <ul style="list-style-type: none"> <li>• Provide emotional support and help with housing, benefits and legal advice</li> <li>• Get practical safety advice for victims and their family</li> <li>• Help explore options and encourage victims to make their own choices</li> <li>• Support any children that may have been involved</li> <li>• Provide information and take action to help victims stay safe</li> </ul>	<p><b>Tel:</b> 0300 323 0085</p> <p>Referrals and for more information for services within the LVS are made on the contact page of:  <a href="https://lancashirevictimservices.org/contact/">https://lancashirevictimservices.org/contact/</a></p>

	<p><b>Victims who are unable to talk</b> LVS are currently working on putting together a variety of self-help guides and resources that can be accessible without having to call or contact anyone. Resources will be aimed at helping victims to cope with what they have experienced and to move on after a crime. To be available soon.</p> <p><b>Hate Crime</b> Specialist hate crime counsellors are available to provide expert advice and guidance. Support is given from a case worker. Support is offered around the process of reporting a crime, regaining confidence and overcoming victimisation, and being signposted to other agencies and support groups within the wider community.</p> <p><b>Independent Sexual Violence Advisor (ISVA).</b> ISVAs give practical and emotional support to anyone who has been raped, sexually assaulted or abused at any time in their life. Support can be offered through face to face, phone, email or by text. An ISVA is able to assess needs, provide information and advice, work with other, support victims in obtaining external counselling or mental health services if necessary, support with sexual health issues and appointments, support with housing concerns, give information/make referrals to specialist services such as drug and alcohol agencies, and support victims at appointments such as with your GP, GUM (genitourinary medicine clinic), police interviews or housing offices.</p> <p><b>Witness support</b> The Citizens Advice Witness Service is there to support you before and during court proceedings. The service is separate from the Police, the Witness Care Unit and the Crown Prosecution Service.</p>	<p>Access to Witness support – <b>Contact:</b> 0300 332 1000.</p>
SafeNet	<p>SafeNet protects victims (adults and children) and survivors of domestic abuse through the provision of safe refuge and support services, and promotes the prevention of further harm, through various initiatives including, working to build safe and healthy relations and promote equality. The type of services that SafeNet provide include:</p> <p><b>Lancashire Refuges</b> – Offer a wider level of immediate support to victims of domestic abuse with a single point of access to accept referrals from across Lancashire. Support is provided 24 hours a day, 365 days a year.</p> <p><b>SafeNet Safe Houses</b> - Offer safe-houses in the North West for those at risk of domestic abuse. These residential properties are a stepping stone to independent living and are situated in confidential locations.</p> <p><b>Men's Safe House</b> - For men who are escaping domestic and interpersonal abuse. This service offers emotional and practical support whilst recognising and addressing the gendered differences in the nature of abuse experienced.</p> <p><b>Specialist Services</b> – Provide specialist support within the LGBTQI+ community for those who are at risk or are escaping domestic abuse. Support is also provided for people with physical, learning or sensory difficulties, mental health needs, past and present dependency issues, sexual health needs, and pregnancy and associated issues. Barriers faced by the survivors from the ethnic minority background is also taken into consideration.</p> <p><b>Children and Young People's Services</b> - Children's Support Workers facilitate therapeutic one-to-one and group sessions, which provide</p>	<p><b>Website:</b> <a href="https://safenet.org.uk/contact/">https://safenet.org.uk/contact/</a></p> <p>For referral to and/or more information regarding Lancashire Refuges <b>Contact:</b> 0300 303 3581 <b>Email:</b> <a href="mailto:Lancashirerefuges@safenet.org.uk">Lancashirerefuges@safenet.org.uk</a></p> <p>For referral to and/or more information regarding SafeNet Safe Houses, Men's Safe House, Specialist Services, and Children and Young People's Services <b>Contact:</b> 0300 3033 581 <b>Email:</b> <a href="mailto:contact@safenet.org.uk">contact@safenet.org.uk</a></p>



	opportunities for children to express their thoughts and feelings, both verbally and through drawing, writing, painting and free or structured play. As a result of this, children can work towards finding positive coping strategies for dealing with their emotions.	
<b>Clare House and Women's Aid</b>	South Ribble Women's refuge provide: safe accommodation to women and their children who are attempting to flee from domestic abuse, specialist support for children in the refuge, offers recovery courses and 24-7 helpline 365 days a year. Homes are provided for up to eight women and 16 children. Formal domestic violence counselling, domestic violence outreach is also provided. Referrals accepted (refuge) self-referrals, any agencies and cross boundary referrals. Referrals accepted (non-refuge)-self referrals and any agency.	<p><b>Domestic Abuse Helpline:</b> 01772 435865</p> <p><b>Email:</b> clarehouse@progressgroup.org.uk</p> <p><b>Website:</b> <a href="https://www.womensaid.org.uk/domestic-abuse-directory/">https://www.womensaid.org.uk/domestic-abuse-directory/</a></p>
<b>Child Sexual Exploitation (CSE) – DETER</b>	A specialist team, including police officers and social workers dedicated to stopping CSE in Preston. Information regarding the CSE are given to DETER by families, friends and professionals and members of the community, will help assist in the CSE investigations.	<p><b>Tel:</b> DETER on <b>01772 209122</b> (Preston, Chorley, South Ribble and West Lancs)</p> <p><b>Text:</b> <b>66247</b>...begin DETER and then your message.</p> <p><b>Tel:</b> Call crime stoppers <b>0800555111</b></p>
<b>Child Sexual Exploitation (CSE) police and prevention</b>	The National Child Sexual Exploitation Action Plan has focused on four approaches to help target offenders and protect children and young people through new ways of working: Prepare, Prevent, Protect and Pursue.	<p><b>Website:</b> <a href="https://www.csepoliceandprevention.org.uk/">https://www.csepoliceandprevention.org.uk/</a></p>
<b>Parents against child exploitation (PACE)</b>	<p>Formerly known as CROP. A national charity, working with parents to end the sexual exploitation of children and young people. PACE also offers training to professionals on how child exploitation affects the family. The service provides opportunity for parents to support each other. PACE offers parents:</p> <ul style="list-style-type: none"> <li>▪ One-to-one telephone advice and support to parents</li> <li>▪ Facilitating meetings with similarly-affected parents for peer support.</li> <li>▪ Advising how to establish rights as parents and work in partnership with statutory agents such as police and social workers</li> <li>▪ Advice and support when pursuing disruption and prosecution of the perpetrators of child exploitation</li> <li>▪ Befriending scheme</li> </ul>	<p>For confidential help and advice, call PACE on <b>0113 240 5226</b></p> <p><b>Website:</b> <a href="https://paceuk.info/about-pace/contact-us/">https://paceuk.info/about-pace/contact-us/</a></p> <p>PACE takes referrals directly from parents. Email using the enquiry form found at the website above.</p>
<b>Child Exploitation and Online Protection Centre (CEOP)</b>	CEOP delivers a multi-agency service dedicated to tackling the exploitation of children within the online community. Children and parents are able to report possible incidences of sexual exploitation to the CEOP's child protection officer (report made on the website), who will get in contact make sure that the child is safe. They will also discuss what will happen next. CEOP are unable to respond to reports about bullying, fake accounts or account hacking. The CEOP ThinkuKnow website also has information and advice to children to stay safe if something has happened to you online in addition to support for parents.	<p><b>Website:</b> <a href="https://www.ceop.police.uk/safety-centre/">https://www.ceop.police.uk/safety-centre/</a></p> <p><b>Website:</b> <a href="http://www.thinkuKnow.co.uk">www.thinkuKnow.co.uk</a></p>
<b>The Children's society</b>	The children's society works throughout Lancashire to support children and young people who are at risk, involved in child sexual	<p><b>Website:</b> <a href="https://www.childrenssociety.org.uk/">https://www.childrenssociety.org.uk/</a></p>

	<p>exploitation and missing from home. Services on offer within the Lancashire (Preston) include:</p> <p><b>Street Safe</b> –Provides direct support and advocacy to young people, tailored to their needs. Work in schools and other settings to deliver awareness raising sessions. Through group work with young people Street Safe aims to ensure they understand and recognise concepts such as grooming and exploitative relationships, as well as discussing how young people can keep themselves safe in the real world and on-line. Referral for children and young people between the ages of 8 – 18 (up to the age of 25 in case of learning disabilities) can be completed by young people, parents, or professionals.</p> <p><b>The Safer Family Project</b> – Offers:</p> <ul style="list-style-type: none"> <li>•One to one sessions</li> <li>•Group sessions on parenting in the UK</li> <li>•Support integration by helping parents to overcome language and cultural barriers to improve their children's lives</li> <li>•Increase access to education, play and leisure, social activities, health and other relevant services for families</li> <li>•Enable parents to nurture their children successfully by supporting them to use services dealing with stress and trauma</li> <li>•Increase confidence in using services by signposting to relevant agencies</li> <li>•Help run drop in sessions</li> <li>•Uphold the rights of children and parents through advocacy</li> <li>•Increase awareness of issues faced by asylum seeking and refugee families so that local agencies can be more responsive to their needs</li> <li>•Work with churches, students and professionals.</li> </ul>	<p>Street Safe:</p> <p><b>Telephone:</b> 01772 759 233</p> <p><b>Freephone:</b> 0800 0856 324</p> <p><b>Website:</b>  <a href="https://www.childrenssociety.org.uk/what-we-do/helping-children/children-risk-streets/childrens-society-lancashire-%E2%80%93-street-safe">https://www.childrenssociety.org.uk/what-we-do/helping-children/children-risk-streets/childrens-society-lancashire-%E2%80%93-street-safe</a></p> <p>The safer Family project:</p> <p><b>Telephone:</b> 01772 759233</p> <p><b>Website:</b>  <a href="https://www.childrenssociety.org.uk/what-we-do/helping-children/safer-families-lancashire">https://www.childrenssociety.org.uk/what-we-do/helping-children/safer-families-lancashire</a></p>
<b>Nest</b>	<p>Nest Lancashire has been set up to support young people aged 8 to 18 who have been affected by crime or subjected to bullying, threats or harassment. The type of victim support offered includes:</p> <ul style="list-style-type: none"> <li>•One-to-one support</li> <li>•Group sessions with other young people</li> <li>•Access to sport and other social activities</li> <li>•Help to build your confidence</li> <li>•Help to ensure you feel safe and secure again</li> <li>•Support in reporting the crime if you would like to do so</li> <li>•Information about your rights as a victim of crime</li> <li>•Support you throughout the process if your case goes to court</li> </ul>	<p><b>Referral:</b></p> <p><b>Tel:</b> 03001110323</p> <p><b>Email:</b>  <a href="mailto:referrals@nestlancashire.org">referrals@nestlancashire.org</a></p> <p><b>Email:</b>  <a href="mailto:info@nestlancashire.org">info@nestlancashire.org</a></p> <p><b>Text:</b> NEST and their number to 60777</p> <p><a href="https://nestlancashire.org/contact-us/">https://nestlancashire.org/contact-us/</a></p>
<b>Rape Crisis – National line</b>	<p>1:1 Live Chat Helpline is a free, confidential emotional support service for women and girls (aged 16 and over), from England, who have experienced sexual violence. The Live Chat Helpline is not available for men, children under 16, or friends and family of people who have experienced sexual violence. The Live Chat Helpline is a text-based service that can be accessed through the Rape Crisis England &amp; Wales website.</p>	<p><b>Helpline:</b> 0808 802 9999</p> <p><b>Website:</b>  <a href="https://rapecrisis.org.uk/get-help/want-to-talk/">https://rapecrisis.org.uk/get-help/want-to-talk/</a></p>
<b>Criminal exploitation of children and vulnerable adults: county lines</b>	<p>Guidance for frontline professionals on dealing with county lines, part of the government's approach to ending gang violence and exploitation. See Appendix 5 for the CSE Police Prevention Channel Flowchart, which shows what should happen after you raise a concern. White arrows represent additional options to the prescribed process.</p>	<p><b>Website:</b>  <a href="https://assets.publishing.service.gov.uk/government/uploads/attachment_data/file/741194/HOCountyLinesGuidanceSept2018.pdf">https://assets.publishing.service.gov.uk/government/uploads/attachment_data/file/741194/HOCountyLinesGuidanceSept2018.pdf</a></p>



Sexual Health		
Service	About	Contact Details
<b>Contraception and sexual health services (CaSH)</b>	<p>CaSH works together to provide people (under 25) with a full range of sexual health services. Including contraception choices, sexually transmitted infection screening and treatment. Attendance to the Contraception Clinic can be done without the need for a referral.</p> <p>CaSH Services include advice, counselling and individualised assessment for:</p> <ul style="list-style-type: none"> <li>• Pregnancy testing: Advice and counselling for unplanned pregnancies (including termination of pregnancy)</li> <li>• Preconception advice</li> <li>• Advice and referral for male vasectomy</li> <li>• Advice on safer sex and sexually transmitted infections</li> <li>• Routine Chlamydia screening for under 25-year-olds</li> <li>• Cervical cytology (smear tests for 25 year olds and over)</li> <li>• General advice on gynaecological and holistic sexual health</li> <li>• Signposting to relevant specialised services</li> </ul>	<p><b>Central Booking Line number:</b> 01772 401140 open Monday to Friday 9.00am - 5.00pm.</p> <p><b>Website:</b>  <a href="https://directory.lancashirecare.nhs.uk/service-page.php?id=24">https://directory.lancashirecare.nhs.uk/service-page.php?id=24</a></p> <p><b>Address:</b>  Urban Exchange,  Mount Street,  Preston,  Lancashire,  PR1 8BQ</p>
<b>Sexwise</b>	<p>Sexwise offers advice and signposts individuals to relevant support regarding contraception, pregnancy, STIs and pleasure. Website also includes free myth busting videos and free webinars. The site offers signposting information to other services (i.e., clinics, helplines, paid services and free online services).</p>	<p><b>Website:</b>  <a href="https://www.sexwise.fpa.org.uk/stis">https://www.sexwise.fpa.org.uk/stis</a></p>

LGBTQI+ related services		
Service	About	Contact Details
<b>Power to be out - POUT</b>	<p>Support for young people aged 13 to 19 (or up to 25 if they have a disability) who identify as lesbian, gay, bisexual, trans or are questioning their sexual identity (LGBTQ). The group meets weekly and offer a safe confidential space where LGBTQ young people can come together, share experiences, meet new friends and celebrate difference and diverse identities. Referral made on request.</p>	<p><b>Tel:</b> 01772 532930  <b>Email:</b>  <a href="mailto:pout@lancashire.gov.uk">pout@lancashire.gov.uk</a>  <b>Website:</b>  <a href="https://www.lancashire.gov.uk/youthzone/things-to-do/groups/lgbt/">https://www.lancashire.gov.uk/youthzone/things-to-do/groups/lgbt/</a></p>
<b>Arms OUT</b>	<p>Peer support group for the families of children and young people who identify as transgender. The young person can also attend the group. Parents can be put in touch with other parents for individual support. Referral made on request.</p>	<p><b>Tel:</b> 01772 717461  <b>Website:</b>  <a href="https://lancslgbt.org.uk/event/arms-out-2/?instance_id=34763">https://lancslgbt.org.uk/event/arms-out-2/?instance_id=34763</a></p>
<b>Mermaids</b>	<p>Resources and information as a reference point for professionals supporting a gender non-conforming or transgender young person. Mermaid's helps supports the empowerment of families and young people with the tools they need to negotiate the education and health services. Furthermore, Mermaid helps to support in reducing loneliness, isolation, suicidality and self-harm, and improve self-esteem in the young people who contact Mermaids. Moreover, Mermaids equip parents to support their children to the same end. Mermaid aims to improve awareness, understanding and practices of GP's, CAMHS, Social Services and other professionals.</p>	<p><b>Website:</b>  <a href="https://www.mermaidsuk.org.uk/about-mermaids.html">https://www.mermaidsuk.org.uk/about-mermaids.html</a></p> <p><b>Helpline:</b>  0808 801 0400  <b>Website:</b>  <a href="https://www.mermaidsuk.org.uk/contact.html">https://www.mermaidsuk.org.uk/contact.html</a></p>
<b>GIDS – Gender Identity</b>	<p>Highly specialised clinic (based in London and Leeds) for young people presenting with difficulties with their gender identity. Aim of the service is to ease emotional, behavioural and relationship</p>	<p><b>Website:</b>  <a href="https://gids.nhs.uk/contact-us#satellite-clinics">https://gids.nhs.uk/contact-us#satellite-clinics</a></p>

<b>Development Service</b>	troubles associated with gender identity difficulties. GIDS usually work alongside local services such as CAMHS who can provide additional support. GIDS offer satellite clinics around the country. Advice and guidance for young people, parents and professionals are also provided.	<b>Telephone:</b> 020 8938 2030/1 <b>Email:</b> gids@tavi-port.nhs.uk
<b>Lancashire LGBT</b>	The service provides LGBT group meeting for children and young people. Lancashire LGBT provides a helpline and information service and delivers social and support opportunities for LGB&T people. Support is also offered for school for LGBT awareness and support for schools with trans children and young people.	<b>Website:</b> <a href="https://lancslgbt.org.uk/support-for-schools/">https://lancslgbt.org.uk/support-for-schools/</a> <b>Helpline:</b> 07788 295521 Mon-Wed: 10am – 4pm

<b>Welfare Support</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Jobcentre Plus</b>	The aim of Jobcentre Plus is to help people of working age find employment in the UK. The organisation offers information about training opportunities for the unemployed. Jobcentre Plus administers claims for benefits such as Income Support, Incapacity Benefit, and Jobseeker's Allowance. Support such as interview tips, CV tips and preparations and effective job searching are also provided within the website.	<b>Preston</b> <b>Tel:</b> 0845 604 3719. <b>Website:</b> <a href="https://www.jobcentreguide.co.uk/preston-jobcentre">https://www.jobcentreguide.co.uk/preston-jobcentre</a>  <b>Chorley &amp; Leyland</b> <b>Tel:</b> 0800 169 0190 <b>Text phone:</b> 0800 169 0314
<b>Citizens Advice</b>	Advice and information on a range of issues, including benefits, work, debt and money, consumer, family, health, housing, immigration, and law and courts.	<b>Website:</b> <a href="https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=100567">https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/local-citizens-advice-details/?serialnumber=100567</a> <b>National phone line</b> <b>Advice line:</b> 03444 111 444 <b>Text relay:</b> 03444 111 445 Chorley and South Ribble <b>Landline:</b> 0344 245 1294 <b>Mobile:</b> 0300 330 0650 Preston <b>Advice Line:</b> 0300 330 1172
<b>Student Financial Team</b>	Provides support to full time students who are: single parents, long term illness/disability etc. Advisors can offer help and advice on a variety of benefits including: housing benefits, council tax support, PIP, ESA, income support etc.	<b>Tel:</b> 01772 892583 <b>Email:</b> <a href="mailto:financialsupport@uclan.ac.uk">financialsupport@uclan.ac.uk</a>
<b>Turn2Us</b>	Turn2Us is a charity which helps people in financial crisis gain access to welfare benefits, charitable grants and support services. The site provides a benefit calculator to find out which welfare benefits you may be entitled to. Use the Grant Search to find out what charitable funds you may be eligible for, as well as details about Turn2us' direct grant-giving funds; and links to other sources of information and help.	<b>Website:</b> <a href="https://www.turn2us.org.uk/">https://www.turn2us.org.uk/</a> <b>Helpline:</b> 0808 802 2000 Monday to Friday 09.00 – 20.00
<b>Step Change</b>	Step Change offers advice and guidance for debt management and debt information. <ul style="list-style-type: none"> <li>You can get free, confidential and expert debt advice online or over the phone</li> </ul>	<b>Website:</b> <a href="https://www.stepchange.org/">https://www.stepchange.org/</a>



	<ul style="list-style-type: none"> <li>• Recommend the best debt solutions for your individual circumstances</li> <li>• Support you while you deal with your debt problems, for as long as you need our help</li> <li>• Also campaign on your behalf to reduce the risk of problem debt and the harm it causes</li> </ul>	Live chat to talk to Step Change about debt advice. Mon-Fri 8am-8pm, Sat 9am-2pm.
<b>Welfare Rights</b>	The site offers a benefit guide and provides information on: Attendance allowance, bereavement allowance, carers allowance, child benefit, child tax credit, council tax benefit, disability living allowance, employment support allowance, employment support for youths, guardians allowance, housing benefit, incapacity benefit, incapacity benefit for youths, income support, industrial injuries benefit (accident), industrial injuries benefit (diseases and deafness), jobseekers allowance, maternity allowance, pension credit, personal independence payment (PIP), retirement pension, severe disablement allowance, social fund, statutory adoption pay, statutory maternity pay, statutory paternity pay, statutory sick pay (SSP), sure start maternity grant, universal credit, war disablement allowance, war widows pension, widows benefits, working tax credits, and welcome to welfare rights on the net.	<b>Website:</b> <a href="https://www.welfarerights.net/home.php">https://www.welfarerights.net/home.php</a> <b>Public number:</b> 01387 266 888 <b>Email:</b> <a href="mailto:info@welfarerights.net">info@welfarerights.net</a> <b>Professional number:</b> 01387 25 25 25 Best time to call: Monday 10am - 4pm Friday 10am - 2pm

<b>Family Support</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Gingerbread</b>	<p>Gingerbread is a family support and information service base. Gingerbread provides advice on welfare benefits, relationship breakdowns and co-parenting difficulties. Single parents in the northwest can access the following support from Gingerbread:</p> <p>Enrolling in the Make it Work pre-employment scheme, which offers a specialist self-employment advice service.</p> <p>Signing up for Marks &amp; Start programme, running across Manchester. Gingerbread continues to seek referrals and partnerships from Job Centre Plus across the north west to delivery Marks and Start programmes.</p> <p>Calling free helpline and speaking to a specialist single parent adviser. Support can be centred on child maintenance, benefit or tax issues or going back to work etc.</p> <p>Accessing extensive single parent information content online covering topics from separation and bereavement to childcare and managing holidays as a single parent:</p> <p>Joining in the discussion with other single parents on the online single parent forum.</p>	<b>Website:</b> <a href="http://gingerbread.org.uk/information/">gingerbread.org.uk/information/</a>  <b>Make it work Pre-employment scheme.</b> Contact: <a href="mailto:yvonne.smith@gingerbread.org.uk">yvonne.smith@gingerbread.org.uk</a>  <b>Marks &amp; Start programme</b> Contact: <a href="mailto:yvonne.smith@gingerbread.org.uk">yvonne.smith@gingerbread.org.uk</a>  <b>Helpline:</b> 0808 802 0925
<b>Home Start Central Lancs-</b>	<p>This service is provided by volunteers, who have been parents themselves, who give regular support, friendship and practical help to families who are struggling whilst raising their own families. The type of services on offer include:</p> <p><b>Home visits</b> – offering tailored support around Chorley, South Ribble and west Lancashire area with parents with children aged between 0-19 years. Volunteers would support parents to grow in confidence, strengthen relationships with children and widen links with the local community. Self-referrals can be made, as well as referrals from professionals.</p> <p><b>Family Groups</b> - There are 2 family groups currently being delivered in the South Ribble and West Lancashire area. <b>Penguin:</b> Every Monday</p>	<b>Tel:</b> 01257 241636. <b>Website:</b> <a href="https://www.homestartcentralallancs.org.uk/contact/">https://www.homestartcentralallancs.org.uk/contact/</a> <b>Email:</b> <a href="mailto:enquiries@homestartcentralallancs.org.uk">enquiries@homestartcentralallancs.org.uk</a>

	<p>(Term time only) from 10am till 12noon at Broadoaks Child Development Centre. Support is offered and stimulating play sessions to families who may find it difficult to access generic groups due to their situation and their child's condition. <b>Mum to Mum Group &amp; Toddler Group:</b> Mum to Mum meets weekly on Wednesdays 10.30am until 12noon at The Grove, Station Approach, Burscough L40 0RZ. Support and help for Mums with Post Natal Depression, as well as reducing isolation, and promoting friendships and well-being.</p> <p><b>Big Hopes, Big Future Programmes:</b> work directly with parents and children and help them to build the skills they need to be ready for the first day of school.</p>	
<b>The Children and Family Wellbeing Service</b>	<p>Provides services to help with parenting as well as additional that may be needed. Families of children and young people from 0-19 years and young people with special educational needs and/or disabilities up to 25 are supported. Both individual and group based services are provided. Type of service provided includes:</p> <p>Bump, birth and beyond: antenatal course.</p> <p>Info shop: information, advice and guidance drop in session with support to access education and apprenticeships for children aged 16-18years old.</p> <p>School Nurse drop in: opportunity for young people to access confidential health advice.</p> <p>Youth council: opportunity for young people to have a voice and be able to influence decisions made locally and nationally.</p> <p>Unite: providing safe and welcoming environment for young people aged 12-15 with special educational needs and disabilities.</p> <p>Parenting courses: A range of parenting courses are provided. Please contact the centre for more information.</p> <p>Health visitors: 2 year developmental checks and weigh sessions, some interactive play.</p> <p>Freedom programme: a supportive course for females only to increase their self-confidence, to feel empowered and make positive changes in their lives and relationships.</p> <p>Girls Group: meet with other girls in a safe welcoming environment. Help increase confidence and support health and wellbeing (aged 13-19 up to 25 with SEND.).</p> <p>Risk taking group: a short course for young people to help them manage risk.</p> <p>Rap and Rhyme: 5 week course for 0-5 year's olds. Encourages children to develop their communication and social skills.</p> <p>Parents/carers will be given support by singing lots of songs and rhymes. Ring to book.</p> <p>Speech and Language: This group supports and encourages children aged 2-3 years to develop their speech, language and communication skills using rhymes, games and other activities.</p> <p>Sensory Play: 5 week course aimed at parents/carers with babies aged 0-12 months. 1:1 time with your baby to support bonding and attachment. Ring to book.</p> <p>Tuesday Evening social group: For adults with autism and/or adults who have children with autism. Call the centre for more information.</p> <p>Midwife Clinic: Appointments with midwife ante and post-natal. Staff from neighbourhood centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support.</p>	<p><b>Find your nearest service:</b>  <a href="https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/">https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/children-and-family-wellbeing-service/</a></p>



	For families with younger children – access advice and guidance on a full range of child care services, resources and issues from the children and family wellbeing service.	
<b>Barnardo's Family Support</b>	<p>Barnardo's support parents, carers and families in the community and in diverse cultural circumstances. Guidance and advice are aimed at supporting vulnerable children and their families. Services include:</p> <p><b>Lancashire Young Carers:</b> Deliver support to young carers aged up to 18 across Lancashire. Once assessed, the young carer will have a named worker who will be there to support them and provide information and advice. A support plan will be developed with the young carer and their family and will outline what is needed to support the whole family and reduce the impact of caring on the young carer. This can be one to one support, group work, signposting to other services, advocacy and support at meetings.</p> <p><b>Include Me 2 service</b> – A short break, providing sitter services, befriending and individual support. Emphasis on building confidence and independence through inclusive play, play/holiday schemes and enabling social inclusion and skills. Telephone to make a referral.</p> <p><b>Lancashire Independent Supporters</b> – Providing Independent Supporters advice and support for parents of children with special educational needs (SEN), and young people with SEN. A range of time-limited support is available, tailored to the particular needs of individual families and young people.</p> <p><b>Lancashire CYP participation</b> - This service provides: <b>Disability advocacy:</b> Engaging and including those with disabilities in community activities and decisions about themselves. Opportunities for carers to increase their confidence and develop the skills needed to ensure that individual voices are heard. <b>Advocacy and participation:</b> Supporting the right of a looked after child to be heard and involved in decisions through 1:1 support and independent visitors.</p> <p><b>Preston Foyer: Housing and homelessness:</b> Housing support to assist and sustain independent living on leaving care. Providing access to supported accommodation, emergency short term or more long term bond schemes. Raising awareness through educational visits and improving the understanding of risks. <b>Leaving care:</b> Supporting the transition from Care to independent living, with follow on services providing skills, knowledge and access to 1:1 advice. Including access to supported lodgings, help getting a job and on the Job Training.</p>	<p><b>Website:</b>  <a href="https://b.barnardos.org.uk/what-we-do/our-work/service-search-results.jsp?loc=PR25+3ED&amp;lg=-2.6898&amp;lt=53.6936&amp;cl-0=">https://b.barnardos.org.uk/what-we-do/our-work/service-search-results.jsp?loc=PR25+3ED&amp;lg=-2.6898&amp;lt=53.6936&amp;cl-0=</a></p> <p><b>Lancashire Young Carers:</b>  Referrals are accepted from all agencies and professionals, and families can also refer directly into the service. If you require a referral form, information or just want to talk to a member of the team, please call the number below or email us.  <b>Telephone:</b> 01772 641002  <b>Email:</b>  lancashireyoungcarers@barnardos.org.uk  <b>Include Me 2 service Tel:</b>  01772 629470  <b>Lancashire Independent Supporters Tel:</b> 01772 629470  <b>Lancashire CYP participation Tel:</b> 01772 629470  <b>Preston Foyer Tel:</b> 01772 881383</p>
<b>The Incredible Years</b>	Articles and handouts (i.e., tips for parenting, teaching children emotional regulation skills etc.) for education professionals to give out to parents/carers. The site offers parent, children and teachers training programs focused on particular needs (i.e., autism spectrum and language delays).	<p><b>Website:</b>  <a href="http://www.incredibleyears.com/parents-teachers/articles-for-parents/">http://www.incredibleyears.com/parents-teachers/articles-for-parents/</a></p>
<b>Family Links</b>	Free downloadable guides, practice sheets, kindness charts etc. for education professionals to give out to parents/carers. Tips for internet safety and parenting tips are also included. The site offers parents signposting information to other services in the UK.	<p><b>Website:</b>  <a href="https://www.familylinks.org.uk/parents#free-downloads-for-parents">https://www.familylinks.org.uk/parents#free-downloads-for-parents</a></p>
<b>Family Rights Group</b>	Provides advice and support for families whose children are involved with social services.	<p><b>Helpline:</b> 0808 8010366  <b>Website:</b>  <a href="https://www.frg.org.uk/">https://www.frg.org.uk/</a></p>

<b>National Information Centre on Children of Offenders (NICCO)</b>	<p>Supporting all professionals to work with offenders' children and their families.</p> <p><b>Directory of services:</b> Support services are provided for offenders' children and families both in prison and in the community. The NICCO Directory of Services enables you to find out what is available in the prison where children and families are visiting a family member as well as what services are provided nationally and in the region where they live.</p> <p><b>Directory of resources:</b> The NICCO Directory of Resources provides details of the huge number of tools, activities, practice models and guidance that have been developed by agencies to support offenders and their children and families.</p> <p><b>Directory of research:</b> All research and evidence on NICCO is reviewed using a Quality Assessment Tool (QAT) developed by the University of Huddersfield and Barnardo's.</p> <p>NICCO lists comprehensive information from voluntary and statutory agencies across England and further afield. The three Directories enable practitioners to search for Services, Resources or Research to inform their practice with children and families of offenders.</p>	<p><b>Website:</b> <a href="https://www.nicco.org.uk/">https://www.nicco.org.uk/</a></p> <p><b>Directory of services:</b> <a href="https://www.nicco.org.uk/directory-of-services">https://www.nicco.org.uk/directory-of-services</a></p> <p><b>Directory of resources:</b> <a href="https://www.nicco.org.uk/directory-of-resources">https://www.nicco.org.uk/directory-of-resources</a></p> <p><b>Directory of research:</b> <a href="https://www.nicco.org.uk/directory-of-research">https://www.nicco.org.uk/directory-of-research</a></p>
<b>Family Lives</b>	Family Lives provides help and support on all aspects of parenting and family life, and runs Parentline.	<p><b>Website:</b> <a href="http://familylives.org.uk">familylives.org.uk</a></p> <p><b>Helpline:</b> 0808 800 2222</p>

## Housing Support

Service	About	Contact Details
<b>Katrina Coates: Housing liaison at Preston City Council</b>	Support people with general enquiries, aiming to prevent homelessness wherever possible, or provide options for rehousing. They offer housing advice and appropriate referrals to support organisations where required. They may also be able to prevent people potentially becoming homeless.	<b>Tel:</b> 01772 906836
<b>Preston City Council – Housing Advisory Service</b>	<p>Help you with a range of housing related information from advice for landlords and affordable housing options to homeless help. Drop in service is available with no appointment needed if answers cannot be obtained online.</p> <p><b>Opening Hours</b></p> <ul style="list-style-type: none"> <li>•Monday: 9am-4pm</li> <li>•Tuesday: 9am-3pm</li> <li>•Wednesday: 9am-4pm</li> <li>•Thursday: 9am-4pm</li> <li>•Friday: 9am-4pm</li> <li>•Saturday - Sunday: Closed</li> </ul>	<p><b>Address:</b> Town Hall Lancaster Road Preston PR1 2RL</p> <p><b>Phone:</b> 01772 906412</p>
<b>Chorley Council Housing</b>	<p>The services provided includes:</p> <ul style="list-style-type: none"> <li>• Access to social housing via the Select move Choice Based Lettings system</li> <li>• Housing options advice including homelessness, help to access private sector housing, help with mortgage advice, and also help to access to housing related support including accommodation based service and also floating support.</li> <li>• Cotswold Supported Accommodation for homeless families</li> <li>• Home Improvement Agency for help with adaptations and energy efficiency</li> <li>• Help and support to access affordable housing to part share or buy</li> <li>• Support and advice for Private Landlords In Chorley</li> </ul>	<p><b>Address:</b> Civic Offices Union Street Chorley Lancashire PR7 1AL</p> <p>Open from 8.45am to 5pm Monday to Friday, excluding bank holidays.</p> <p><b>Phone:</b> 01257 515151.</p>



		Outside of office hours an <b>emergency service is available by ringing 01257 515142</b>
<b>South Ribble Council Housing</b>	Offer free, impartial and confidential advice and assistance to all residents of the borough on matters relating to housing. This includes advice to private tenants, leaseholders, owner-occupiers or housing association tenants.	<b>Address:</b> Civic Centre West Paddock Leyland Lancashire PR25 1DH <b>Phone:</b> 01772 421491 <b>Text:</b> 07776 176981 <b>Emergency Contact out of hours:</b> 01772625499
<b>Fox street community</b>	Single homeless men/must have local connections/ minimum age -16. Accept referrals from Preston city council. Person centred support plans. Staff provide support the empowerment and enablement of service users to maintain a positive contribution when living in the community in their own tenancy.	<b>referral Tel:</b> 01772 906414
<b>Merriweather Home</b>	Young single homeless people aged 16-25, including ex-offenders and young people leaving local authority care. No local connection required. Accept self-referrals and referrals from any	<b>Tel:</b> 01772 253480. <b>Website:</b> <a href="mailto:movingonpreston@barnardos.org.uk">movingonpreston@barnardos.org.uk</a>
<b>Shelter</b>	Website provides housing option guidance information for young people. Advice and guidance may include: help paying rent, finding private rented housing and homelessness.	<b>Website:</b> <a href="http://england.shelter.org.uk/housing_advice/housing_for_young_people/housing_options_for_young_parents">http://england.shelter.org.uk/housing_advice/housing_for_young_people/housing_options_for_young_parents</a>  <b>Homelessness for 16-17</b> <b>Website:</b> <a href="https://england.shelter.org.uk/housing_advice/homelessness/your_situation/homeless_help_your_situation_-_16_and_17_year olds">https://england.shelter.org.uk/housing_advice/homelessness/your_situation/homeless_help_your_situation_-_16_and_17_year olds</a>
<b>Key</b>	Information, advocacy, counselling and practical assistance for young people aged 16-25 who are homeless or who have housing problems. Subjects covered include finding accommodation, housing rights, benefits, education and training. Support for young people with new tenancies. Family mediation. Life coaching to help young people get ready for employment.	<b>Tel:</b> 01772 678979 <b>Email:</b> <a href="mailto:help@keyyouthcharity.org.uk">help@keyyouthcharity.org.uk</a> <b>Website:</b> <a href="http://www.keyyouthcharity.org.uk/">http://www.keyyouthcharity.org.uk/</a>

## Food Banks

Service	About	Contact Details
<b>St. Mary's Church</b>	<b>Opening hours:</b> Monday to Friday: 10am-12pm – Anyone can go to the presbytery building (walk past the front of the round church) at St. Mary's	<b>Address:</b> Broadfield Drive, Leyland, PR25 1PD

	Leyland (on Broadfield Drive) and just ring the bell on the front door. No Vouchers needed	
<b>Penwortham Community Centre</b>	<b>Opening hours:</b> Fridays: 9.30am to 12pm. Drop in service operating. No vouchers needed	<b>Address:</b> Kingsfold Drive, Penwortham, Preston, PR1 9EQ
<b>Living waters Store House (food bank).</b>	<b>Opening hours:</b> Tuesday & Friday 10am-2.00pm. Please ask for a referral voucher from Chorley office. Citizens Advice Lancashire Chorley Office 35-39 Market Street Chorley Lancashire PR7 2SW	<b>Address:</b> Living Waters Church, 33-45 Bolton Street, Chorley, PR7 3AB.  <b>Phone:</b> 07889 757045 <b>Email:</b> <a href="mailto:storehouse@lwchurch.co.uk">storehouse@lwchurch.co.uk</a>
<b>Chorley Help the Homeless.</b>	The service provides: <ul style="list-style-type: none"> <li>• Emergency Food Bank and toiletries parcels. Sleeping bags, clothes, bedding and start up household supplies.</li> <li>• Information on housing and benefits related issues, advocacy and representation.</li> <li>• Talk therapy counselling.</li> <li>• Coffee in Kind scheme, in partnership with Woodchats Coffee Shop.</li> </ul> <b>Opening hours:</b> Monday, Tuesday and Thursday 9.30am – 2.00pm. Friday – 9.30am – 1.00pm. (Closed Weds).	<b>Address:</b> Dorothy House, 45 Clifford Street, Chorley, PR7 1SE.  <b>Phone:</b> 01257 273 320 <b>Email:</b> <a href="mailto:reception@chth.org.uk">reception@chth.org.uk</a>
<b>St Laurence's Church.</b>	<b>Opening hours:</b> Friday & Saturday: #watchUsgrow at St Laurences every Friday 1.30 – 3.00pm and Saturday 1.30 – 3.00pm (Saturday is directed at families only). <b>Free meal:</b> St Laurence's Church Refectory is open for FREE evening meal between 5.30pm and 6.30pm every MONDAY.	<b>Address:</b> St Laurence's Parish, Union St, Chorley, PR7 1EB Please just drop in or call for more information <b>Phone Anne from the Parish office:</b> 01257 231 360 <b>Phone Betty:</b> 01257 279 983.
<b>Chorley United Reformed Church.</b>	<b>Opening hours:</b> Each Tuesday afternoon between 5pm and 6pm the church opens its doors to offer hot, homemade soup, bread and a cup of tea to those in need. An Open Kitchen runs every Thursday between 5 – 6pm for a free evening meal for all the family.	<b>Address:</b> Hollinshead Street, Chorley, PR7 1EP (Entry from Byron Street or Hollinshead Street).  <b>Contact Brenda:</b> 01257 266 024 <b>Contact Rachel:</b> 01257 426 328
<b>St Peter's Church.</b>	<b>Opening hours:</b>	<b>Address:</b> Harpers Lane, Chorley,



	Every 2nd Wednesday of the month at 12 noon, the church extends an invitation to meet and eat with others. All are welcome and they just ask for a contribution of £3.00 for a 3 course meal.	PR6 0DX, (In the church meeting room). <b>Contact Anne Forest:</b> 01257 426 328
<b>St Mary's Roman Catholic Church.</b>	They have a limited food supply but are happy to try and help people in crisis. <b>Opening hours:</b> Tues – Fri 9.00 – 1.00pm (except Mass times) 2.00 – 5.00pm OUTSIDE THESE TIMES BY APPOINTMENT ONLY.	<b>Address:</b> Mount Pleasant, Chorley, PR7 2SR. <b>Contact the parish office:</b> 01257 262 537 <b>Email:</b> stmaryschorley@yahoo.co.uk

<b>Drugs and Alcohol</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Young Addaction</b>	<b>Young People Addaction in Preston:</b> young people's substance misuse service for under 25's. Includes 1:1 and group work related psychosocial interventions. Young Addaction has access to prescribing for those who require pharmaceutical interventions.	<b>Contact:</b> 0808 164 0074 or chat online. <b>Address:</b> Ring way House, Percy Street, Preston, PR1 1HQ. <b>Website:</b> <a href="https://www.addaction.org.uk/services/young-addaction-lancashire-central">https://www.addaction.org.uk/services/young-addaction-lancashire-central</a> <b>Tel:</b> 01772 255307 (office) Darren Mansfield Project Worker <b>Preston Tel:</b> 07771657962  Rachel Robertson – project worker <b>Preston Tel:</b> 07771662351  Natalie Shirley – Project Worker <b>South Ribble Tel:</b> 07966138289  Joanne Hicks – Project Worker <b>Chorley Tel:</b> 07789653978
<b>Youth Zone</b>	Youth Zone provides information and advice regarding drugs and alcohol for young people in Lancashire. Youth Zone provides signposting information to other services that support young people and individuals with alcohol and drug misuse.	<b>Website:</b> <a href="https://www.lancashire.gov.uk/youthzone/need-to-know/drink-and-drugs/">https://www.lancashire.gov.uk/youthzone/need-to-know/drink-and-drugs/</a> <b>Chat Online</b> <b>Contact:</b> 0800511111 <b>Text:</b> 07786511111 <b>Email:</b> talkzone@lancashire.gov.uk

<b>Inspire</b>	<p>Community drug and alcohol service. Supported in assessing your needs and developing an individualised recovery action plan. Includes: drop in services for new clients to be fast tracked into treatment. Advice and information. Brief intervention programme. Health promotion and health screening. Detoxification and psychosocial interventions etc. Offer a number of recovery based services including advice, information, rehabilitation and aftercare support. Discover covers all aspects including physical and psychological health needs, relationships, wellbeing and lifestyle</p> <p>If individuals struggle to access services, whether this is due to childcare, health needs or work commitments, Inspire's digital team are available, provided you have the technology needed, such as a smart phone or access to a computer.</p>	<p><b>Tel:</b> 08081 698 673</p> <p><b>Website:</b> <a href="https://inspirelancs.org.uk/">https://inspirelancs.org.uk/</a></p> <p><b>Referral Form (self-refer):</b> <a href="https://inspirenorthlancs.org.uk/contact/self-referral-form/">https://inspirenorthlancs.org.uk/contact/self-referral-form/</a></p> <p><b>Preston</b> St Wilfrids Building Fox Street Preston PR1 2AB</p> <p><b>Chorley</b> Matrix House Friday St Chorley PR6 0AA</p>
<b>NACOA – National association for children of alcoholics</b>	Providing information, advice and support for everyone affected by a parent's drinking.	<p><b>Free helpline Tel:</b> 08003583456</p> <p><b>Email:</b> helpline@nacoa.org.uk</p> <p><b>Website:</b> nacoa.org.uk</p>
<b>Future Foundation – Young Addaction</b>	<p>Support children of alcohol dependant parents/carers. There are three components to future foundations.</p> <ol style="list-style-type: none"> <li>1) Professional training</li> <li>2) Animate - Working with families in a group setting using an art based approach aimed at improving communication and relationships, where one or more parents have problematic alcohol use.</li> <li>3) Skills for change - For 11-19 year olds. 5 hours of group work sessions usually delivered in a school setting. Aims to support young people to build resilience and improve their emotional wellbeing and self-esteem, thereby lowering their own risk of alcohol misuse.</li> </ol>	<p><b>Contact project lead:</b> Lisa Nicholson on 07789397918 or email <a href="mailto:lisa.nicholson@addaction.org.uk">lisa.nicholson@addaction.org.uk</a></p> <p><b>Website:</b> <a href="http://www.cvsbwf.org/22576-future-foundations-young-addaction/">http://www.cvsbwf.org/22576-future-foundations-young-addaction/</a></p>

<b>Crisis Support</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Samaritans</b>	Samaritans offer round the clock support, 24 hours a day, 365 days a year. They provide crisis support to anyone suffering with mental health, loneliness, anything at all, they are just a safe and confidential listening ear. 1:1, telephone, email and letter type services are provided.	<p><b>Tel:</b> 116 123.</p> <p><b>Email:</b> jo@samaritans.org</p> <p><b>Website:</b> <a href="https://www.samaritans.org/how-we-can-help-you">https://www.samaritans.org/how-we-can-help-you</a>.</p>
<b>SHOUT crisis text line</b>	The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.	If you need immediate support, you can text <b>SHOUT</b> to <b>85258</b> and chat by text.
<b>The Wellbeing and Mental</b>	Provides an information and listening service for people in Lancashire. It is available between 7pm and 11pm Monday - Friday, and between 12 noon and 12 midnight on Saturdays and Sundays.	<p><b>Tel:</b> 08009154640</p> <p><b>Website:</b> <a href="https://www.lancashirecare">https://www.lancashirecare</a>.</p>



<b>Health Helpline</b>	Following support can be offered to people experiencing: bullying, parental conflict, loneliness, mental health problems, sexuality changes, suicidal thoughts, abuse, self-image issues and self-harm.	<a href="https://nhs.uk/Mental-Health-Helpline">nhs.uk/Mental-Health-Helpline</a> . Text <b>Hello</b> to <b>07860022846</b>
<b>Preston and Chorley South Ribble Home Treatment Team (HTT)</b>	HTT supports people living in the community, aged 16 years old or above who have moderate to complex or serious mental health problems Pan Lancs. The teams has various functions including assessment, gate keeping and a home treatment function as an alternative to admission. This also includes facilitating early discharge from hospital. HTT aim to provide a safe and effective alternative to in-patient care by helping people through times of mental health crisis in their own home environment. We operate a 24 hour service.	<b>Website:</b> <a href="https://www.lscft.nhs.uk/home-treatment-teams">https://www.lscft.nhs.uk/home-treatment-teams</a>  <b>Preston Tel:</b> 01772 773433 <b>Chorley and South Ribble Tel:</b> 01772 773725  Referrals will go through START Mon-Fri 9-4.30, unless a person is already under the care of a Mental Health Team, in which case their Care Co-ordinator will refer them directly. Outside of these hours referrals will be received from all sources.
<b>Mental Health Access Line:</b>	Lancashire Care NHS Foundation Trust provides a Mental Health Access Line to support people's mental health needs 24 hours a day, 7 days a week. Access Line is suitable if experiencing urgent care but not life threatening. Examples include: <ul style="list-style-type: none"> <li>•If you have an existing mental health problem and your symptoms get worse</li> <li>•If you experience a mental health problem for the first time</li> <li>•If someone has self-harmed but it does not appear to be life-threatening, or is talking about wanting to self-harm</li> <li>•If a person shows signs of onset dementia</li> </ul>	<b>Tel:</b> NHS 111
<b>Child line</b>	Child line is a free, private and confidential service, where thoughts and feelings can be disclosed by the young person and/or child. Support may include advice and guidance with relationships, body, bullying, abuse, academia and work. Support is provided through online and phone. Child line website includes message boards, whereby children of similar ages are able to share stories. There is advice and guidance around loneliness, mobile safety, emotional abuse, as well as the promotion of undertaking calming activities. Support and guidance are presented in the form of articles, games and videos. Child line offers 1:1 online conversations with counsellors.	<b>Website:</b> <a href="http://www.childline.org.uk">http://www.childline.org.uk</a>  18 or under – 24/7 <b>Tel:</b> 0800 1111  Worried about a child <b>Tel:</b> 0808 800 5000 <b>Email:</b> <a href="mailto:help@nspcc.org.uk">help@nspcc.org.uk</a> .  1:1 counsellor online: Free sign in and then enter the waiting room to talk to a counsellor. <b>Link:</b> <a href="https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/">https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/</a>
<b>SaneLine</b>	Provides out of hours mental health and emotional support and information to anyone affected by mental ill health, including family, friends and carers. Open every day of the year 4:30pm to 10:30pm. For individuals 16 and over. Sane Line provides an online community in the form of an online forum, which is available 24/7. The forum is available for individuals above the age of 18.	<b>Phone:</b> 0300 304 7000 <b>Website:</b> <a href="http://www.sane.org.uk/wh-at-we-do/support/helpline/">http://www.sane.org.uk/wh-at-we-do/support/helpline/</a>

<b>Mind Infoline</b>	Information on types of mental health issues, where to get help, medication and alternative treatments and advocacy. Mind infoline will look for details of help and support in your own area.	<b>Phone:</b> 0300 123 3393 <b>Text:</b> 86463 <b>Website:</b> <a href="https://www.mind.org.uk/information-support/helplines/">https://www.mind.org.uk/information-support/helplines/</a>
<b>Rethink Advice and Information Service</b>	Practical help and information on issues such as the mental health act, community care, benefits, debt, criminal justice and carers right. Offers a signposting service to other mental health related services.	<b>Phone:</b> 0300 5000 927 <b>Website:</b> <a href="https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/">https://www.rethink.org/aboutus/what-we-do/advice-and-information-service/get-help-now/</a>

<b>Therapeutic Support</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Acute Therapy Service (A.T.S)</b>	ATS can be used as an alternative to being admitted to hospital. Based on psychoeducation groups and encourages self-management and problem solving for 6 consecutive days. A.T.S introduces social inclusion, holistic therapies, community restart etc. ATS provides support to people 16+ who are experience mental health crisis difficulties. Skills group at ATS include: Emotional regulation, mindfulness, how to get on with others, self-compassion, occupational balance, problems solving, sleep hygiene and more. Individuals will also be introduced to fitness/wellbeing and healthy living advice, social inclusion and holistic therapies.	<b>Tel:</b> 01695 684114 <b>Located:</b> The Platform Avondale Unit Royal Preston Hospital <b>Website:</b> <a href="https://www.lancashirecare.nhs.uk/acute-therapy-service">https://www.lancashirecare.nhs.uk/acute-therapy-service</a>
<b>Willow House</b>	For individuals aged 16 and above. Willow House is a crisis house that provides a variety of low intensity therapeutic sessions for service users for up to seven days in order to de-escalate crisis. Individuals will work with recovery workers on a tailored support plan to help manage their mental health and develop effective coping strategies. Referrals are made to Chorley Home Treatment Team. Individuals are offered both one to one and group sessions to provide practical and emotional support, build resilience and promote self-help tools.	<b>Website:</b> <a href="https://www.lancashirecare.nhs.uk/willow-house-crisis-house">https://www.lancashirecare.nhs.uk/willow-house-crisis-house</a>  <b>Telephone:</b> 0330 008 3677
<b>Minds Matter</b>	Mind Matter aims to provide people who experience difficulties such as stress, anxiety and depression with access to the service. Minds Matter provide psychological interventions such as self-help materials, groups, workshops and 1:1 therapy to people age 16 and above and registered with a G.P. Minds Matter offer access to a range of brief therapeutic interventions, including courses & workshops, online programmes and face to face therapy, across our localities to support people's differing emotional needs.	<b>Tel:</b> 01772 773437 <b>Website:</b> <a href="https://www.lancashirecare.nhs.uk/Mindsmatter">https://www.lancashirecare.nhs.uk/Mindsmatter</a> <b>Self-Referral link:</b> <a href="https://www.lscft.nhs.uk/minds-matter2-self-referral">https://www.lscft.nhs.uk/minds-matter2-self-referral</a> Self-referral is for anyone aged over 16 who is registered with a GP and covered by Mind Matters and first step.
<b>Keys</b>	Keys offer family mediation services to improve familial relationships. House training to increase independence A counselling service for people who are having a tough time Employment mentoring and training to build confidence and improve job prospects	<b>Tel:</b> 01772 678979 <b>Website – referral form:</b> <a href="https://www.keycharity.org.uk/contact-us/referral-forms/">https://www.keycharity.org.uk/contact-us/referral-forms/</a>



	Emotional, Health and Wellbeing support for young people and families, supporting positive changes for the whole family Critical Tenancy Support, supporting Progress tenants who are finding it difficult to maintain their tenancies.	
<b>ABC Therapy for Young People</b>	ABC Counselling aims to offer free person centred counselling to young people aged between 16 and 25 who have been experiencing emotional and behavioural difficulties.	<b>Tel:</b> 01772 717597 <b>Email:</b> ABCcounselling@outlook.com
<b>Relate</b>	Children and Young People's Counselling is for any young person who's having problems (i.e., depression and mental health concerns or issues with parents or people at school) Other services with Relate include; <ul style="list-style-type: none"> <li>•Relationship Counselling for individuals and couples – open to anyone 16 and over</li> <li>•Family Counselling</li> <li>•Young People's Counselling</li> <li>•Lancashire Domestic Abuse Perpetrator Program</li> <li>•Separated Parents Information Program</li> <li>•Equal Partners Program</li> <li>•Sex Therapy</li> </ul>	<b>Tel:</b> 01772 717 597 <b>Lancashire Relate Centre in Preston.</b> <b>Location:</b> Lancashire Relate Centre 16 Navigation Business Village, Navigation Way, Preston PR2 2YB <b>Email:</b> <a href="mailto:appointments@relatelancs.org.uk">appointments@relatelancs.org.uk</a> <b>Website:</b> <a href="http://www.relatelancs.org.uk">http://www.relatelancs.org.uk</a>
<b>Runshaw Counselling service.</b>	Offering a place to talk about any difficulties that you might be facing in your life, either at college or at home. Situated at the student services. The Counselling team is located in Student Services which is upstairs in the Main Student Entrance. Appointments are also available at the Chorley Campus.	<b>Referral to counselling:</b> <b>Tel:</b> 01772 642058 <b>Email:</b> studentcounsellor@runshaw.ac.uk. Drop into Student Services in Room M301 Ask a member of staff (e.g. personal tutor, mentor) to make an appointment for you <b>Website:</b> <a href="https://www.runshaw.ac.uk/life-at-runshaw/student-support-services/counselling-service/">https://www.runshaw.ac.uk/life-at-runshaw/student-support-services/counselling-service/</a>
<b>Shine Therapy Service</b>	Shine Therapy Service is an independent consultancy offering: <b>Occupational therapy</b> – assess and develop intervention strategies for: fine and gross motor skills, independence skills, dyspraxia, feeding difficulties, handwriting and visual perception/visual motor integration <b>speech and language therapy</b> - Provide assistance with general and specialist areas of speech and language therapy such as: attention and listening; understanding what others say; using first words and putting sentences together; remembering which words to use and what they mean; knowing how to use communication in social situations; unclear speech; stammering/stuttering; phonological disorders/verbal dyspraxia and developmental language disorder. <b>Sensory integration therapy for children and young people</b> - Can assess for sensory processing disorder. Furthermore, we can provide intervention strategies and/or deliver therapy sessions.	<b>Website:</b> <a href="https://www.shinetherapyservices.co.uk/contact.php">https://www.shinetherapyservices.co.uk/contact.php</a> <b>Email:</b> admin@shinetherapyservices.co.uk <b>Tel:</b> 07725 193837
<b>Child Speech and</b>	The Speech and Language Therapy Service will provide assessment, diagnosis, therapy, practical advice and equipment	<b>Tel:</b> 01772 644498

<b>Language Therapy</b>	to support children in developing and achieving academically, socially and emotionally to reach their full potential.	<b>Website:</b> <a href="https://www.lscft.nhs.uk/slt-contact-details">https://www.lscft.nhs.uk/slt-contact-details</a> <b>Email for referral:</b> C&F.ReferralCentre@lancashirecare.nhs.uk
<b>The Haven</b>	Service users are assessed by a member of staff upon arrival. Following this, service users are given person centred advice and guidance on managing mental health difficulties; coping strategies are given. The service provides peer support from people with lived experiences and opportunities are available to access other organisations to offer support with social crisis such as housing and benefits. The services is available to people over the age of 16 who live in Preston, Chorley or South Ribble. Individuals are able to self-refer by calling the telephone number or visiting the service. The service is open 11am to 11pm Mon-Fri. 12pm to 11pm Sat-Sun.	<b>Tel:</b> 0330 0083672 <b>Email:</b> centrallancashirehaven@richmondfellowship.org.uk <b>Website:</b> <a href="https://www.richmondfellowship.org.uk/how-we-can-help-new/find-a-service/blackpool/central-lancashire-haven/">https://www.richmondfellowship.org.uk/how-we-can-help-new/find-a-service/blackpool/central-lancashire-haven/</a>
<b>CANW – Child Action North West</b>	To relieve, support, assist, counsel or otherwise benefits children and young persons who: are in need of care and attention including (but not limited to) children and young persons involved in the provision of care for others; are disabled and in need of care and attention and the parents of such children and young persons, and have learning difficulties and the parents of such children and young persons. Furthermore, CANW aims to provide support, care and supervision for young persons and for mentally disordered or otherwise mentally vulnerable persons of any age arrested or being questioned by the police or any other prosecuting authority, remanded on bail by the police or a court or otherwise at risk of being remanded in custody including but not limited to the operation of a service providing appropriate adults to accompany such persons where provided for by law.	<b>Website:</b> <a href="http://canw.org.uk/leyland-office/">http://canw.org.uk/leyland-office/</a> <b>Leyland office</b> <b>Tel:</b> 01772 453145 <b>Email:</b> info@canw.org.uk
<b>Cedar House Counselling Centre</b>	Clients are referred by a GP, hospital department, domestic violence agency, recommended by a friend etc. They come due to many life-restricting problems such as depression, anxiety, terminations, miscarriages, bereavements or if they are victims of abuse. Counselling is free of charge, but donations are encouraged.	<b>Tel:</b> 01772 880909/ 07923 166 295. <b>E-mail:</b> <a href="mailto:enquiries@cedarhousepreston.co.uk">enquiries@cedarhousepreston.co.uk</a> <b>Website:</b> <a href="http://www.cedarhousepreston.co.uk/">http://www.cedarhousepreston.co.uk/</a>
<b>Chorley women's centre</b>	<p>The aim of the centre is to "help women to help themselves" in areas affecting their physical and mental health, including their well-being. There are a wide range of services that can be accessed through the Women's Centre which include a free counselling service offered by a fully qualified Counsellor at the Centre. No appointments are needed. Support can be centred on: bereavement, loss of any kind, relationship difficulties, low self-esteem, family issues, divorce or separation, past events and/or unemployment.</p> <p><b>Release Counselling</b></p> <p>The service offers confidential counselling service for women and men who have been raped, sexually assaulted or sexually abused. Counselling is also offered to their partners, family or friends, anyone affected by the issue. Whether it is recent or a long time ago, your feelings are important.</p> <p><b>Circle Counselling</b></p>	<b>Tel:</b> 01257 265342 <b>Website:</b> <a href="http://www.chorleywomenscentre.co.uk/">http://www.chorleywomenscentre.co.uk/</a> <b>Release Counselling</b> <b>Tel:</b> 01257 267776 Please note - This number is an answer phone. It may take a few days for someone to return your call. <b>Circle Counselling:</b> For more information or to book an appointment please telephone the counselling co-ordinator. <b>Mobile:</b> 07810308966



If you are experiencing domestic violence or abuse and would like to talk to someone. Offer confidential person centred counselling, sign posting and free legal advice.

## Social Inclusion

Service	About	Contact Details
<b>MyPlace</b>	MyPlace is a joint initiative between Lancashire Care NHS Foundation Trust (LSCFT) and the Lancashire Wildlife Trust (LWT). The Service is provided for young people aged 13 to 24 years. Outdoor Eco therapy based activities are encouraged, which helps to improve their mental health and physical wellbeing. Support in developing new skills, self-confidence, building resilience and connecting with their local communities are also provided. Attendance is by referrals only. MyPlace will refund £5 worth of travel.	<b>Tel:</b> 01772 773728 <b>Email:</b> Mark.Wardman@lancashirecare.nhs.uk <b>Referrals:</b> <a href="mailto:myplace@lancswt.org.uk">myplace@lancswt.org.uk</a> <b>Tel:</b> 01772 872007 – (Brockholes Nature Reserve) <b>Website:</b> <a href="http://myplace/">http://myplace/</a> Referrals made through LSCFT.
<b>Inspire Chorley Youth Zone</b>	Inspire Chorley Youth Zone is open to young people 7 days a week at the weekends and during school holidays. The service supports young people to live happier, healthier and more aspirational lives. Social inclusion, arts, gym, outdoor adventure, sports, music, dance and drama, employability, catering, mentoring and more. Senior Club (12 – 19 years old) Junior Club (8 – 12 years old) Family Day £5 per year and then 50p to enter.	<b>Location:</b> Chorley youth zone, chapel street, Chorley, PR71BS. <b>Website:</b> <a href="http://www.inspireyouthzone.org">www.inspireyouthzone.org</a> Dianne Winnard Junior Club and holiday club coordinator <b>Tel:</b> 01257228888 <b>Email:</b> <a href="mailto:enquiries@inspireyouthzone.org">enquiries@inspireyouthzone.org</a>
<b>Sing it Big Youth</b>	Sing it Big Youth Choir Children aged 9-16 who like singing. Learning great techniques and vocal harmony. No singing experience is needed. Youth group situated at Parklands high school, Chorley, PR7 1LL. Tuesdays: 18.00 – 18.45 Term time. £4.00 per session.	<b>Website:</b> <a href="http://singitbig.com/">http://singitbig.com/</a> <b>Email:</b> <a href="mailto:singitbiguk@gmail.com">singitbiguk@gmail.com</a>
<b>The Foxton Centre youth groups</b>	The Foxton Centre youth group provides two different children and young people related youth groups. <b>ATR</b> – This service is for children and young people aged 12-17. The service offers a safe environment that encourages a range of activities such as baking, cooking, pool tournament and sporting activities. <b>Foxkidz</b> – This service is aimed at children aged 6-11. This service provides a safe space to learn and enjoy. Activities would include game night, action art etc.	<b>Email:</b> <a href="mailto:youthlink@thefoxtoncentre.co.uk">youthlink@thefoxtoncentre.co.uk</a> <b>Tel:</b> 07565211197 <b>Tel:</b> 01772 555925 <b>ATR:</b> <b>Website</b> <a href="https://www.thefoxtoncentre.co.uk/youth-work/atr">https://www.thefoxtoncentre.co.uk/youth-work/atr</a> Opening Times: Monday and Wednesday: 6:00 – 8:00. <b>Foxkidz:</b> <b>Website</b> <a href="https://www.thefoxtoncentre.co.uk/youth-work/fox-kidz">https://www.thefoxtoncentre.co.uk/youth-work/fox-kidz</a> <b>Opening times</b> Tuesdays and Thursdays: 17:00 – 18:30
<b>Chorley Inclusion Support</b>	The intended outcomes of this service is to: reduce exclusions; improve attendance for pupils at risk of exclusion; ensure that pupils' needs are better met by a 'local' offer; provide high quality training for staff in schools; share good practice and	If schools would like to make a referral then they need to complete the referral form and PASS rating scale and <b>email to</b>

<b>Service (CISS)</b>	sign-post schools to expertise; develop an agreed set of principles within each district that promotes educational inclusion and reflects the local challenges and expertise; bring together schools and local authority teams (Social Care, Inclusion, School Improvement and the Children and Family Wellbeing Service) to work together to address particular issues in a locality. The focus on our project is early identification and intervention of pupils especially those aged 5-7 with SEMH issues.	<a href="mailto:cissreferrals@highfield-pri.lancs.sch.uk">cissreferrals@highfield-pri.lancs.sch.uk</a>  <b>Website contains referral information (i.e., PASS rating scale and CISS):</b> <a href="http://www.highfield-pri.lancs.sch.uk/chorley-inclusion-support-service-ciss/">http://www.highfield-pri.lancs.sch.uk/chorley-inclusion-support-service-ciss/</a>
<b>Salvation Army</b>	Christian Church and Charity that provides a range of activities that include: Family worship, children's activities, IT classes, craft classes, lunch club, musician evenings, 'The Friday thing' children's club, Teenage extra (13+), and drop in and distribution of food parcels. The Website contains a timetable of activities available during the week.	<b>Address:</b> Harrington Street Preston PR1 7BN <b>Phone:</b> 01772 555425 <b>Email:</b> <a href="mailto:Info.sapreston@gmail.com">Info.sapreston@gmail.com</a> <b>Website:</b> <a href="https://www.salvationarmy.org.uk/preston">https://www.salvationarmy.org.uk/preston</a>

## Finding a therapist

Service	About	Contact Details
<b>British Association for Counselling and Psychotherapy Register</b>	Searchable website of accredited counsellors and psychotherapist, which also includes information on different types of therapy available.	<b>Website:</b> <a href="http://www.itsgoodtotalk.org.uk">www.itsgoodtotalk.org.uk</a>
<b>British Psychological Society</b>	Promotes excellence and ethical practise in the science, education and practical applications of psychology. Searchable website for accredited psychologists.	<b>Website:</b> <a href="http://www.bps.org.uk">www.bps.org.uk</a>

## Eating Disorder

Service	About	Contact Details
<b>Lancashire Care Eating Disorder Service</b>	The service is a multidisciplinary team offering support to people of any age, who have been diagnosed with/meet the diagnosis criteria for an eating disorder. We are able to offer support to people who meet the diagnostic criteria for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Food or Eating Disorder. The team consists of dieticians, psychologists and therapists, specialist nurses, and specialist GP's. Referrals are accepted from GP's, Single Point of Access Team and other Health Professionals. The service also accept self-referrals.	<b>Tel:</b> Tudor House (Chorley) : 01772 647072 The Oxford Annex (Preston): 01772 647004  <b>Website:</b> <a href="https://www.lancashirecare.nhs.uk/eating-disorder-service">https://www.lancashirecare.nhs.uk/eating-disorder-service</a>  <b>Self-referral:</b> Once the service is contacted, the individual will be sent a referral form.
<b>BEAT Eating Disorders</b>	BEAT provides: <b>Helplines:</b> for adults and young people, offering support and information about eating disorders. All helplines are free to call from all phones. <b>1:1 web chats:</b> using a secure messaging service.	<b>Helpline:</b> 0808 801 0677 <b>Youthline:</b> 0808 801 0711 <b>Studentline:</b> 0808 801 0811 <b>Website:</b> <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>



	<p><b>Online support groups:</b> BEAT run a number of eating disorder support groups for both those suffering and for carers.</p>	<p><b>1:1 web chat:</b>  <a href="https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one">https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one</a>  <b>Online Support Groups</b>  <a href="https://www.beateatingdisorders.org.uk/support-services/online-groups">https://www.beateatingdisorders.org.uk/support-services/online-groups</a></p>
SEED	<p>SEED provides online, phone, e-mail, group workshops, self-help, and advice type of support.</p> <p>SEED runs a workshops, events, groups and meetings for carers and sufferers to help and support you. Young people in the Lancashire can obtain the following services.</p> <p><b>Buddy Scheme:</b> SEED website consists of a buddy scheme that offer support via an email buddy. The scheme is offered for up to 6 months with reviews at five weeks, three months and six monthly intervals. For individuals feeling isolated or facing a long waiting list.</p> <p><b>Nutritional Support</b> – SEED offers support from a nutritional advisor.</p> <p><b>Young People:</b> SEED offer advice, guidance and signposting to young people.</p>	<p>Further information  <b>Tel:</b> 0800 088 3151/ 0844 3915539  <b>Website:</b>  <a href="https://seedeatingdisorders.org.uk/contact">https://seedeatingdisorders.org.uk/contact</a>  <b>Nutritional Support:</b> Emma is SEED's Nutritional Advisor. You can contact her by e-mail  <a href="mailto:nutrition@seedeatingdisorders.org.uk">nutrition@seedeatingdisorders.org.uk</a>  <b>Young people: advice and guidance main page:</b>  <a href="https://seedeatingdisorders.org.uk/page/young-people">https://seedeatingdisorders.org.uk/page/young-people</a>  <b>Young person advice and guidance booklet:</b>  <a href="https://seedeatingdisorders.org.uk/pdfs/user/0771ABDE-89A3-3C35-F305-B3253D2C8E8C.pdf">https://seedeatingdisorders.org.uk/pdfs/user/0771ABDE-89A3-3C35-F305-B3253D2C8E8C.pdf</a></p>
Anorexia Bulimia Care	<p>Ongoing care, emotional support and practical guidance for anyone affected by eating disorders, those struggling personally and parents, families and friends.</p> <p><b>Free Online Community:</b> For parent, carers and family members. A platform to share feelings and experiences and to receive support from others.</p>	<p><b>Website:</b>  <a href="http://www.anorexiabulimiacaare.org.uk/">http://www.anorexiabulimiacaare.org.uk/</a>  <b>Helpline:</b> 03000 11 12 13</p>
Centre for Clinical Interventions	<p>Information sheets on eating disorders and the effects, including information for parents and carers.</p>	<p><b>Website:</b>  <a href="https://www.cci.health.wa.gov.au/resources/looking-after-yourself/disordered-eating">https://www.cci.health.wa.gov.au/resources/looking-after-yourself/disordered-eating</a></p>
Hunger for Anorexia	<p>Information workbook around anorexia and self-help strategies around managing issues related to anorexia.</p>	<p><b>Link to workbook:</b>  <a href="http://www.wales.nhs.uk/sitesplus/documents/866/Hunger%20for%20Understanding%20%20-%20Workbook.pdf">http://www.wales.nhs.uk/sitesplus/documents/866/Hunger%20for%20Understanding%20%20-%20Workbook.pdf</a></p>

Carer's Support		
Service	About	Contact Details
N-Compass Preston	<p>N-compass operates across the North West of England to make a positive difference and enhance life opportunities for adults and young people disadvantaged by disability, physical / mental illness, age or social exclusion through providing advocacy, carers, health &amp; wellbeing, and counselling Services</p>	<p><b>Lancashire Carers Service</b>  <b>Telephone:</b> 0345 688 7113 option 2  <b>Text:</b> 07786201226  <b>General Email:</b>  <a href="mailto:enquiries@lancscarers.co.uk">enquiries@lancscarers.co.uk</a></p>

	<p><b>Lancashire Carers Service:</b> support Carers to reduce the impact of their caring role through providing information along with specialist 1-2-1 and group support. Service includes:</p> <ul style="list-style-type: none"> <li>• Regular Coffee and Chat support groups in locations across North and Central Lancashire.</li> <li>• Carers Assessments and reviews</li> <li>• Support with planning for contingency or an emergency.</li> <li>• Support to access community and Health and Wellbeing services.</li> <li>• Access to a 24-hour CHAT Line.</li> <li>• Access to our Volunteer Befriending and Sitting-In services</li> <li>• Support for former Carers.</li> <li>• Volunteering opportunities for Carers</li> <li>• Carers Awareness Briefings for professionals to help identify unpaid Carers.</li> </ul> <p><b>Butterfly project and Phoenix Project:</b> Delivered in Fylde and Wyre and Preston, Chorley and South Ribble. Butterfly &amp; Phoenix Project supports children and young people to improve their emotional health &amp; wellbeing and reduce the risks of engaging in self-harming and/or self-destructive behaviours.</p>	<p><b>Website:</b>  <a href="https://www.ncompassnorthwest.co.uk/services/carers-support/lancashire-carers-service">https://www.ncompassnorthwest.co.uk/services/carers-support/lancashire-carers-service</a></p> <p><b>The CHAT Line</b> is available 24 hours a day, 7 days a week, 365 days a year.  <b>Contact:</b> 0333 103 9747</p> <p><b>Butterfly and Phoenix Project</b>  To make a referral  <b>Contact:</b> 03450 138 208  <b>Email:</b>  <a href="mailto:admin@ncompassnorthwest.co.uk">admin@ncompassnorthwest.co.uk</a>  <b>Website:</b>  <a href="https://www.ncompassnorthwest.co.uk/services/young-peoples-self-harm-support/what-self-harm">https://www.ncompassnorthwest.co.uk/services/young-peoples-self-harm-support/what-self-harm</a></p>
<b>Family Fund</b>	Provides digital skills programme to support families raising disabled children with their digital needs. Programmes include relevant signposting, details of useful apps for children with additional needs, training and network event, links to useful resources and step by step guide to use tablet in a way that works for you and your family. Also a free tablet workshop and looking at how you can get the best from your device.	<p><b>Website:</b>  <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a></p> <p><b>Email:</b>  <a href="mailto:digitalskills@familyfund.org.uk">digitalskills@familyfund.org.uk</a></p>
<b>Incredible Years Parenting</b>	Free Incredible Years Parenting Courses are for parents and carers of children between the ages of 3-14. The courses are designed to strengthen parenting skills by encouraging co-operation between parents and children. Parents will gain behavioural management strategies for dealing with difficult behaviour.	<p><b>To Book a place or for more information, contact:</b> The Parenting Team on: 03002470040</p>
<b>Information, advice and support (IAS) team for special educational needs and disabilities (SEND). IAS</b>	Information, advice and support (IAS) team for special educational needs and disabilities (SEND). IAS are able to assist you with SEND paperwork, discuss concerns re SEND, explain local SEND policies and procedures in Lancashire, liaise between nursery, school or colleges and other professionals, support with relevant meetings, explain the legal processes around SEND, signpost to other sources of support about SEND. IAS can help parents and carers of children and young people with SEND.	<p><b>Tel:</b> 03001236706</p> <p><b>Email:</b>  <a href="mailto:information.lineteam@lancashire.gov.uk">information.lineteam@lancashire.gov.uk</a></p> <p><b>Website:</b>  <a href="http://www.lancashire.gov.uk/SEND">www.lancashire.gov.uk/SEND</a></p>

<b>Bereavement</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Cruse Bereavement Care &amp; Hope again.</b>	<p>Cruse services are provided at free of charge.</p> <ul style="list-style-type: none"> <li>•Cruse offers a range of services, including support face to face and in groups, as well as telephone and email support. Contact your local service to find out what's on offer where you live.</li> </ul>	<p><b>National Helpline:</b>  0808 808 1677  Monday-Friday 9.30-5pm (excluding bank holidays),  Tuesday, Wednesday and</p>



	<ul style="list-style-type: none"> <li>•Cruse services are provided by dedicated and skilled volunteers in local communities who support children, young people and adults through grief.</li> <li>•Offer advice, support and information for everyone and awareness-raising training days for teachers, parents, carers, social workers, and other professionals working with bereaved children and young people.</li> <li>•Cruse also has a national website <a href="http://www.cruse.org.uk">www.cruse.org.uk</a> that provides information for young people and adults about our services and information on how to help those dealing with grief.</li> </ul> <p>Offer a safe, youth friendly space where young people can work through their grief in their own time and own way accompanied by a trained and experienced volunteer who will work individually with the young person over a period of 6-8 weekly sessions.</p> <p>The Cruse Bereavement Care Freephone National Helpline is staffed by trained bereavement volunteers, who offer emotional support to anyone affected by bereavement. The helpline offers a signposting service to local Cruse services and/or other services in the locality.</p> <p>Cruse provides information on traumatic bereavement. For example, those affected by: natural disaster, terrorist attack, suicide and other traumatic losses. Sources of support is given to each those sections.</p> <p><b>Hope Again:</b> Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about the services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.</p>	<p>Thursday evenings - open until 8pm.</p> <p><b>Website:</b> <a href="https://www.cruse.org.uk">https://www.cruse.org.uk</a></p> <p><b>Email:</b> <a href="mailto:helpline@cruse.org.uk">helpline@cruse.org.uk</a></p> <p><b>Lancashire Cruse Bereavement service</b> <b>Helpline:</b> 01772 433645 <b>Email:</b> <a href="mailto:lancashire@cruse.org.uk">lancashire@cruse.org.uk</a></p> <p>May get through to an answerphone. Just leave your name and telephone number and someone will give you a call back. It may take a few days before someone returns your call.</p> <p><b>Hope Again:</b> <b>Tel:</b> 0808 808 1677 <b>Email:</b> <a href="mailto:hopeagain@cruse.org.uk">hopeagain@cruse.org.uk</a> <b>Website:</b> <a href="https://www.hopeagain.org.uk/hope-again-contact-us">https://www.hopeagain.org.uk/hope-again-contact-us</a></p>
<b>STRIDE Bereavement Support</b>	<p>Stride bereavement is a specialist Children and Young Person's Bereavement Service based under the umbrella of services offered by Cancer Help (Preston) Ltd.</p> <p>Support, therapy and education to children, young people, families, school communities and professionals affected by ANY type of bereavement are offered. The type of services STRIDE offers include:</p> <p><b>Staff Debrief and mentoring sessions:</b> 1:1 support for professionals working around a child or young person affected by bereavement. A listening service, enabling staff to reflect and offload after a major incident or bereavement. This is a paid for service.</p> <p><b>Therapy, counselling and debriefing:</b> 1:1 therapy or support for children and young people provided by fully qualified counselling staff.</p> <p><b>Staff in service training:</b> Flexible Learning and support packages offering advice and guidance on how best to support either a child or a young person going through a bereavement. This is a paid for service.</p> <p><b>Pupil Workshops:</b> Workshops to help educate and support children and young people about the importance of taking care of their emotional and mental health. This acts as an early intervention packages to allow pupils to explore their personal wellbeing and to be signposted to additional support if</p>	<p><b>Tel:</b> 01772 798746 <b>Website:</b> <a href="http://www.cancerhelppreston.co.uk">www.cancerhelppreston.co.uk</a></p>

	<p>required. This service helps to educate and prevent escalation of mental health issues, thus reducing the risk of non-attendance, self-harm and depression.</p> <p><b>STRIDE consultancy service:</b> The work provides personalised support that enables both the families and professionals to access appropriate strategies to enable healthy reiving whilst also offering resources that may be helpful in supporting the child and young person. Support is provided through helpline support, guidance and signposting.</p>	
<b>Children Young People Bereavement support group</b>	<p>The service supports children, young people and adults. The service aims to:</p> <ul style="list-style-type: none"> <li>-Support children and young people develop the confidence and skills to consider their emotions and express themselves</li> <li>-Help them understand and express their grief and loss in practical and creative ways</li> <li>-Encourage children and young people to respect and learn from others with similar experiences without judgement.</li> <li>-Encourage them to talk openly about their thoughts, feelings and behaviour</li> <li>-Support them to work through painful issues</li> </ul> <p><b>Groups:</b></p> <ul style="list-style-type: none"> <li>•Preston group (for adults, children and young people)</li> <li>•Chorley group (just for adults).</li> </ul> <p>The group meets on the same night in separate rooms of the same venue. Individual bereavement support sessions and telephone support are also available by arrangement.</p>	<p><b>Phone:</b> 01772 523730</p> <p><b>Email:</b> <a href="mailto:bereavement@lthtr.nhs.uk">bereavement@lthtr.nhs.uk</a></p> <p><b>Website:</b> <a href="https://www.lancsteachinghospitals.nhs.uk/bsg">https://www.lancsteachinghospitals.nhs.uk/bsg</a></p> <p><b>Preston Group:</b> is held at The Bereavement Centre, Royal Preston Hospital, Fulwood, Preston, PR2 9HT6pm – 7:30pm on the first Thursday of every month</p> <p><b>Chorley Group:</b> is held at Woodchats Coffee Shop, Clifford Street, Chorley, PR7 1AQ</p>
<b>Family Support</b>	<p>CancerHelp provides a range of services to support families affected by cancer and bereavement. Support is available to cancer patients and their families in a variety of ways by our trained counsellors and through network of external partners. Support also includes parents and “any significant others” such as teachers and social workers. Children and young people are offered creative ways of working through grief and loss associated with a cancer diagnosis in the family, allowing them to express feelings and thoughts.</p>	<p><b>Website:</b> <a href="http://www.cancerhelppreston.co.uk">www.cancerhelppreston.co.uk</a></p>
<b>Grief Encounter</b>	<p>A useful resources for those supporting bereaved children and young people both professionally and personally. Grief Encounter offers a wide range of helpful advice and information for children and young people, parents, grandparents and schools or institutions.</p> <p><b>E-counselling:</b> is a new service being offered by Grief Encounter so that bereaved young people aged fourteen or over, who aren’t situated within our local area, can receive support when they need it most. The service offers six counselling support sessions with an experienced counsellor at a mutually convenient time conducted via webcam through Skype. Individuals need internet access, a webcam and a microphone (schools are often willing to provide these if you do not have access at home). Free service for young people.</p> <p><b>Helpline:</b> Support bereaved children or families with immediate advice and guidance.</p>	<p><b>Website:</b> <a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a></p> <p><b>Grief talk</b></p> <p><b>Helpline:</b> 0808 802 0111 Mon-Fri 9am-9pm</p> <p><b>Helpline Email:</b> <a href="mailto:griefftalk@griefencounter.org.uk">griefftalk@griefencounter.org.uk</a></p> <p><b>E-counselling</b></p> <p><b>Email:</b> <a href="mailto:ecounselling@griefencounter.org.uk">ecounselling@griefencounter.org.uk</a></p> <p>For an initial form to fill in.</p>
<b>Blue Cross</b>	<p>The service aims to support individuals cope with the loss of pets whether it is from through death, parting or enforced</p>	<p><b>Website:</b> <a href="https://www.bluecross.org">https://www.bluecross.org</a></p>



	<p>separation. The pet bereavement support service offers a range of literature available to be downloaded.</p> <p>The service offers support through:</p> <p><b>Helplines:</b> Every Day - 8.30am – 8.30pm.</p> <p><b>Email:</b> Blue Cross would take 48hours to reply back.</p> <p><b>Confidential Forms:</b> Messages can be sent using the confidential forms. Blue Cross would typically respond to forms within 48 hours.</p>	<p><a href="https://www.bluecross.org.uk/pet-loss-support-children-missing-my-friend">.uk/pet-loss-support-children-missing-my-friend</a></p> <p><b>Downloadable Literature</b></p> <p><a href="https://www.bluecross.org.uk/download-our-pbss-literature">https://www.bluecross.org.uk/download-our-pbss-literature</a></p> <p><b>Helpline:</b> 0800 096 6606</p> <p><b>Email:</b></p> <p><a href="mailto:pbssmail@bluecross.org.uk">pbssmail@bluecross.org.uk</a></p>
<b>Rip Rap</b>	<p>Support for teenagers with parents diagnosed with cancer. The service offers:</p> <p><b>Online forum:</b> for young people to connect with others experiencing similar issues.</p> <p><b>Advice Column:</b> Young people are able to find support from reading the 'Advice' column where Rip Rap share some of the queries from other teenagers and the service's replies to them.</p> <p><b>Contacting the Rip Rap Team:</b> If you have a query or need more personal advice, emotional support or just want to send us a message.</p>	<p><b>Online Forum</b></p> <p><a href="http://www.riprap.org.uk/support/forums/">http://www.riprap.org.uk/support/forums/</a></p> <p><b>Advice Column</b></p> <p><a href="http://www.riprap.org.uk/support/advice/">http://www.riprap.org.uk/support/advice/</a></p> <p><b>Contact:</b></p> <p><a href="http://www.riprap.org.uk/contact.asp">http://www.riprap.org.uk/contact.asp</a></p>
<b>The Compassionate Friends</b>	<p>Support for bereaved parents and their families by those similarly bereaved. The services offers a range of support:</p> <p><b>Online support:</b> Online support can be accessed through online community forums and Facebook groups. The Forum is only open to bereaved parents, siblings and grandparents. The services offer a range of private Facebook groups, whereby individuals can talk to other parents and siblings via posts.</p> <p><b>Helpline:</b> Open every day of the year. 10.00-16.00 and 19.00 to 22.00. The service also offers an email helpline.</p> <p><b>Resources:</b> The service provides a range of resources that can be accessible for bereaved parents and families.</p>	<p><b>National Line:</b> 0845 120 3786</p> <p><b>Forum:</b></p> <p><a href="http://www.tcf.org.uk/forum/">www.tcf.org.uk/forum/</a></p> <p><b>Facebook Groups:</b></p> <p><a href="https://www.tcf.org.uk/content/online-support-facebook/">https://www.tcf.org.uk/content/online-support-facebook/</a></p> <p><b>Email Helpline:</b></p> <p><a href="mailto:helpline@tcf.org.uk">helpline@tcf.org.uk</a></p>
<b>Winston's Wishes</b>	<p><b>Helpline:</b> Advice on supporting bereaved.</p> <p><b>ASK email service:</b> Our ASK email service is a UK-wide national email service, offering support, information and advice to anyone seeking it.</p> <p><b>Online Chat:</b> Our online chat is designed to help you talk about your grief and manage your grief when you do feel like you need help.</p> <p><b>Support Information:</b> Provide specialist bereavement support, including bereavement by accident or illness, suicide, homicide and the military.</p> <p><b>Training for Professionals:</b> training days are aimed at helping professionals better support bereaved children, young people and their families.</p> <p><b>Publications and resources:</b> offer a range of helpful and practical resources and publications for bereaved families and professionals.</p> <p><b>Useful Links:</b> A list of organisations and services that can help families after the death of an important person.</p> <p><b>Bereavement services:</b> Support for funeral directors and bereavement service professionals supporting bereaved families.</p> <p>By using the helpline and the ASK email services, support is offered to those with the following experiences: adults bereaved as children, serious illness, death through suicide,</p>	<p><b>Website:</b></p> <p><a href="https://www.winstonswish.org/supporting-you/">https://www.winstonswish.org/supporting-you/</a></p> <p><b>Freephone National Helpline:</b> on 08088 020 021. We are open between 9.00am and 5.00pm, Monday to Friday.</p> <p><b>ASK email service:</b></p> <p>Complete the form attached to this link:</p> <p><a href="https://www.winstonswish.org/supporting-you/ask-a-question/">https://www.winstonswish.org/supporting-you/ask-a-question/</a></p> <p>or email:</p> <p><a href="mailto:ask@winstonswish.org">ask@winstonswish.org</a></p> <p><b>Online Chat:</b> every Friday from 10am – 1pm.</p>

	death through homicide, military families, emergency services families and support for schools.	
<b>Help is at Hand – bereavement</b>	This guide has been designed to help the individual, families, friends or colleagues to look through this guide so that they can begin to try and understand a little of what you are going through and how to find the right help. Some sections focus on how you may be feeling; others on what may be happening. Throughout, and in more detail at the back are some suggestions for sources of further support. There are also quotes from people who have been bereaved and who have experienced some of what you may be going through.	<b>Link to the guide:</b> <a href="https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf">https://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf</a>

## Child Adolescent Mental Health Service (CAMHS) North West

<b>CAMHS</b>	<p>Children's Psychological Services (CPS) and Child and Adolescent Mental Health Services (CAMHS) promote the mental health and the psychological and emotional wellbeing of children and young people. They provide high quality and specialist assessments and input for children and young people presenting with significant psychological difficulties and mental health difficulties. CPS and CAMHS are committed to being Child and young people focused</p> <p>CPS and CAMHS provide focused advice, consultation, assessment and therapeutic outcome focused intervention. The service delivers both targeted and longer term work for children and young people, parents, carers and other professionals. Intervention is for Young People aged 0-18 years (and up to 19th birthday where appropriate) within Lancashire.</p> <p>CAMHS and CPS consists of multi-disciplinary clinicians covering a broad range of professions including Consultant Psychiatrists, Nurses, Social Workers, Clinical Psychologists, Psychological Therapists, Allied Health Professionals, Medical staff, occupational therapists and clinical support workers. The team provide a wide range of specialist assessments and interventions to meet the needs of those CYP referred to CPS / CAMHS.</p> <p>Referrals are taken from agencies such as GPs, Police, Social Service, Paediatric service, health service, education sector, local authority and 3rd sector providers</p> <p><b>Routine Request:</b> Referral is made by completing a Request for Involvement form if you wish to make a referral/request for a child/young person. Forms can be posted, e-mailed or faxed to:</p> <p><b>Urgent Request:</b> An urgent request for involvement/referral should be made if a child/young person requires to be seen and assessed by a clinician from CAMHS as a matter of urgency (within 48 hours of receipt of request for service) for any of the following reasons:  <b>is an inpatient on a hospital ward and requires urgent clinical assessment in respect of an eating disorder, suicide/suicidal ideation/attempted suicide, overdose or self-harm</b>  To make an urgent request for involvement/referral for a child/young person for the reason detailed above, please complete a Request for</p>	<p><b>Chorley and South Ribble - Shawbrook House:</b> Tel: 01772 644644</p> <p><b>Preston - Ellen House:</b> Tel: 01772 777344</p> <p><b>Fylde and Wyre - Whitegate Drive Health Centre:</b> Tel: 01253 957166</p> <p><b>Lancaster &amp; Morecambe - Ross Centre:</b> Tel: 01524 550650</p> <p><b>Website:</b> <a href="https://www.tcf.org.uk/">https://www.tcf.org.uk/</a></p> <p><b>Referral:</b>  <b>Phone:</b> 01254 612600  <b>Fax:</b> 01254 283712  <b>E-mail:</b>  <a href="mailto:C&amp;F.ReferralCentre@lancashirecare.nhs.uk">C&amp;F.ReferralCentre@lancashirecare.nhs.uk</a>  or  <b>NHS Net:</b> <a href="mailto:lcnet.cfreferralcentre@nhs.net">lcnet.cfreferralcentre@nhs.net</a>  <b>Address:</b>  Lancashire Care Foundation Trust (LCFT) Referral and Appointment Centre  FD GF 34,  Daisyfield Mill,  Appleby Street,</p>
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	<p>Involvement form and e-mail fax or post the completed form to the Referral and Appointment Centre (as per fax and e-mail address above) and follow the instructions below.</p> <ul style="list-style-type: none"> <li>• In the e-mail/fax subject, please detail 'URGENT REFERRAL'</li> <li>• If sending the referral by e-mail, attach a high importance marker 'High Importance'</li> <li>• Please phone the Referral and Appointment Centre on telephone: 01254 612600 to advise that you are sending an urgent request for service/referral for processing</li> <li>• If you have any queries about making a request for involvement/referral, please contact the Referral and Appointment Centre on telephone: 01254 612600 and a member of staff will be able to advise you regarding the action that you should take.</li> </ul> <p><b>SEE APPENDIX 1 FOR CAMHS PATHWAY</b></p>	<p>Blackburn, BB1 3BL</p>
<b>The Cove</b>	<p>The Cove is an 18 bedded specialist inpatient unit for young people between the ages of 13 and 18 who are experiencing a variety of complex mental health problems. The young people who access The Cove have often experienced trauma, losses and complex adversities in their lives. Children and young people who access the Cove, often struggle with difficulties: in relationships with friends and family (past and present); about their identities, their feelings about themselves and their hopes for the future, and coping with their experiences safely, in ways that leave those around them worried, they might come to harm (for example; self-harm, eating disorders and hearing voices).</p>	<p><b>Tel:</b> 01524 550360  <b>Email:</b> <a href="mailto:camhstier4.enquiries@lancashirecare.nhs.uk">camhstier4.enquiries@lancashirecare.nhs.uk</a>  <b>Website:</b> <a href="https://www.lscft.nhs.uk/the-cove">https://www.lscft.nhs.uk/the-cove</a></p> <p>To discuss referral please contact the Assess &amp; Outreach Team on <b>Tel:</b> 01524 550360 or  <b>Email:</b> <a href="mailto:camhstier4.enquiries@lancashirecare.nhs.uk">camhstier4.enquiries@lancashirecare.nhs.uk</a></p>
<b>Forensic Child and Adolescent Mental Health Service (FCAMHS) North West</b>	<p>FCAMHS work collaboratively with agencies across a variety of community and secure settings to ensure best practise in managing young people up to the age of 18 who present with complex needs and high risk behaviour. FCAMHS offer the following: risk management advice, liaison, specialist assessment, complex case formulation, intervention, joint working, supervised practise, training, supervision, clinical consultation, case formulation and specialist interventions.</p>	<p>If you are concerned by a young person's risk or behaviour:  <b>Tel:</b> 01613580585</p> <p>Request Referral form:  <b>Email:</b> <a href="mailto:gmmh-ft.fcamsnw@nhs.net">gmmh-ft.fcamsnw@nhs.net</a></p>
<b>Manchester Deaf CAMHS</b>	<p>National Deaf CAMHS is a highly specialised mental health service for deaf children and young people with mental health issues. The service also accepts referrals for hearing children of deaf parents. The service operates a team around the child and family model, employing deaf and hearing staff (including psychiatrists, psychologists, specialist deaf outreach workers, nurses, social workers and interpreters) to ensure that the child and family can work in their first or preferred language in a culturally sensitive way to address their mental health needs.</p> <p>Age range of children and young people able to access the service - 0-18</p>	<p><b>Tel:</b> 0161 701 4519  <b>Email:</b> <a href="mailto:ndcamhsnorth.lypft@nhs.net">ndcamhsnorth.lypft@nhs.net</a></p>

Online based services		
Service	About	Contact Details
<b>Young Minds</b>	Guide to looking after self. Consists of resources and information on self-help management. Also provides training for professionals.	<p><b>Call the Parents Helpline:</b> 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)</p> <p><b>Young person looking for help and support</b>  <b>Text</b> the Young Minds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help <b>text:</b> YM to 85258  <b>Website:</b> <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>
<b>Mind</b>	Information about mental health and wellbeing and signposting for children and young people. The website offers information in regards to other services (i.e., CAMHS), as well as guides to transitioning to adult mental health. Mind offers information for parents and guardians supporting young people.	<p><b>Website:</b>  <a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a></p>
<b>Big White Wall</b>	Provides online support. 24hour online service with clinical moderation. Member anonymity. Timely support. Free service. Offering full support, from peer support and self-guided exploration to 1-to-1 online therapy. The Big White Wall offers workshops to individuals around a range of topics (i.e., managing anger).	<p><b>Website:</b>  <a href="https://www.bigwhitewall.com/v2/LandingV2.aspx?ReturnUrl=%2f">https://www.bigwhitewall.com/v2/LandingV2.aspx?ReturnUrl=%2f</a></p>
<b>Kooth</b>	Free, safe and anonymous online support for young people. Service users can chat to counsellors, write in a daily journal, get support from the Kooth community and read articles written by young people. Good distraction techniques and psychoeducational information are also provided.	<p><b>Website:</b> <a href="https://www.kooth.com/">https://www.kooth.com/</a></p>
<b>Hello me, it's you</b>	A project for 17-24 year olds to write a letter to their 16 year old self about mental health problems. The aim of the charity is to normalise the idea of mental health and make young adults and families comfortable around mental health.	<p><b>Website:</b>  <a href="http://www.hellomeitsyou.org/about.html">http://www.hellomeitsyou.org/about.html</a></p>
<b>Anna Freud National centre for children and families.</b>	The Anna Freud Learning Network is a free national network for individuals and organisations which shares the latest research, resources and learning opportunities to those working to transform the mental health of children and young people. The site also offers resources and helpful tips towards self-care.	<p><b>Website:</b>  <a href="https://www.annafreud.org/parents/Self-Care">https://www.annafreud.org/parents/Self-Care:</a>  <a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a></p>
<b>Onyourmind</b>	Helpful guides about emotional health around: eating disorders, self-harm, depression, anxiety and gender/sexuality. Information provided gives individuals an idea of where they are able to get support from.	<p><b>Website:</b>  <a href="https://www.onyourmindglos.nhs.uk/to pics/">https://www.onyourmindglos.nhs.uk/to pics/</a></p>
<b>HeadMeds</b>	Gives general information regarding a range of different mental health and physical medication. HeadMeds does not give medical advice. Powered by Young Minds.	<p><b>Website:</b>  <a href="https://www.headmeds.org.uk/">https://www.headmeds.org.uk/</a></p>



<b>The Mix</b>	The online service offers information and guidance on general emotional health for people under the age of 25. The service also provides support through helplines, crisis messenger, 1 to 1 online conversations and a counselling service.	<b>Website:</b> <a href="https://www.themix.org.uk/mental-health/">https://www.themix.org.uk/mental-health/</a> <b>Helpline:</b> 0808 808 4994 <b>Crisis Messenger:</b> text THEMIX to 85258.
<b>Stemming Teenage Mental Illness (STEM 4)</b>	Advice and guidance around eating disorders, self-harm, depression, anxiety and addiction. The site offers apps such as: <b>CALM HARM:</b> Calm Harm is a free app to help teenagers manage or resist the urge to self-harm. <b>CLEAR FEAR:</b> Clear Fear is a free app to help children and young people manage the symptoms of anxiety. <b>COMBINED MINDS:</b> Combined Minds is a free app to help families and friends provide mental health support.	<b>Website:</b> <a href="https://stem4.org.uk/">https://stem4.org.uk/</a>
<b>MindEd</b>	MindEd is a free educational resource on children and young people's mental health for all adults.	<b>Website:</b> <a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a>
<b>Depression in teenagers</b>	An interactive site with resources for young people with depression using self-help ideas and relaxation techniques.	<b>Website:</b> <a href="http://www.depressioninteenagers.co.uk/">http://www.depressioninteenagers.co.uk/</a>
<b>Student against depression</b>	Self-help section and guidance about what to do when feeling stressed, anxious, can't sleep etc.	<b>Website:</b> <a href="https://www.studentsagainstdepression.org/">https://www.studentsagainstdepression.org/</a>
<b>The Helpline partnership</b>	A comprehensive listing of organisations in the UK that provide Helplines, which is searchable by topic.	<b>Website:</b> <a href="http://www.helpline.org">www.helpline.org</a>
<b>NSPCC Online Safety</b>	NSPCC Online Safety provides tools and advice will help you keep your child safe. Support to set up parental controls, adjust privacy settings or get advice on social networks, experts from the free O2 & NSPCC helpline are here to help.	<b>Tel:</b> 08088005002 <b>Website:</b> <a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a>
<b>Papyrus</b>	For the prevention of young suicide. Runs HOPELineUK, a dedicated suicide prevention hotline for anyone up to the age of 35 who may be feeling suicidal, or anyone concerned about a young person. If you are a young person at risk of suicide or are worried about a young person at risk of suicide:	<b>Website:</b> <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a> <b>Call:</b> 0800 068 41 41 <b>Text:</b> 0778 620 9697 <b>Email:</b> pat@papyrus-uk.org
<b>Mental Health Foundation</b>	A range of content designed to give individuals more information about mental health and to help them to look after their mental health. The site consists of podcasts, videos, tools to test stress and levels of positive mental health, inspiring stories and information about getting help if struggling.	<b>Website:</b> <a href="https://www.mentalhealth.org.uk/your-mental-health">https://www.mentalhealth.org.uk/your-mental-health</a>

<b>Self-Harm</b>		
<b>Service</b>	<b>About</b>	<b>Contact Details</b>
<b>Self-Harm UK</b>	Support for people dealing and/or recovering with self-harm. <b>Alumnia</b> - is free and is run by SelfharmUK for young people aged 14 and above. It is an online programme that is run a couple of nights a week by trained counsellors. It is a safe place to explore how you are doing, what your struggles are and receive support for	<b>Website:</b> <a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a>  <b>Website:</b> <a href="https://www.selfharm.co.uk/alumina/">https://www.selfharm.co.uk/alumina/</a>

	your harming behaviour. It's done in a chat room style so that no one can see you, it's confidential (you can use a different name) and young people can only chat to each other in the 'public' forums, so you feel safer.	
<b>National self-harm network</b>	Support people who self-harm and help to find support and alternatives to self-harming.	<b>Website:</b> <a href="http://nshn.co.uk/">http://nshn.co.uk/</a>

## Encopresis/Enuresis

Service	About	Contact Details
<b>ERIC</b>	The children's bowel and bladder charity offers support to children and parents. Offers tools and/or resources to understand and manage difficulties with bowel and bladder,	<b>Website:</b> <a href="https://www.eric.org.uk/">https://www.eric.org.uk/</a> <b>Helpline:</b> 0808 169 9949

## Autism/ADHD

Service	About	Contact Details
<b>National Autistic Society</b>	The National Autistic Society provides information and guidance for people experiencing autism or friends and families caring/supporting people with autism. The service also provides an autism helpline which provides confidential expert advice and support on autism for autistic people, their families and friends.	<b>Website:</b> <a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a> <b>Autism Helpline</b> <b>Tel:</b> 0808 800 4104.
<b>National Autistic Society – PDA.</b>	Pathological Demand Avoidance (PDA) page under the National Autistic Society provides information on PDA. This page includes information on the characteristics of PDA, guidelines for parents, education support and history/research.	<b>Website:</b> <a href="https://www.autism.org.uk/about/what-is/pda.aspx">https://www.autism.org.uk/about/what-is/pda.aspx</a>
<b>Oliver House</b>	Oliver House School is a highly specialist school for children with autism, aged six to 19 years old. It is specially designed to support young people with high-functioning autism, as well as those with complex autism with significant learning difficulties. The school also has four associated children's homes, offering 52 week residential care.	<b>Tel:</b> 01257 220 011  <b>Email:</b> <a href="mailto:oliverhouse@priorygroup.com">oliverhouse@priorygroup.com</a>
<b>ASD Bright Ideas</b>	Autism resources/SEN awareness products and visual aids to help autistic/special needs children with their visual auditory processing skills.	<b>Website:</b> <a href="https://www.asdbrightideas.co.uk/asd/">https://www.asdbrightideas.co.uk/asd/</a>
<b>Mencap</b>	Information around ASD. Provides advice and support around children and young people around: <b>Early years</b> – Portages and Childcare <b>School Years</b> – SEN resources, SEND system, Education and Health Care plans, challenging the support your child is getting, support for parents and carers of children and young people, and you're child's right in education. <b>After School</b> – Transition into adult services and further education. <b>Online community</b> is a safe and supportive place to meet others, ask questions about learning disability, share experiences and offer support.	<b>Website:</b> <a href="https://www.mencap.org.uk/advice-and-support/children-and-young-people">https://www.mencap.org.uk/advice-and-support/children-and-young-people</a>
<b>ADHD Foundation: Mental health, education</b>	The ADHD Foundation works in partnership with individuals, families, doctors, teachers and other agencies to improving emotional wellbeing, educational attainment, behaviour and life chances through better understanding and self-management of ADHD, ASD and related learning difficulties such as dyslexia, dyspraxia, Irlen's	<b>Website:</b> <a href="http://www.adhdfoundation.org.uk">www.adhdfoundation.org.uk</a>



<b>and training service.</b>	Syndrome, dyscalculia and Tourette's Syndrome. Also provide training for GP's, Teachers, Social Care agencies and other professionals, raising awareness to bring about positive change and inclusion in mental health, education and employment.	
<b>ADDitude: inside the ADHD mind</b>	Information and guidance website for children and adults. Website includes the symptomology of ADHD, coping strategies, ADHD parenting, webinars, discussion blogs and research updates.	<b>Website:</b> <a href="http://www.additudemag.com">www.additudemag.com</a>
<b>ADDiss: Attention Deficit Disorder Information and Support Service</b>	Website provides people-friendly information and resources about ADHD to anyone who needs assistance: parents, sufferers, teachers or health professionals.	<b>Website:</b> <a href="http://www.addiss.co.uk">www.addiss.co.uk</a>
<b>ADHD VOICES</b>	The website provides information on ADHD, as well as academic publications. The website brings the perspectives and experiences of children into international debates around rising child psychiatric diagnoses and the increasing use of drugs in child psychiatry. These voices contribute to an empirical evidence base that helps to inform ethical debate, clinical judgment, and national policy.	<b>Website:</b> <a href="http://www.adhdvoices.com">www.adhdvoices.com</a>
<b>Adult Learning Disability Services</b>	<p>The Adult Learning Disability Service is part of the Trust's community health services, provided for people with a learning disability who are over 18 years of age (16 if they have left full-time education or 16-18 and in transition to adult services) and their carers. The service aims to improve the health of people with a learning disability through the provision of specialist assessments and interventions alongside support to mainstream health services.</p> <p><b>Criteria:</b> Have a significantly reduced ability to understand new or complex information and to learn new skills (impaired intelligence) with:</p> <ul style="list-style-type: none"> <li>•A reduced ability to cope independently (impaired social functioning) which started before adulthood (age 18) with a lasting effect on development.</li> <li>•Be registered with a GP or consider themselves to live in the area.</li> <li>•Have a health need that cannot be met by mainstream health services with reasonable adjustments.</li> </ul> <p><b>Referrals:</b> The service accepts referrals from anyone; people with a learning disability may refer themselves.</p> <p>To help with the referral process we ask that the person making the referral:</p> <ul style="list-style-type: none"> <li>•Provides evidence that the person being referred has a learning disability</li> <li>•Provides details of their GP's name, Practice Name and address and their home address.</li> <li>•Clearly describes the health need and the medication list that the person is asking for help with.</li> </ul> <p><b>Services</b> are provided in: Blackburn with Darwen, Burnley, Pendle, Rossendale, Chorley &amp; South Ribble, Hyndburn, Ribble Valley, Preston, West Lancashire, Fylde &amp; Wyre, and Lancaster &amp; Morecambe</p>	<p><b>Tel:</b> 01772 644130 <b>Website (referral form can be found):</b> <a href="https://www.lscft.nhs.uk/learning-disability-service">https://www.lscft.nhs.uk/learning-disability-service</a></p> <p><b>Referrals</b> can be made by completing and emailing the referral form and enquiries can be made by either telephone or in writing, to the following: -</p> <p>Referral Hub Adult Learning Disability Service Darwen Resource Centre Edward Street Darwen, BB3 1AY</p> <p><b>Tel:</b> 01254 283300 <b>Email:</b> LDReferralHub@lancashirecare.nhs.uk</p>

Lancashire Services		
Services	About	Contact Details
<b>Lancashire Music Service</b>	<p>Lancashire Music Service is part of Lancashire County Council's services and has been providing support, advice and musical opportunities for children and young people across Lancashire for over 50 years. Our approach to teaching is broad and inclusive and we aim to inspire a lifelong love of music.</p> <p>We offer children and young people the chance to learn woodwind, brass, strings, guitar, ukulele, singing, percussion, drums, keyboard and piano with our experienced and inspiring teachers and with the first year of learning supported by award-winning online resources. We also offer an affordable instrument hire scheme.</p> <p>The Music Service also offers pathways for musical development and progression, both with workshops and performances in schools and also through our wide network of Music Centres and outstanding County Ensembles.</p>	<p><b>Website:</b>  <a href="https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notice/lancashire-music-service/">https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notice/lancashire-music-service/</a></p> <p><b>Email for more information:</b>  <a href="mailto:lancs.music@lancashire.gov.uk">lancs.music@lancashire.gov.uk</a></p>
<b>Lancashire Inclusion Service</b>	<p>The inclusion Service advises and supports parents, carers, families, and professionals with the additional needs of children and young people.</p> <p>Our offer includes:</p> <ul style="list-style-type: none"> <li>• <b>Advice and support</b> from our specialist teachers, educational psychologists, assessment team and specialist social workers. Please contact your area team, we can help with a range of issues like: sensory impairment, transitions, how to request an education, health and care plan, and Personal Budget.</li> <li>• <b>Free newsletter and SEND updates.</b> Sign up to the FIND database to receive a free newsletter or like the service on Facebook to receive updates. To find out more about any of the above services please call 01772 532 509 or email <a href="mailto:find@lancashire.gov.uk">find@lancashire.gov.uk</a>.</li> </ul>	<p><b>Inclusion service area team in Chorley, South Ribble, West Lancashire and Preston</b>  <b>Tel:</b> 01772 531 597  <b>Email:</b>  <a href="mailto:Inclusion.South@Lancashire.gov.uk">Inclusion.South@Lancashire.gov.uk</a></p> <p><b>Website:</b>  <a href="https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/inclusion-service/">https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/getting-help/inclusion-service/</a></p>
<b>Early Action Integrated Team (EAIT)</b>	<p>Early Action Integrated Teams are being developed to support a reduction in the demand for and cost of statutory services, including 'vulnerable callers' to the emergency services, where levels of need can be met by a none statutory response.</p> <p>The integrated team will allow for shared resources, shared staffing and information sharing to ensure that the service are working effectively together to offer targeted interventions to children, young people, families and individual adults in the community, so that they receive the right support at the right time.</p> <p>The following partners make up Preston EAIT; Lancashire County Council (Children, Families and Wellbeing service and Lancashire Volunteer Partnership), Lancashire Fire and Rescue Service, Lancashire Constabulary, Preston City Council (Housing Advice), Community Gateway, Lancashire Wellbeing Service (a partnership funded by Lancashire County Council between Age Concern Central Lancashire, Richmond Fellowship and N-Compass), Lancashire Care NHS Foundation Trust (Adult Mental Health and</p>	<p>If you would like more information <b>contact:</b>  <a href="mailto:prestonearlyaction@lancashire.gov.uk">prestonearlyaction@lancashire.gov.uk</a></p> <p><b>Website:</b>  <a href="https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notice/early-action-integrated-team-eait-preston/">https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notice/early-action-integrated-team-eait-preston/</a></p>



	Children's and Young People's Wellbeing Network) and Greater Manchester Mental Health (Discover Drug and Alcohol delivered by Phoenix Futures).	
<b>Lancashire Youth Offending Team</b>	<p>Purpose is to improve the way young people are dealt with when involved in the criminal justice system.</p> <p>The service works with 10-17 year olds and their families and carers, who may be:</p> <ul style="list-style-type: none"> <li>• Referred to us by the Police following an offence for which they received a final warning</li> <li>• Going through the courts</li> <li>• Placed under our supervision as part of a community custodial sentence</li> <li>• Referred to us by a case conference called in response to anti-social behaviour</li> <li>• Identified as being at risk of offending</li> </ul> <p>The service's aims and objectives are:</p> <ul style="list-style-type: none"> <li>• To ensure the swift administration of justice so that every young person accused of breaking the law has the matter resolved without delay</li> <li>• To confront young offenders with the consequences of their offending, for themselves and their families, their victims and the community, by helping them to develop a sense of responsibility</li> <li>• To apply interventions that tackle the particular factors that put the young person at risk of offending</li> <li>• To encourage reparation to victims by young offenders</li> <li>• To reinforce the responsibilities of parents</li> </ul> <p>The team is made up of workers from the Police, Probation, Health, Education and Social Services as well local communities.</p> <p>Young people are referred by the police or other professionals working with them. Family member or friend that are worried about a young person's behaviour can also contact the service.</p>	<p><b>Lancashire YOT office:</b> 01772 532047</p> <p><b>Website:</b> <a href="https://www.lancashire.gov.uk/council/organisation-and-partnerships/the-youth-offending-team/">https://www.lancashire.gov.uk/council/organisation-and-partnerships/the-youth-offending-team/</a></p>
<b>SCAYT+</b>	<p>The primary clinical focus of the service is to:</p> <ol style="list-style-type: none"> <li>1) offer psychological consultation to social workers and other staff working with children and young people who are Looked After by Lancashire County Council (LCC) as well as children adopted</li> <li>2) Provide psychological advice and support to adoptive families, foster carers and residential staff regarding children and young people in the care of LCC.</li> <li>3) Provide training sessions, alongside partner agencies, to adoptive families as well as foster carers looking after LCC children</li> <li>4) Following initial consultations, carry out specialist assessment work and therapeutic interventions for children and young people adopted and those in the care of LCC</li> </ol>	<p>For those that haven't used the service before - also welcome initial discussions by telephone. <b>Tel:</b> 01772 538880 <b>Request for involvement form - Email:</b> <a href="mailto:CYPSCAYT@lancashire.gov.uk">CYPSCAYT@lancashire.gov.uk</a></p> <p><b>How to access this service:</b> Referrals to the service are usually made by the referred child's Social Worker.</p> <p>For adopted families – contact: <b>Lancashire Post Adoption Service:</b> <b>Central Lancashire:</b> 01772 535066</p>

		<b>Chorley and West Lancashire:</b> 01772 530919 <b>Website:</b> <a href="https://www.lancashire.gov.uk/children-education-families/emotional-health-services-for-adopted-and-looked-after-children/">https://www.lancashire.gov.uk/children-education-families/emotional-health-services-for-adopted-and-looked-after-children/</a>
<b>Lancashire and Cumbria Perinatal Mental Health Services</b>	<p>Our eight-bed mother and baby unit (Ribblemere) is an inpatient facility for mothers with serious mental health problems to access support and treatment whilst remaining alongside their babies. Ribblemere provides care for women experiencing severe mental health problems or who may be at high risk of becoming mentally unwell in the perinatal period, including very serious conditions such as post-partum psychosis. Ribblemere enables treatment and recovery for mothers while allowing their relationships with their babies to develop. The unit is staffed by multidisciplinary teams across psychiatry, nursing and nursery care. Specific treatments available include: medical treatment, psychological Therapy including 1:1 and parent-infant approaches, groups to help you bond with your baby, Infant massage, occupational therapy, relaxation, and anxiety management.</p>	<b>Reception (Primary) Tel:</b> 01772 520780 <b>Ward Tel:</b> 01772 520781 <b>Website:</b> <a href="https://www.lscft.nhs.uk/perinatal-mental-health">https://www.lscft.nhs.uk/perinatal-mental-health</a>  Ribblemere Unit Chorley and South Ribble District General Hospital Preston Road Chorley PR7 1PP
<b>Lancashire County Council Crisis Support Scheme</b>	<p>Crisis Support provides support for the people of Lancashire who are experiencing a crisis beyond their control. It is designed to assist the most vulnerable in meeting short-term needs and to promote their continued independence within the community. The scheme focuses on three key areas of provision identified as those most relevant to supporting citizens experiencing crisis situations: food, heating and household items.</p> <p>To apply for household items the referral must come from an approved partner organisation. This must be with the customer's permission via <b>the online application form:</b>  <a href="https://www.lancashire.gov.uk/practitioners/health-and-social-care/crisis-support-scheme-approved-partners/">https://www.lancashire.gov.uk/practitioners/health-and-social-care/crisis-support-scheme-approved-partners/</a>  A code will be required by the partner organisation to complete an application. To find out how to become a partner organisation, please <b>email the scheme on</b>  <a href="mailto:CrisisSupportScheme@lancashire.gov.uk">CrisisSupportScheme@lancashire.gov.uk</a>.</p>	<b>Website:</b> <a href="https://www.lancashire.gov.uk/benefits-and-grants/crisis-support-scheme/">https://www.lancashire.gov.uk/benefits-and-grants/crisis-support-scheme/</a>  To apply for support with food or fuel costs you should ring our <b>helpline on 0300 123 6735</b> . If you find it difficult to use the phone, a family member or friend can ring on your behalf.
<b>Ward 8 RPH</b>	Children and Young people ward situated at the Royal Preston Hospital.	<b>Tel:</b> 01772 523496

## Safeguarding

Services	About	Contact Details
<b>MASH (Multi-Agency Safeguarding Hub)</b>	<p>MASH is the single point of access in Lancashire for all safeguarding concerns across all service areas for adults with care and support needs aged 18 years and over.</p> <p>Social workers within the MASH service undertake an Initial statutory (Care Act 2014) Section 42 safeguarding enquiry on each safeguarding alert. This includes information gathering, risk assessing and analysis, decision making including strategy discussions and the development of</p>	<b>Tel:</b> 01772 777153 <b>Website:</b> <a href="https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notice/mash/">https://www.lancashire.gov.uk/council/transparency/access-to-information/service-and-project-specific-privacy-notice/mash/</a>



	<p>a Safeguarding Plan in conjunction with the person and/or their representative/advocate and partners within MASH.</p> <p>All decisions around the response to a safeguarding concern are made in conjunction with the individuals concerned, or their representative/advocate, and with partnership agencies where possible and appropriate.</p>	
<b>LADO (Local Authority Designated Officer)</b>	<p>The LADO is located within Children's Services and should be alerted to all cases in which it is alleged that a person who works with children has:</p> <ul style="list-style-type: none"> <li>• behaved in a way that has harmed, or may have harmed, a child</li> <li>• possibly committed a criminal offence against children, or related to a child</li> <li>• behaved towards a child or children in a way that indicates s/he is unsuitable to work with children</li> </ul> <p>The LADO will provide advice and guidance and help determine that the allegation sits within the scope of the procedures. Within the role the LADO helps co-ordinate information sharing. The LADO will also monitor and track any investigation with the expectation that it is resolved as quickly as possible.</p>	<b>Tel:</b> 01772 536694
<b>Children's Safeguarding Service</b>	<p>The county council has a duty to protect children and young people from harm caused by neglect or abuse. This includes investigating any allegations that a child might be being neglected or abused, and if necessary take appropriate action to protect the child.</p> <p>Do you have a concern about a child being abused or neglected?</p> <p>If there are no immediate safeguarding concerns to the child inform senior management at the organisation where this person works.</p>	<b>Tel:</b> 03001236720 <b>Tel:</b> out of hours - 0300 123 6722
<b>LSCFT safeguarding adults and children</b>	<p>Lancashire and South Cumbria Care NHS Foundation Trust (LSCFT) is committed to Safeguarding and Protecting Children and Adults from Abuse and Neglect. There are Safeguarding Arrangements in place to protect the most vulnerable children and adults in our area from abuse and neglect.</p> <p>Provide support on Safeguarding accountability and assurance framework in order for the Trust to discharge its responsibilities for safeguarding. We provide an expert service to the Trust including, advice and consultancy in relation to Safeguarding and the Mental Capacity Act (MCA) to support the workforce to champion and promote the safety of vulnerable children, young people and adults in Lancashire. The Service operates 9am to 5pm</p>	<p><b><u>Safeguarding Children</u></b>  <b>Contact Numbers:</b>  <b>Central Lancashire:</b> 01772 777220  <b>Mental Health staff working in North Lancashire or Blackpool:</b> 01254 283450  <b><u>Safeguarding Adults</u></b>  <b>Contact Number:</b>  <b>All localities:</b> 01772 777220</p> <p><b>Website:</b>  <a href="https://www.lscft.nhs.uk/Safeguarding">https://www.lscft.nhs.uk/Safeguarding</a></p>

<b>Selective Mutism</b>		
<b>Services</b>	<b>About</b>	<b>Contact Details</b>
<b>The Selective Mutism Information</b>	The site contains a range of informative leaflets, available to download and share. These information are suitable for parents, teens, adults and professionals. The organisation has a range of	<b>Website:</b> <a href="http://www.selectivemutism.org.uk/">http://www.selectivemutism.org.uk/</a>

<b>and Research Association (SMiRA)</b>	resources such as training courses and recommended books on selective mutism for parents and professionals. SMiRA operates a very active Facebook group, with members spanning over 50 countries.	
<b>iSpeak</b>	iSpeak aims to give people with Selective Mutism their own say about their own condition. Aim to inform the general public, health services, the media, and also academia via our own life experiences. iSpeak exists to support adults and older children with Selective Mutism, and their parents; and also to challenge misinformation and stereotypes surrounding this anxiety disorder. The site contains a range of books, videos, articles and research for individuals.	<b>Website:</b> <a href="http://www.ispeak.org.uk/">http://www.ispeak.org.uk/</a>
<b>Finding Our Voices</b>	Finding Our Voices is an online community. It contains helpful and inspiring articles relating to selective mutism. All articles in the magazine and on the website blog are either written by the author or sent in by people who have first-hand experience of the disorder. Finding Our Voices have magazines that include: Interviews with SM organisations such as SMiRA and the Selective Mutism Group, coping techniques, readers poems, stories and articles, your experiences with SM, and raising awareness/fundraising.	<b>Website:</b> <a href="https://findingourvoices.co.uk/contact/">https://findingourvoices.co.uk/contact/</a>

<b>Mental Health APP</b>	
<b>Calm</b>	App for meditation and mindfulness. The app provides guided meditations to help manage anxiety, lower stress and increase quality of sleep. The app also contains 10 minute guided video lessons on mindful movement and gentle stretching.
<b>Headspace</b>	Guided meditation for anxiety, stress, focus and sleep. For children and adults. App Includes mindfulness related blogs.
<b>Stay Alive</b>	Quick access to national crisis support helplines, as well as local resources. The app includes a mini-safety plan generator, life saving tips to stay safe and/or help others at risk of suicide, suicide myth buster and life box (storing life affirming photos and images.).
<b>Mood kit</b>	Developed by clinical psychologists, Mood Kit deploys cognitive therapy techniques to help improve mood, and overall well-being. The app is divided into four main sections called activities, thought tracker, mood tracker, and mood kit Journal. The activities section, provides over 150 mood-lifting activities for things like productivity, physical health etc.
<b>BlueIce</b>	Blue Ice is an evidenced-based app to help young people manage their emotions and reduce urges to self-harm. It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue. - BlueIce is a prescribed app. It should only be used alongside a face to face intervention provided by a mental health worker. Check with your local Child and Adolescent Mental Health Service (CAMHS) to see if they subscribe to BlueIce.
<b>Calm Harm</b>	Calm Harm is based on the principles of dialectical behaviour therapy (DBT). DBT is a type of talking therapy that's often effective in people with mood disorders. The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way. Please note that the app is an aid to treatment, but doesn't replace it. The app is free to download from the App Store and Google Play.
<b>Catch It</b>	Catch It uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Use the app to record your mood in three simple steps: <ul style="list-style-type: none"> <li>• 'Catch It' records and rates your mood</li> <li>• 'Check It' asks you to take a moment to reflect on what you're thinking</li> <li>• 'Change It' asks you to think about a better way of dealing with a problem</li> </ul>



	<p>Catch It is not a substitute for professional mental health care. If you are worried about any aspects of your mental health, contact a professional.</p> <p>Catch It is free to download from the App Store and Google Play.</p>
<b>Student Health App</b>	<p>The Student Health App offers plain-talking reassurance, information and advice on more than 125 topics relevant to students in areas ranging from first aid and mental health to staying safe at university and accessing health services. The app can be used offline, so the content is always available. It can also be customised for specific universities by adding links to local support services.</p>
<b>Stress and Anxiety Companion</b>	<p>Stress &amp; Anxiety Companion uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Use the app to help manage your stress and anxiety at home or on the go with breathing exercises, relaxing music and games. The app helps you identify your anxiety and stress triggers and transform negative thoughts into positive ones. You can turn your positive thoughts and statements into feel good photo cards, which can be shared with family and friends.</p> <p>Stress &amp; Anxiety Companion is available from the App Store and Google Play.</p>
<b>Sleepstation</b>	<p>After completing a 7-day sleep diary, Sleepstation will review your information and provide personalised advice to help you tackle your sleep problems. By understanding what is keeping you awake and reviewing your progress regularly, you should be sleeping better within 3 or 4 weeks. Sleepstation is available on the developer's website. It is free to access in England through GP referral, or you can sign up for one of the courses offered, with prices starting at £95.</p>
<b>SilverCloud</b>	<p>SilverCloud uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Once registered, you work through a series of topics chosen by your therapist at your own pace, where and when it suits you.</p> <p>The therapist will check in with you about once every two weeks during the course to review your progress. The course features videos, activities, quizzes, audio guides and your own online journal. SilverCloud is only available via an NHS referral, or some non-NHS organisations, such as universities. Contact your local mental health services to see if SilverCloud is available as a free NHS treatment.</p> <p>You can access SilverCloud from any computer, tablet or smartphone with internet access.</p>
<b>MeeTwo</b>	<p>With MeeTwo, you can post messages about any issue you're struggling to cope with. You'll receive supportive responses from other teenagers and guidance from MeeTwo experts designed to build confidence, increase wellbeing and improve emotional resilience. Every post and reply is moderated to make sure only positive feedback is published. The app contains advice and information on a variety of subjects, as well as a directory of specialist support groups that can offer further help. MeeTwo is free to download from the App Store and Google Play.</p>
<b>distrACT</b>	<p>The distrACT app aims to help you better understand urges to self-harm, and encourages you to monitor and manage your symptoms. It can also help reduce the risk of suicide.</p> <p>There's advice and support information, including emergency contact numbers, how best to work with healthcare professionals, and safer alternatives to self-harming. In the app's Chill Zone, you can find resources that may help you feel better, including art, books, films, music, poems, quotes, stories and online videos. distrACT is free to download from the App Store and Google Play.</p>
<b>Feel Good</b>	<p>Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience building techniques from sport to help improve positive feelings, self-esteem and self-confidence. To get you going, the app offers 4 free audio tracks combining soothing music with gentle coaching. The main offering is the 12-track Positive Mental Training audio programme, which is available as an in-app purchase. This programme has been used by the NHS in Edinburgh for the last 12 years to help recovery from stress, anxiety and depression. The app allows you to set reminders to listen to the tracks, as repeated listening is believed to build resilience and help reinforce the skills learned in the programme. Feeling Good is available on the App Store and Google Play.</p>
<b>Sleepio</b>	<p>Sleepio is an online sleep improvement programme. It has been clinically proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day if you follow the programme correctly.</p> <p>The programme is based on Cognitive Behavioural Therapy for insomnia (CBTi). You can use it to learn cognitive techniques to help tackle the racing mind and behavioural strategies to help reset</p>

	sleeping patterns naturally, without relying on sleeping pills. You can then download the app, which is designed to supplement the online programme, free from the App Store. Sleepio is available at no cost from some IAPT talking therapy providers. Go to <a href="http://www.bighealth.com/NHS">www.bighealth.com/NHS</a> to find out if the programme is available in your area.
<b>7 Cups</b>	7 Cups connects you to caring listeners for free emotional support. Explore self-help guides & growth paths for proven tips and advice on how to feel better. Free 24/7 Chat - be heard by volunteer listeners and chat with others who understand in support chat rooms. The app have listeners available especially for teens, so you can chat confidentially whenever you need to. Can also join our lively teen community forums and chat rooms to share with peers who understand what you're going through. Get support and make new friends along the way.
<b>SAM – self-help for anxiety management</b>	SAM is an application to help you understand and manage anxiety. SAM will help you to understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The "Social cloud" feature will enable you to share your experiences with the SAM community while protecting your identity.
<b>Smiling Minds</b>	Free mindfulness app to practise daily mindfulness exercises. Developed by psychologists and educators. An app that will help you practise meditation in order to: reduce worries, anxiety and distress; enjoy more energy; create a sense of calm; learn how to relax and regulate emotions; enhance awareness and creativity; improve concentration and increased productivity; develop a sense of empathy and connectedness, and enjoy better health and sleep.
<b>WellMind</b>	WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing.
<b>MindShift</b>	Designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: sleep, riding out intense emotions, perfectionism, social anxiety, performance anxiety, worry, panic, conflict.
<b>Brain in Hand</b>	Brain in Hand's professional support system gives people easy access to personalised digital self-management tools and human support. Always available via mobile, it helps with remembering things, making decisions when anxious or confused, and coping with unexpected events. Suitable for people with a range of neuro diverse and mental health difficulties, Brain in Hand improves confidence, enables people to cope with anxiety, and increases independence. It also reduces demand on carers and support services.
<b>Brili</b>	The ultimate system to help families with children stay on task and on time every day. Easy setup, guidance, rewards, voice prompts and real-time monitoring. Recently recommended by ADDitude magazine in "The ADHD Guide for Mobile Apps and Digital Tools" and positively rated by ORCHA, a world leader in health app reviews and prescription services. Using Parent Mode on your own device or on the child's, parents set up routines from templates or from scratch to help their child through each part of their day, such as the steps to get ready for school. No matter what devices your family has, Brili syncs across all of them in real time. Brili displays kids' routines as a game in Kid Mode, showing them what's next, how much time they have left, and prompting them at the appropriate times to keep them on track. Parents can monitor in real time from a separate device, from anywhere.
<b>NHS Weight Loss Plan</b>	Download the NHS weight loss guide – our free 12-week diet and exercise plan. Weight loss plan features: promotes safe and sustainable weight loss; learn to make healthier food choices; get support from our Health Unlocked online community; a weekly progress chart; exercise plans to help you lose weight, and learn skills to prevent weight regain. The plan is designed to help you lose weight at a safe rate of 0.5kg to 1kg (1lb to 2lb) each week by sticking to a daily calorie allowance.