



## Lancaster Integrated Care Community - Community Support Bulletin - updated - 15.05.20 - 4pm



\*please note we are not promoting individual organisations or businesses, just collating offers received or being shared on social platforms\*

\* neither are we able to accept liability for service delivery relating to any offers shared\*

### INDEX

Organisation/Company Name	Support	Contact Details
CALLING 999	Dial '55' during a 999 call when it's too dangerous to talk	
Every Life Matters	Practical information about things you can do now to look after your mental health and wellbeing, and how you can support others - Downloadable booklet & online support	<a href="https://www.every-life-matters.org.uk/covid-19/">https://www.every-life-matters.org.uk/covid-19/</a>
Positive Futures, <b>White Cross, Lancaster</b>	Are closed but Talking Therapies will continue over the phone. All current clients will also be contacted weekly by phone. Trained volunteers can now provide a daily telephone be-friending service. Live art and music feeds on Facebook - 2pm everyday - music (Mon & Thurs), quiz (Fri), sing along (Wed), positive messages (Tues)	01524 587223 Positive Futures North West Facebook -
Socialease	A support group for people experiencing social anxiety and/or isolation and/or poor mental health. Telephone support available to new & current group members Tuesdays 10am-12noon, Wednesdays 2-4pm & Thursdays 2-4pm.	07568 937988 Socialease Facebook:
Adullam	Taking referrals for people who need support with low/moderate mental health issues. Online Community Groups will begin running shortly, details to follow.	adullam.programme@hotmail.com Facebook: Adullam
Lancaster & Morecambe College	Are offering a short distance learning course in Mental Health Awareness Level 1 to anyone 18+. Go online, register and receive a username and password and do from home.	<a href="https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness">https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness</a>

The Well Communities	<p>Offering a range of peer support sessions addressing addiction to substances and alcohol, recovery and family support. Live feeds from Facebook for Q&amp;A sessions re recovery, families, isolation and coping, recovery check ins, plus exercise, 5 ways to wellbeing and guest speakers.</p> <p>The Eating Disorder Peer Support Group runs every two weeks on a Monday at 6.00pm.</p> <p>For anyone struggling with addiction or alcohol problems - Zoom Group meeting 7 days a week from 10am - 12 noon. Like minded people sharing experience and supporting each other. Contact The Well for other Zoom support groups</p>	<p>01524 415919  Facebook: The Well Communities  info@thewell2.co.uk</p> <p>Email:</p> <p>Zoom ID - 999 9698 0555</p>
Samaritans	Not doing face to face support but are still available via telephone or email.	<p>Tel: 116123  jo@samaritans.org</p> <p>email:</p>
Challenge through Sport Initiative (CSI)	A free, online timetable/programme of activities to do at home for people in recovery or for those with mental health issues.	Facebook: Challenge through Sport Initiative Recovery Group - CSI
Anxiety UK	Providing support if you have been diagnosed with an anxiety condition.	<p>03444 775 774 - Mon to Friday - 9.30am to 5.30pm, Sat/Sun 10am - 8pm</p> <p>www.anxietyuk.org.uk</p>
Bipolar UK	Anonymous, 7/7 online support for people who are living with manic depression or bipolar disorder.	www.bipolaruk.org.uk
CALM	Campaign Against Living Miserably, for men aged 15 to 35.	<p>0800 58 58 58 - daily, 5pm to midnight</p> <p>Webchat sign up at: www.thecalmzone.net</p>
Mens Health Forum	24/7 support for men experiencing stress via chat, text, email.	www.menshealthforum.org.uk
Mental Health Foundation	Providing information and support for anyone with mental health problems or learning disabilities.	www.mentalhealth.org.uk

MIND	Promoting the views and needs of people with mental health problems.	0300 123 3393 - Mon - Fri - 9am to 6pm <a href="http://www.mind.org.uk">www.mind.org.uk</a>
Lancashire MIND	Website link - Support sections for Adults, Children & Young People, Parents & Carers Facebook - daily updates, resources and fun challenges to engage with	Facebook: Lancashire Mind <a href="https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health">https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health</a>
No Panic	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).	0844 967 4848 - daily, 10am to 10pm - calls cost 5p per minute plus your phone provider's access charge <a href="http://www.nopanic.org.uk">www.nopanic.org.uk</a>
OCD Action	Support for people with OCD. Includes information on treatment and online resources.	Phone: 0845 390 6232 - Mon - Fri - 9.30am to 5pm - calls cost 5p per minute plus your phone provider's access charge <a href="http://www.ocdaction.org.uk">www.ocdaction.org.uk</a>
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	Phone: 0333 212 7890 - Mon - Fri - 9am to 5pm <a href="http://www.ocduk.org">www.ocduk.org</a>
Rethink Mental Illness	Support and advice for people living with mental illness.	0300 5000 927 - Mon - Fri -9.30am to 4pm <a href="http://www.rethink.org">www.rethink.org</a>
Mindsmatter	Self referrals for counselling and cognitive behavioural therapies for people in Lancaster, Morecambe and surrounding areas.	01524 550552 <a href="http://www.lancashirecare.nhs.uk/Mindsmatter">www.lancashirecare.nhs.uk/Mindsmatter</a>
Moodgym	Self help guides.	<a href="https://moodgym.com.au">https://moodgym.com.au</a>
The Big White Wall	An online anonymous safe community to support your mental health 24/7. Trained professionals available to keep the community safe.	<a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a>

Northumberland Online Self Help Guides	Includes leaflets on depression and low mood, anxiety, hearing voices and disturbing beliefs, sleep issues, bereavement, stress, obsessions and compulsions, health anxiety, controlling anger, alcohol, abuse, panic, post-natal depression, PTSD, self-harm and social anxiety.	<a href="http://www.ntw.nhs.uk/pic/selfhelp/">http://www.ntw.nhs.uk/pic/selfhelp/</a>
Lancaster University	Night time student mental health support line (term time only).	01524 594444
Family Lives	Support re all aspects of parenting.	0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun - 10am - 3pm <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>
Mencap	Support for people with a learning disability, their families and carers.	0808 808 1111 - Mon - Fri - 9am to 5pm <a href="http://www.mencap.org.uk">www.mencap.org.uk</a>
BEAT	Eating Disorder support.	0808 801 0677 (adults) 0808 801 0811 (students) <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a>
Cruse Cumbria	Bereavement support for those living in the postcode areas CA1 to CA28 and LA5 to LA23. If calling the number please leave a message and your call will be returned.	<a href="http://www.crusecumbria.org.uk/">www.crusecumbria.org.uk/</a> 0300 600 3434
Cruse Bereavement Care	Bereavement support - National Contact details	0808 808 1677 open Mon - Fri - 9.30am to 5pm, open until 8pm on Tues, Wed, Thurs helpline@cruse.org.uk  Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>
Cruse Lancashire	Free confidential bereavement support. Telephone helpline manned Tues & Weds 10am-12noon, Friday 6pm-8pm	01772 433645 lancashire@cruse.org.uk <a href="http://www.cruselancashire.org.uk">www.cruselancashire.org.uk</a>
Alzheimer's Society	Dementia support, including factsheets and helplines. Dedicated Coronavirus helpline for advice & guidance.	0333 150 3456 - Mon-Wed - 9am-8pm, Thur/Fri 9am-5pm, Sat/Sun 10am-4pm Alzheimer's Society <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>  Facebook: Website:

	Alheimers Lancaster & Morecambe can still be accessed via phone (leave a message they'll get back to you) or email for support.	01253 696854 patina.fry@alzheimers.org.uk	Email:
Admiral Nurses	Support for all families living with dementia or concerned about dementia - 9am-9pm weekdays, 9am-5pm weekends	0800 888 6678	
SANE	Emotional support, information and guidance for people affected by mental illness, their families and carers.	SANEline: 0300 304 7000 - daily, 4.30pm to 10.30pm www.sane.org.uk/support support forum: www.sane.org.uk/supportforum	Peer
Refuge	24-hour National Domestic Abuse Helpline for women and children	<a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>  0808 2000 247	
Relate	Relationship support & advice for keeping relationships healthy including live chat and webcam counselling	www.relate.org.uk <a href="https://www.relate.org.uk/relationship-help/covid-19-advice-and-information">https://www.relate.org.uk/relationship-help/covid-19-advice-and-information</a>	
Lancaster Relate	Office hours Mon-Fri 9am-5.30pm, Sat 9.30-12.30	01772 717 597	
Respect	Domestic Abuse - Men's advice line Mon - Fri from 9am to various close times	<a href="https://mensadviceline.org.uk/">https://mensadviceline.org.uk/</a> 0808 8010327	
Victim Support	Support for people affected by crime or traumatic events, including live chat	www.victimsupport.org.uk - 24/7 supportline 0808 1689 111 - www.lancashirevictimservices.org - Mon-Fri 9am-6pm	
Birchall Trust	Weekly counselling support for males & females of all ages who have experienced rape/sexual abuse. Accepting new clients but with a long wait time.	01229 820828 www.birchalltrust.org.uk	
Alcoholics Anonymous	Support and advice re alcohol intake/dependency.	Phone: 0800 917 7650 (24-hour helpline) Website: www.alcoholics-anonymous.org.uk	

Inspire North Lancs	Provide all aspects of drug & alcohol treatment and promote recovery from addiction. On-line Activity Calendar can be found on Facebook (posted 13th April) along with other support and advice	<a href="https://inspirenorthlancs.org.uk/">https://inspirenorthlancs.org.uk/</a> 698 673 North and Central Lancashire Integrated Recovery Service	08081 Facebook: Inspire
National Gambling Helpline	Support and advice re gambling addiction.	Phone: 0808 8020 133 (daily, 8am to midnight) <a href="http://www.begambleaware.org">www.begambleaware.org</a>	
Cocaine Anonymous	Support and advice re cocaine addiction	<a href="https://www.ca-online.org/">https://www.ca-online.org/</a>	
Narcotics Anonymous	Support and advice re substance addiction.	Phone: 0300 999 1212 (daily, 10am to midnight) Website: <a href="http://www.ukna.org">www.ukna.org</a>	
UK SMART Recovery	Self management and recovery training - charity promoting recovery from any addictive behaviour through meetings and training programmes. Currently providing online meetings	<a href="https://smartrecovery.org.uk/online-meetings/">https://smartrecovery.org.uk/online-meetings/</a>	
Lancashire & South Cumbria NHS Foundation Trust - The Wellbeing and Mental Health Helpline	A confidential support service, 24 hours a day 7 days a week, across Lancashire & South Cumbria offering emotional support & a listening ear if you're suffering from stress, anxiety or feeling lonely and isolated.	0800 9154640 'HELLO' to 07862022846 <a href="https://www.lscft.nhs.uk/Mental-Health-Helpline">https://www.lscft.nhs.uk/Mental-Health-Helpline</a>	text
Lancashire & South Cumbria NHS Foundation Trust - Mental Health Urgent Response Line	24/7 phone line operated by trained mental health professionals offering help, advice, mental health assessments, referrals and access to the Trust's wider mental health services, including home treatment. Can be used by anyone looking for advice if they are worried about someone else.	0800 953 0110	
Action for Happiness	Actions to take to spread some happiness at work, with friends & family and among communities	<a href="https://www.actionforhappiness.org/take-action">https://www.actionforhappiness.org/take-action</a>	
Widowed and Young (WAY)	Peer support network for anyone who has lost their partner before the age of 51	Facebook: WAY - Widowed And Young <a href="http://www.widowedandyoung.org.uk">www.widowedandyoung.org.uk</a>	

Healthier Lancashire & South Cumbria	List of some mental health support resources across Lancashire & South Cumbria	<a href="https://www.healthierlsc.co.uk/MentalHealthSupport">https://www.healthierlsc.co.uk/MentalHealthSupport</a>
S.E.E.D. - Support and Education for Eating Disorders	Offering information, advice, education and practical help for individuals suffering from Eating Disorders and their carers, serving Lancashire and the North West	email: <a href="mailto:hello@seedlancashire.co.uk">hello@seedlancashire.co.uk</a> 01772 915735 <a href="http://www.seedlancashire.co.uk/">http://www.seedlancashire.co.uk/</a>
Breathe Therapies	Offering early intervention, early access and the most appropriate and sufficient treatment for anyone in Preston and the North West who are experiencing Eating Disorder, Obesity, Mental Health or Wellbeing issues. The treatment arm of S.E.E.D - see above	email: <a href="mailto:reception@breathetherapies.co.uk">reception@breathetherapies.co.uk</a> 01772 915735 <a href="https://www.breathetherapies.co.uk/">https://www.breathetherapies.co.uk/</a>
Making Space Mental Health Employment Support Service (Lancaster District)	Free Health and Wellbeing Mentoring / Coaching support during COVID 19 crisis (telephone and on line support including via IT Tablet provided on loan). Subject to priority of need. Also providing one-to-one employment support and an employability programme.	07738 148 289 <a href="mailto:lionel.rice@makingspace.co.uk">lionel.rice@makingspace.co.uk</a> <a href="https://makingspace.co.uk/">https://makingspace.co.uk/</a>
<b>Mental Health Children &amp; Young People</b>	<b>Support</b>	<b>Contact Details</b>
Anna Freud Institute	Advice on how to support young peoples mental health during this period of disruption. Lots of self-care activities Work-book	<a href="http://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus">www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus</a> <a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a> <a href="https://www.annafreud.org/media/3194/year7_help4pupils.pdf">https://www.annafreud.org/media/3194/year7_help4pupils.pdf</a>
Lancashire Youth Challenge	A series of 5 short films covering breathing, relaxation & mindfulness sessions to support young people managing their anxiety	<a href="http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/">http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/</a>
CHATS (Carers Help Advisory Training Support)	For anyone looking after a child or young person with any kind of emotional or mental health problem. Support is still available via email and/or the parent peer support volunteers.	Email: <a href="mailto:chats_123@yahoo.com">chats_123@yahoo.com</a> Parent reps: Claire - 07846 332609 Rebecca - 07939 685408 Sue - 07909 584135

Prop Up Project	A group for teenagers and young adults who find socialising hard and would like to improve their mental health. - Telephone support available for individuals on request - contact Keeley for more details or message via Facebook page. - Also offering fortnightly creative based activities for our group members, new & current, sent out via email.	Keeley - 07568 937988 Up Project propupproject@gmail.com	Facebook: Prop email:
Kooth	A free, safe and anonymous place for young people to find online support and counselling.	<a href="https://kooth.com">https://kooth.com</a>	
Papyrus	Young suicide prevention society.	HOPELINEUK 0800 068 4141 - Mon - Fri - 10am to 10pm and 2pm to 10pm on weekends and bank holidays. Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>	
Family Lives	Support re all aspects of parenting.	0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun - 10am - 3pm <a href="http://www.familylives.org.uk">www.familylives.org.uk</a>	
BEAT	Eating Disorder support.	0808 801 0711 (for under-18s) Website: <a href="http://www.b-eat.co.uk">www.b-eat.co.uk</a>	
NSPCC	A children's charity dedicated to ending child abuse and child cruelty.	Phone: 0800 1111 for Childline for children (24-hour helpline) 0808 800 5000 for adults concerned about a child (24-hour helpline)  Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> <a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/</a>	
NSPCC	specific page for Parental Support - parenting tips & how to deal with difficult situations, downloadable pdf	<a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/</a>	
Royal College of Psychiatrists	information for young people, parents and carers, about young people's mental health.	<a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people</a>	
Young Minds	Information on child and adolescent mental health. Services for parents and professionals.	Parents' helpline - 0808 802 5544 - Mon to Fri - 9.30am to 4pm <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	



	Young people's blogs on their own experiences	<a href="https://youngminds.org.uk/blog/">https://youngminds.org.uk/blog/</a>
ACE Achieve Change and Engagement	Charity providing emotional health and wellbeing therapy to young people age 11-25 free of charge Additional service - 7 day a week 10am-10pm phone line for any young person aged 11-25 in Fylde, Wyre & Lancaster Districts who is experiencing emotional distress & would like to talk to, text or email an emotional health worker.	<a href="https://a-c-e.org.uk/">https://a-c-e.org.uk/</a> 0800 1448461 contact@a-c-e.org.uk Email:
Al-Anon	Helpline for anyone, including families and children, who are affected by someone else's drinking.	0800 0086 811 - 10am-10pm 365 days a year <a href="http://www.al-anonuk.org.uk">www.al-anonuk.org.uk</a> helpline@al-anonuk.org.uk email:
Child Bereavement UK	Support for children & young people up to age 25 who are grieving and specific advice in relation to COVID-19. Also supports families of a child who dies or is dying.	0800 02 888 40 <a href="https://www.childbereavementuk.org/coronavirus-supporting-children">https://www.childbereavementuk.org/coronavirus-supporting-children</a> support@childbereavementuk.org email:
Child and adolescent mental health	This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being	<a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a>