



Lancaster Integrated Care Community - Community Support Bulletin - updated - 03.06.2020 - 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*

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| Organisation/Company Name | Support | Contact Details |
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| CALLING 999 | Dial '55' during a 999 call when it's too dangerous to talk | |
| Healthier Lancashire & South Cumbria | Printable pdf flyer with list of mental health support resources available across Lancashire and South Cumbria (collated by HealthierLSC) | https://www.healthierlsc.co.uk/application/files/1315/9005/1250/Mental_health_support_in_Lancashire_and_South_Cumbria_4.0.pdf |
| 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 | https://www.every-life-matters.org.uk/covid-19/ |
| Positive Futures, White Cross, Lancaster | 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 / @Socialeasecafe Facebook: |
| Adullam | The Adullam Programme offers people within the community the opportunity to build friendships, learn skills & receive help and advice for life's challenges. Also contact them if you need support with low/moderate mental health issues. Online Community Groups are running. | adullam.programme@hotmail.com Facebook: Adullam / @addullamprogramme |

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| 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. | https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness |
| The Well Communities | Offering a range of peer support sessions addressing addiction to substances and alcohol, recovery and family support. Live feeds from Facebook for Q&A sessions re recovery, families, isolation and coping, recovery check ins, plus exercise, 5 ways to wellbeing and guest speakers. The activity timetable can be found on the website link here: The Eating Disorder Peer Support Group runs every two weeks on a Monday at 6.00pm. 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 | 01524 415919 Facebook: The Well Communities info@thewell2.co.uk https://www.thewellcommunities.co.uk/activitytimetable Zoom ID - 999 9698 0555 Email: |
| Samaritans | A safe place for anyone struggling to cope. Currently not doing face to face support locally but are still available via telephone or email. NEW Self-help app which can be used on a PC/Laptop/Mobile Device. Offers practical ways to cope and stay safe if you are struggling and finding it difficult to reach out for help. | Tel: 116 123 jo@samaritans.org https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/ email: |
| 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. Helpline hours are Mon to Friday 9.30am-10pm, Sat/Sun 10am-8pm | 03444 775 774 Service: 07537 416 905 Text www.anxietyuk.org.uk |
| Bipolar UK | Anonymous, 7/7 online support for people who are living with manic depression or bipolar disorder. | www.bipolaruk.org.uk |

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| CALM | Campaign Against Living Miserably, support for any man who is struggling, feeling down or hit a wall for any reason. Open 5pm to midnight, daily. | 0800 58 58 58 up at: www.thecalmzone.net | Webchat sign |
| Mens Health Forum | A charity working to ensure all men and boys have the info, services and treatment they need to live healthier, longer and more fulfilling lives. A new men's health community online (over 16's) can be found at: | https://www.menshealthforum.org.uk/join-forums-forum | |
| Mental Health Foundation | Working to help people understand, protect and sustain their mental health. Their website has a section on looking after your mental health during the Coronavirus outbreak. | www.mentalhealth.org.uk/coronavirus | |
| MIND | Promoting the views and needs of people with mental health problems. | 0300 123 3393 - Mon - Fri - 9am to 6pm www.mind.org.uk | |
| 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 https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health | |
| No Panic | Charity offering support for those who suffer from panic attacks, phobias, obsessive compulsive disorder (OCD) and other related anxiety disorders. Helpline daily from 10am-10pm | www.nopanic.org.uk 4848 (cost 5p a minute + your phone provider's access charge) | 0844 967 |
| OCD Action | Support for people with OCD. Includes information on treatment and online resources. Phone Helpline open Mon - Fri - 9.30am to 8pm (volunteer dependent) | Phone: 0845 390 6232 / 020 7253 2664 (there may be a charge for 0845 numbers) support@ocdaction.org.uk | email: www.ocdaction.org.uk |

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| OCD UK | A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Their advice line is open 10am-4.45pm Mon-Fri if volunteer support allows. | Phone: 0333 212 7890 coronavirus-summary/ | https://www.ocduk.org/ocd- |
| Rethink Mental Illness | Support and advice for people living with mental illness around issues such as the Mental Health Act, community care and benefits, medication. The Advice Line is open from 9.30am-4pm Mon-Fri | 0300 5000 927 | www.rethink.org |
| Mindsmatter | Self referrals for counselling and cognitive behavioural therapies for people in Lancaster, Morecambe and surrounding areas. | 01524 550552 www.lancashirecare.nhs.uk/Mindsmatter | |
| Moodgym | An interactive self-help book which helps learn and | https://moodgym.com.au | |
| The Big White Wall | An online anonymous safe community to support your mental health 24/7. Trained professionals available to keep the community safe. | www.bigwhitewall.com | |
| 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. | http://www.ntw.nhs.uk/pic/selfhelp/ | |
| Lancaster University | Night time student mental health support line (term time only). | 01524 594444 | |
| Family Lives | Support re all aspects of parenting. Phoneline is open Mon-Fri 9am-9pm and Sat-Sun 10am-3pm chat is open 1.30-5.30pm Mon-Fri support, aim is to reply within 24hrs | 0808 800 2222 we-can-help/confidential-helpline/ askus@familylives.org.uk | https://www.familylives.org.uk/how- |

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| Mencap | Support for people with a learning disability, their families and carers. | 0808 808 1111 - Mon - Fri - 9am to 5pm www.mencap.org.uk |
| BEAT | Eating Disorder support. | 0808 801 0677 (adults) 0808 801 0811 (students) https://www.beateatingdisorders.org.uk/ |
| 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. | www.crusecumbria.org.uk/ 3434 0300 600 |
| 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: www.cruse.org.uk |
| Cruse Lancashire | Free confidential bereavement support. Telephone helpline manned Tues & Weds 10am-12noon, Friday 6pm-8pm | 01772 433645 lancashire@cruse.org.uk www.cruselancashire.org.uk |
| Amparo | Support following suicide - areas including Lancashire | https://listening-ear.co.uk/amparo/ 0330 088 9255 |
| Alzheimer's Society | Dementia support, including factsheets and helplines. Dedicated Coronavirus helpline for advice & guidance. Alzheimers Lancaster & Morecambe can still be accessed via phone (leave a message they'll get back to you) or email for support. | 0333 150 3456 - Mon-Wed - 9am-8pm, Thur/Fri 9am-5pm, Sat/Sun 10am-4pm Alzheimer's Society Facebook: www.alzheimers.org.uk Website: 01253 696854 Email: patina.fry@alzheimers.org.uk |
| Admiral Nurses | Support for all families living with dementia or concerned about dementia - 9am-9pm weekdays, 9am-5pm weekends | 0800 888 6678 |

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| SANE | Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline is now a message service. | SANEline: 07984 967 708 (leave your first name & number and someone will call back as soon as practicable) email: support@sane.org.uk www.sane.org.uk/home Peer support forum: www.sane.org.uk/supportforum |
| Refuge | 24-hour National Domestic Abuse Helpline for women and children | https://www.nationaldahelpline.org.uk/ 0808 2000 247 |
| Relate | Relationship support & advice for keeping relationships healthy including live chat and webcam counselling | www.relate.org.uk https://www.relate.org.uk/relationship-help/covid-19-advice-and-information |
| 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 | https://mensadvice.org.uk/ 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 | https://inspirenorthlancs.org.uk/ 08081 698 673 Facebook: Inspire North and Central Lancashire Integrated Recovery Service |
| Red Rose Recovery | Supporting adults recovering from addiction or with mental health/dual diagnosis. Events happening online. | North Lancashire - Gareth: 07718 578292 https://www.redroserecovery.org.uk/events-calendar/ |
| National Gambling Helpline | Support and advice re gambling addiction. | Phone: 0808 8020 133 (daily, 8am to midnight) |

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| | | www.begambleaware.org | |
| Cocaine Anonymous | Support and advice re cocaine addiction | https://www.ca-online.org/ | |
| Narcotics Anonymous | Support and advice re substance addiction. | Phone: 0300 999 1212 (daily, 10am to midnight) Website: www.ukna.org | |
| UK SMART Recovery | Self management and recovery training - charity promoting recovery from any addictive behaviour through meetings and training programmes. Currently providing online meetings | https://smartrecovery.org.uk/online-meetings/ | |
| 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 https://www.lscft.nhs.uk/Mental-Health-Helpline | 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 | https://www.actionforhappiness.org/take-action | |
| Widowed and Young (WAY) | Peer support network for anyone who has lost their partner before the age of 51 | Facebook: WAY - Widowed And Young www.widowedandyoung.org.uk | |
| Healthier Lancashire & South Cumbria | List of some mental health support resources across Lancashire & South Cumbria | https://www.healthierlsc.co.uk/MentalHealthSupport | |
| 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: hello@seedlancashire.co.uk 915735 http://www.seedlancashire.co.uk/ | 01772 |

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| 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: reception@breathetherapies.co.uk 915735 https://www.breathetherapies.co.uk/ | 01772 |
| 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 lionel.rice@makingspace.co.uk https://makingspace.co.uk/ | |
| Every Mind Matters - NHS One You | Expert advice and practical tips to help look after your mental health and wellbeing | https://www.nhs.uk/oneyou/every-mind-matters/ | |
| Mental Health Children & Young People | Support | Contact Details | |
| Anna Freud Institute | Advice on how to support young peoples mental health during this period of disruption. Lots of self-care activities Work-book | www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus https://www.annafreud.org/on-my-mind/self-care/ https://www.annafreud.org/media/3194/year7_help4pupils.pdf | |
| Lancashire Youth Challenge | A series of 5 short films covering breathing, relaxation & mindfulness sessions to support young people managing their anxiety | http://www.lancashireyouthchallenge.co.uk/mindfulness-and-meditation/ | |
| 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. Fortnightly informal on-line meetings happening on Tuesdays 11am-12noon, contact Claire for an invite. | Email: chats_123@yahoo.com reps: Claire - 07846 332609 Rebecca - 07939 685408 Sue - 07909 584135 Facebook: C.H.A.T.S Parent Support Group (Lancaster and Morecambe area) | Parent |

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| 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 under 18 to find online support and counselling. Mon-Fri 12noon-10pm, Sat-Sun 6-10pm | https://kooth.com | |
| Papyrus | Young suicide prevention society - help available if you are a young person having thoughts of suicide or are concerned for a young person who is. | HOPELINEUK: 0800 068 4141 039 967 and Bank Holidays 2pm to 10pm | Text: 07860 pat@papyrus-uk.org Mon - Fri 9am to 10pm, Weekends Website: www.papyrus-uk.org |
| Family Lives | Support re all aspects of parenting. | 0808 800 2222 - Mon - Fri - 9am - 9pm and Sat/Sun - 10am - 3pm www.familylives.org.uk | |
| BEAT | Eating Disorder support. | 0808 801 0711 (for under-18s) Website: www.b-eat.co.uk | |
| NSPCC | A children's charity dedicated to ending child abuse and child cruelty. | Phone: 0800 1111 for Childline for children (9am-midnight) 800 5000 for adults concerned about a child (24-hour helpline) Website: www.nspcc.org.uk https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/ | 0808 |
| NSPCC | specific page for Parental Support - parenting tips & how to deal with difficult situations, downloadable pdf | https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/ | |
| Royal College of Psychiatrists | information for young people, parents and carers, about young people's mental health. | https://www.rcpsych.ac.uk/mental-health/parents-and-young-people | |

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| Young Minds - for Parents & Professionals | Information on child and adolescent mental health services for parents and professionals. | Parents' helpline - 0808 802 5544 - Mon to Fri - 9.30am to 4pm www.youngminds.org.uk |
| Young Minds - Young People | Young people's blogs on their own experiences Crisis Messenger - for young people in crisis needing urgent help - 24/7 (Free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile & Telecom Plus) | https://youngminds.org.uk/blog/ text YM to 85258 |
| 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. | https://a-c-e.org.uk/ 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 www.al-anonuk.org.uk 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. Helpline (phone, email & live chat via website) available 9am-5pm Mon-Fri | 0800 02 888 40 https://www.childbereavementuk.org/coronavirus-supporting-children 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 | https://www.camhs-resources.co.uk/ |