



Lancaster Integrated Care Community - Community Support Bulletin - updated - 25.06.2020 - 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*

INDEX

Organisation/Company Name	Support	Contact Details
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	<p>The Adullam Programme are offering support via 1:1 telephone calls for those with low/moderate mental health issues. Online Community Groups are running via Zoom, see Facebook for info, email for details:</p> <ul style="list-style-type: none"> - Coffee Time Tues 10.30am, - Celebrate Recovery (12 steps) on Tues 7.30pm (men & women) and Wed 10am (women). - Living Life to the Full course is starting 26th June at 10.30am. 	<p>email: adullam.programme@hotmail.com Facebook: Adullam / @adullamprogramme 07449 373979</p>
Lancaster & Morecambe College	<p>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.</p>	<p>https://www.lmc.ac.uk/courses/16-18-courses/health-social-care/mental-health-awareness</p>
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&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:</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 Email: info@thewell2.co.uk https://www.thewellcommunities.co.uk/activitytimetable</p> <p>Zoom ID - 999 9698 0555</p>
Samaritans	<p>A safe place for anyone struggling to cope. Currently not doing face to face support locally but are still available via telephone or email.</p>	<p>Tel: 116 123 email: jo@samaritans.org</p>

	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.	https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/
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	Peer Support (but <u>not</u> crisis support) for people who are living with bipolar (manic depression). Get in touch and someone will call back, aim for within 3 working days. Sign up for the free online ecommunity	call/text: 07591 375544 info@bipolaruk.org www.bipolaruk.org.uk email: https://www.bipolaruk.org/ecommunity
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 0844 967 4848 (cost 5p a minute + your phone provider's access charge)
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) email: support@ocdaction.org.uk www.ocdaction.org.uk
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 https://www.ocduk.org/ocd-coronavirus-summary/
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 practise skills which can help prevent and manage symptoms of depression and anxiety.	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 https://www.familylives.org.uk/how-we-can-help/confidential-helpline/ askus@familylives.org.uk
Mencap	Support for people with a learning disability, their families and carers. Disability Helpline Mon-Fri 9am-3pm On-line community:	https://www.mencap.org.uk/advice-and-support/coronavirus-covid-19 0808 808 1111 https://healthunlocked.com/mencap
BEAT	Eating Disorder support. Helpline Hours Mon-Fri 12noon-8pm, Sat-Sun 4-8pm Wide range of on-line support including groups, message boards and One-to-one Web Chat	Helpline: 0808 801 0677 Studentline: 0808 801 0811 Youthline: 0808 801 0711 https://www.beateatingdisorders.org.uk/coronavirus https://www.beateatingdisorders.org.uk/support-services
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, this may take a few days depending on volunteer availability.	www.crusecumbria.org.uk/ 0300 600 3434

Cruse Bereavement Care	Bereavement support - National Contact details Helpline times: Mon & Fri 9.30am-5pm, Tues-Thurs 9.30am-8pm	0808 808 1677 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	email: amparo.service@listening-ear.co.uk ear.co.uk/amparo/ www.listening-ear.co.uk 0330 088 9255
Alzheimer's Society	Dementia support, including factsheets and helplines. Dedicated Coronavirus helpline for advice & guidance. Phone Support line open Mon-Wed 9am-8pm, Thurs-Fri 9am-5pm, Sat-Sun 10am-4pm 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 Alzheimer's Society www.alzheimers.org.uk 01253 696854 patina.fry@alzheimers.org.uk Facebook: Website: Email:
Admiral Nurses	Support for all families living with dementia or concerned about dementia. Admiral Nurse Dementia Helpline - 9am-9pm weekdays, 9am-5pm weekends	0800 888 6678 helpline@dementiauk.org
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 (dial 999 in an emergency)	https://www.nationaldahelpline.org.uk/ 0808 2000 247

Relate	Relationship support & advice for everyone for keeping relationships healthy including live chat and webcam counselling. National enquiry/booking phone line open Mon-Thurs 8am-8pm, Fri 8am-6pm, Sat 9am-1pm	www.relate.org.uk www.relate.org.uk/relationship-help/covid-19-advice-and-information 0300 0030396
Lancaster Relate	Office hours Mon-Fri 9am-5.30pm, Sat 9.30-12.30	01302 347474
Respect	Domestic Abuse - Men's advice line Phone & Email: Mon-Fri 9am-8pm Webchat: Wed, Thurs, Fri 10-11am & 3-4pm Email support only: Sat & Sun 10am-12noon & 4-6pm	https://mensadvice.org.uk/ 0808 8010327 email: info@mensadvice.org.uk
Victim Support - National	Support for people affected by crime whether recently or in the past. Emotional support, information and practical help. National Supportline and live chat service are 24/7	www.victimsupport.org.uk 0808 1689 111 www.victimsupport.org.uk/help-and-support/get-help/support-near-you/live-chat
Victim Support - Lancashire	Phone the Lancashire Victim Care Team Mon-Fri 9am-6pm	0300 323 0085 www.lancashirevictimservices.org
Birchall Trust	Counselling support for males & females of all ages who have experienced rape/sexual abuse in South Cumbria and North Lancs. Accepting new clients but with a potentially long wait time.	Phone: 01229 820828 Text: 07860 025347 www.birchalltrust.org.uk enquiries@birchalltrust.org.uk
Alcoholics Anonymous	Support and advice re alcohol intake/dependency. Phone the national helpline, email or use Chatline (not 24hr) on the website. There is local support based across North Lancs.	Phone: 0800 917 7650 email: help@aamail.org www.alcoholics- anonymous.org.uk
Inspire North Lancs	Provide all aspects of drug & alcohol treatment and promote recovery from addiction. On-line Activity Calendars can be found on Facebook (posted 2nd & 5th June) 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. Freephone & Live Chat (see website) are both available 24/7	0808 8020 133 www.begambleaware.org
Cocaine Anonymous	Support and advice re cocaine addiction - an International Organisation with email and VOIP meetings	https://www.ca-online.org/
Narcotics Anonymous	A non-profit fellowship of men & women for whom drugs has become a major problem. Support and advice re substance addiction. - Phone Helpline open 10am - midnight - Online Zoom meetings around Lancaster & Morecambe see website	0300 999 1212 www.ukna.org/online
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 run by trained volunteers, 24 hours a day 7 days a week, across Lancashire & South Cumbria offering emotional support in relation to your own Mental Health or that of someone you know.	0800 915 4640 'HELLO' to 07860 022 846 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 who needs treatment & support	0800 953 0110 https://www.lscft.nhs.uk/crisis

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 01772 915735 http://www.seedlancashire.co.uk/
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 01772 915735 https://www.breathetherapies.co.uk/ Facebook: Breathe Therapies
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/

West End Impact (Morecambe)	A Facebook Support Group has replaced their Wellbeing Wednesday - videos, info & daily check-ins to help with wellbeing and moderate to medium mental health issues. Weekly Zoom meeting held every Wednesday - see Facebook each week for log-in details, also offer one to one support via telephone. If you aren't able to access Facebook please call them.	Facebook: West End Impact Mental health support http://www.westendimpact.org.uk/ 888929	01524
Mental Health Children & Young People	Support	Contact Details	
Anna Freud Institute - National Centre for Children and Families	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. For emotional/practical support or just someone to talk to please contact via email/phone/facebook: Fortnightly informal on-line meetings happen on Tuesdays 11am-12noon, contact Claire via email for an invite.	Email: chats_123@yahoo.com reps: Claire - 07908 452426 / Rebecca - 07950 784015 Wendy 01524 550650 C.H.A.T.S Parent Support Group (Lancaster and Morecambe area)	
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 Up Project email:

Kooth	A free, safe and anonymous place for young people under 18 to find online support and counselling. Sign up online to access the magazine, discussion boards. Also chat and messenger to talk to friendly online support team.	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. Mon - Fri 9am to 10pm, Weekends and Bank Holidays 2pm to 10pm	HOPELINEUK: 0800 068 4141 039 967 Text: 07860 pat@papyrus-uk.org Website: www.papyrus-uk.org
Family Lives	Support re all aspects of parenting. Online chat available weekdays 1.30-5.30pm. Helpline is open Mon-Fri 9am-9pm & Sat-Sun 10am-3pm. Email support - aim to respond within 24hrs Mon-Fri	www.familylives.org.uk 2222 askus@familylives.org.uk 0808 800
BEAT	Eating Disorder support.	Youthline for under 18's: 0808 801 0711 fyp@beateatingdisorders.org.uk eat.co.uk www.b-
NSPCC	A children's charity dedicated to ending child abuse and child cruelty. NSPCC Helpline - for adults concerned about a child. Mon-Fri 9am-6pm, Sat-Sun 9am-4pm Childline - join an online queue for a 1-2-1 chat from 9am-10.30pm, chats carry on until Midnight Advice to support a child with their mental health or with anxiety about Coronavirus	www.nspcc.org.uk 0808 800 5000 0800 1111 www.childline.org.uk - for other support options https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/
NSPCC	Support for Parents - 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

Young Minds - for Parents & Professionals	Information on child and adolescent mental health services for parents and professionals. Parents Helpline open Mon-Fri 9.30am-4pm if you're unsure about anything and need some advice.	Parents' Helpline - 0808 802 5544 www.youngminds.org.uk
Young Minds - Young People	Young people's blogs on their own experiences: Tips, advice and guidance on where to get support during the coronavirus pandemic: 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/ https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/ 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 - individual support or group work. To self-refer see the contact page on the website. 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/crisis & would like to talk to, text or email an emotional health worker.	https://a-c-e.org.uk/ e.org.uk 0903 0800 1448461 contact@a-c-e.org.uk confidential@a-c- 0771 731 6883 / 0746 860 Email:
Al-Anon	Helpline for anyone, including families and children, who are affected by someone else's drinking. Calls answered every day from 10am-10pm (please don't leave messages).	0800 0086 811 anonuk.org.uk anonuk.org.uk www.al- email: helpline@al-
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 team (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:

<p>Child and Adolescent Mental Health (independent website put together by NHS professional in the Midlands)</p>	<p>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</p>	<p>https://www.camhs-resources.co.uk/</p>
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