**Mental Health Services/Resources Available to the Ribble Valley.**

**Alzheimer’s Society 01282 421233**

**Carer’s link support for carers 0345 6887113**

**The Trust also known as LSCFT (Lancashire and South Cumbria NHS Foundation Trust) Mental health wellbeing Helpline. +++**

**Mon-Fri 7pm to 11pm**

**0800 9154640**

**The Trust 24 hour Mental Health Crisis Line +++**

**0800 9530 110**

**Initial Response Service (Trust LSCFT organised and Run) Help line.**

**24 hour service provides Triage and assessment and advice re signposting to Services.**

**0800 0130 707**

**Mindsmatter Ribble Valley THEY OFFER CBT THERAPY AND COUNSELLING. +++++++**

**Now called Talking therapies for Anxiety and Depression.**

**LSCFT Brief Psychological Therapies. Up to 12 sessions.**

**01282 657927**

**Marsh Way**

**Off Pimlico Road,**

**Clitheroe.**

**BB7 2AH**

[**Recovery.college@lscft.nhs.uk**](mailto:Recovery.college@lscft.nhs.uk)

**Gateway trust Counselling +++++**

**Third sector Voluntary organisation run voluntarily).**

<https://www.gatewaytrustcounselling.co.uk/> **07849047479**

**Christians Against Poverty, help with finances/benefits.**

**0800 328006**

**St James Church,**

**St James street,**

**Clitheroe,**

**BB7 1HH .**

**Ribble Valley Foodbank**

**Contact 07849 534431 (How to obtain food vouchers)**

[**info@ribblevalley.foodbank.org.uk**](mailto:info@ribblevalley.foodbank.org.uk)

**Contact Ribble Valley CAB 01200427336**

**Collect food parcels (with vouchers) from:**

**Trinity Methodist Church,**

**Wesleyan Row,**

**Parson Lane,**

**Clitheroe,**

**BB7 2JY**

**Autism**

**Action for Autism Burnley**

**King Edward House,**

**Finsley Gate,**

**Burnley,**

**BB11 2HA.**

**01282 415455**

**National Autistic Society.**

**autism.org.uk**

**Carers UK**

**01772 651733**

[**preston.carersuk@fsmail.net**](mailto:preston.carersuk@fsmail.net)

**Carers First**

**01772 455459**

**Chorley and South Ribble CVS**

**78 Towngate, Leyland,**

**PR25 2LR.**

**Debbie Simpson**

**07860 332140**

**Outdoors 4 All Together CIC**

[**04atogethercic@outlook.com**](mailto:04atogethercic@outlook.com)

**Social media: @04TogetherCIC**

[**www.outdoors4alltogether.co.uk**](http://www.outdoors4alltogether.co.uk)

**Anna Whittingham-Topliss 07801 794514**

**Steve Tomlinson 07814 464872**

**Glen Fendall 07876 570460**

**Colne Open Door Centre. ONLY TAKING PEOPLE FROM BURNLEY AND PENDLE.**

1 Great George Street, Colne, BB8 0SY. Does anger Management Groups

Free Counselling for as long as needed. Either centre based or via telephone.

01282 860342 Ask for Katrina or manager Nick Alderson.

**Big White Wall ++++++**

Online counselling service for people over 16

**Freeflow Counselling Service. ++++++**

**Payment expected.**

Counselling for individuals and couples.

The Resource Centre, 62-64 Yorkshire Street, Burnley, BB11 3BT.

Tel: 01282 450545 07551 444641.

[freeflowcounselling@yahoo.co.uk](mailto:freeflowcounselling@yahoo.co.uk)

wwwfreeflowcounselling service.co.uk

**Lancashire Women Centres** - Counselling for men and women or couples. ++++++++

21-23 Blackburn Road, Accrington, BB5 1HF. Tel: 0300 330 1354

4 Nicholas Street, Burnley, BB11 2EU. Tel 01282 429672.

Chorley Women’s Centre 01257 265342

[enquiries@womenscentre.org](mailto:enquiries@womenscentre.org)

[www.womens.centre.org](http://www.womens.centre.org)

**No Panic**

Helping people who suffer from panic attacks and other anxiety disorders.

Tel: 0844 967 4848 10am to 10pm daily.

**Anxiety UK**

Tel: 08444 775 775 Weekdays 09:30am to 5:30pm

Text: 07537 416905.

OCD Action

Tel: 0300 636 5478

w.w.w.ocdaction.org.uk

OCD UK

01332 588112

w.w.w.anxiety.org.uk

**The Samaritans ++++++**

116 123 or use self help app

**Clayton Brook Community House**.

61-63 Tunley Holme, Clayton Brook, Clayton le Woods, Preston, PR5 8ES.

Free Counselling.

01772 698074.

**ABUSE**

**The Magdalene Project.**The Magdalene Project provides specialist counselling services for adults and child survivors of sexual trauma /abuse and their carers.

The charity delivers its services from in a Christian ethos, and aims to bring relief to those affected by sexual abuse, as well as to promote self-acceptance, a sense of wellbeing and fulfilment and community engagement. Counselling services for children include: Play therapy, and can focus on children's issues outside of sexual abuse such as bullying, neglect, domestic abuse, family problems. **Website:** <https://the> magdalene project. co.uk

Telephone: 01 706870939 07854752902

Email the Magdalene Project by completing the contact for online.

**Release Counselling.**

Free Confidential Counselling for those who have been raped by someone close to them, (men and women).

01257 267776

[www.releasecounselling.org](http://www.releasecounselling.org)

**Rape Crisis**

Telephone support 24/07

0808 8029999

**Blackburn Wish centre.**

Providing services for women, men and young people who have been abused.

0808 2000 247

**01254 260465**

**Safenet**

**Domestic abuse Service**

0300 3033 581

Available 10am to 12pm

2pm to 4pm and 8pm to 10pm

**Lancashire victim services**

If you had been a victim or have witnessed crimes, even if you have not reported, we are here to help.

Telephone: 0300 323 0085

**Women’s Aid Federation Refuge**

0808 801 0327

**Women’s Refuge Lancashire**

07866 510728

**Domestic Abuse Helpline**

01772 435 865

0808 2000 247

**HARV Team.**

**Hyndburn and Ribble Valley Total Family Service.**

Referrals should be for families:

At risk of domestic violence.

Have children between 5 and 16.

Who have a CAF open to them.

01254 388736

01254 879855

[louise@harvoutreach.org.uk](mailto:louise@harvoutreach.org.uk)

Fax 01254 388736

**Chorley Women’s Centre +++++**

01257 265342

**Preston Women’s Centre +++++**

01772 259211

**We Are Lancashire Women.**

0300 330 1354

**Relate:**

**01535 605047**

**01422 363845**

**01484 425843**

**Amparo**

Support for people affected by suicide

[www.amporo.org.uk](http://www.amporo.org.uk)

0330 088 9255

**Papyrus- Prevention of Young Suicide**

**Support with people dealing with suicide, depression or emotional distress. Specifically teenagers or adults**

0800 068 4141 Text 07786 209697

**LGBT Support Services:**

Power to Be Out- POUT

01772 532930

[pout@lancashire.gov.uk](mailto:pout@lancashire.gov.uk)

Nationwide:

**LGBT Consortium.**

**The Proud Trust-Manchester**

**Stem6**

Support for anyone worried about Anxiety, Depression, Self Harm or Eating

disorder,Addiction,family or friends.

[enquiries@stem4.org.uk/](mailto:enquiries@stem4.org.uk/)

**SELF HELP: ++++++**

[www.getself](http://www.getself) help.co.uk

[Lancashire South Cumbria NHS Foundation Trust - Self Help Guides (ntw.nhs.uk)](https://www.selfhelpguides.ntw.nhs.uk/lscft/)

[www.ccihealth.wa.gov.au](http://www.ccihealth.wa.gov.au)

CBT based self help worksheets and work books

[www.rethink.org](http://www.rethink.org)

Advice on Mental health Problems.++++++

[www.traumacare.org.uk](http://www.traumacare.org.uk)

**Online information regarding trauma management. Free to all.**

**National self Harm Network**

0800 622 600

**British Association of Anger Management**

[www.angermanage.co.uk](http://www.angermanage.co.uk)

0345 1300 286

**Shine**

Telephone Anger Management

Patient needs to be referred by Practitioner and Shine will need patient’s Permission, E mail address and telephone number.

Only open to people in the Blackburn area

**The Wellbeing and Mental Health Texting Service**

Confidential and anonymous for people who prefer to Text

Text HELLO to 07860 022846

**SHOUT**

24/07 texting service free on all major mobile networks. Place to contact if you’re struggling to cope and need immediate help.

Text Shout to 85258

**Every Mind Matters +++++++**

Available online. Practical Advice ie how to deal with stress and anxiety.

**MALE SUPPORT :**

[WWW.ANDYSMANCLUB.CO.UK](http://WWW.ANDYSMANCLUB.CO.UK)

Online support group.

Men’s Sheds Skipton Opens 6PM 07971 421370

**CALM Campaign against Living Miserably**

Working to prevent male suicide

0800 58 58 58 5pm to Midnight available daily.

**Men’s Action Network** Telephone helpline Monday 9am to 4pm

Supporting and Promoting Male Health and Wellbeing.

028 7122 6530

**Mind**

Advice and information on Mental Health problems. ++++++

[www.mind.org.uk](http://www.mind.org.uk)

**National Self-Harm Network**

0800 622 600

**The Silver Line**

**Information on Friendship for Older People.**

**0800 470 8090**

**Counselling for Bereavement.**

**EAST LANCASHIRE HOSPICE SERVICES INCLUDING COUNSELLING:**

**East Lancashire Hospice**, Park Lee Road, Blackburn, BB2 3NY.

01254 287000

Fax 01254 665000

[info@eastlancshospice.org.uk](mailto:info@eastlancshospice.org.uk)

**Pendleside Hospice** – Bereavement support and counselling

Colne Road, Reedley, Burnley BB10 2LW

01282 440102

[www.pendleside.org.uk/Bereavement-support](http://www.pendleside.org.uk/Bereavement-support)

**Cruse: Counselling for Bereavement.**

**Skipton 01756 797799**

**Preston 01772 686668**

**SUPPORT FOR YOUNG PEOPLE:**

**Child action Northwest (CANW)**

**Website:** [**http://canw.org.uk/**](http://canw.org.uk/)

**Telephone: 01254 244 700**

**Email:** [**info@canw.org.uk**](mailto:info@canw.org.uk)

**Social media: Facebook@ Child ActionNW/Twitter@TeamCANW**

**Youth Zone**

0800 51 11 11

[talkzone@lancashire.gov.uk](mailto:talkzone@lancashire.gov.uk)

Text 07786 51 11 11

**Childline**

0800 1111

**Charlie Waller Memorial Trust**

Charliewaller.org

See online resources to assist young people to look after their well being.

**Healthy Young Minds.**

Online self-help materials, resources and guidance open 24/07

**The Mix**

Under 25’s helpline for any challenges young people may be facing

Tel: 0808 808 4994 (available 4pm to 11pm daily).

Text THE MIX to 85258 24/07

**Brook Counselling** – for young people aged 13-24 years

64 Bank Parade, Burnley BB11 1TS

Burnley Brook: 07760 163327

54 Darwen Street, Blackburn, BB2 2BL

Blackburn Brook: 07824 164271

el.counselling@brook.org.uk

www.brook.org.uk

**Kooth.com**

Self-Referral.

Free anonymous, confidential online counselling.

<https://www.wearewithyou.org.uk>

Support for young people with drug and alcohol problems.

**The Foundation for Ribble Valley Families**

FRVF provides mental health support for families living in the Ribble Valley with children/young people up to 18yrs (or 25 with special educational needs or disability)

07538242314

Contact via the website [www.frvf.co.uk](http://www.frvf.co.uk)

**Building Stronger Families**

Guidance around complex family issues.

Tel: 0808 802 6666

Text FAMILYACTION to 85258 (24/7).

**Snowdrop Doula Community Interest Company**

– Work with clients in the perinatal period, or with infertility, and with parents of all age children, at different venues across BB postcodes

47 Parker Lane, Burnley, BB11 2BU

01282 926410 and 07931 214574

michelle@snowdropdoula.co.uk

**Young Minds**

Advice for parents/carers concerned about a young person or child

Weekdays 12pm to 10pm 24/07 Crisis Messenger Text YM to 85258

**NSPCC**

Preventing Child abuse

Tel 0800 1111 for children and young people.

Tel 0808 800 5000 to report abuse

Available 24/07

**Child Bereavement UK**

Support for children and young people grieving.

Tel: 0800 02 888 40 Weekdays 9am to 5pm

**Home Start**

Emotional support for people across East Lancashire families who have at least 1 child under 11 or +12 years old. Tailor made support packages are provided to families who may need help with household routine. All general parenting skills, disability, domestic abuse, isolation, postnatal illness or dealing with several children under 5 years.

01282 690536

Website: info@homestarteastlancs.org

**ADDICTION**

**FRANK**

[www.talktofrank.com](http://www.talktofrank.com)

Telephone: 0300 123 6600 24/07

SMS: 82111 for questions.

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

**Citadel Counselling.**

The Citadel, Market Place, Colne, BB8 0HY.

Tel: 07422 344244

Provides social Support through groups.

Provides centre based counselling for individuals with addiction/dependence problems.

**Red Rose Recovery**

**Work with people also without addiction to help with Housing and Benefits.**

Supporting adults recovering from addiction and with mental health Dual diagnosis

Online 24/07

01772 821440

**Al Anon**

E mail eastlancsaagmail.com

0800 917 7650

**Inspire**

Preston

0808 169 8673

Burnley/Accrington.

01254 495 382

Maundy Grange.

Provides help with addiction.

Also provides counselling and help with social inclusion.

29-31 Abbey Street, Accrington.

01254 232328

**Drinkline**

0800 917 8282

**Drugline**

01772 253840

**Gamblers Anonymous**

See online re local meetings.

**National Debtline**

0800 240 4420

**Emergency Homelessness Number**

01772 436 756

0808 800 4444

**Citizens advice-Advice line**

0808 278 7880

**Management of Long Term Conditions.**

**Smile Together**

This is a support group for anyone over the age of 18 years who has any kind of long-term condition. We would love to welcome new members. We meet in Clitheroe at Clitheroe psychotherapy Centre, 5 Waddington Rd, Clitheroe BB7 2HJ.

If you would like to attend please phone **07736067981**

The group meets second Thursday in every month 11am until 1pm

**Cancer Support UK**

**Helping Hands for cancer sufferers**

**0330 818 4671**

**Ribble Valley Breast Friends Support Group**

**07890 685 932**

**Fibromyalgia Support Group.**

East Lancashire voluntary resource Centre,  
62-64 Yorkshire St,

Burnley,  
BB11 2BT.

01282 412 543

**Veterans:**

<https://padlet.com/vpppnw/nwafwn>

**Life Works (Help with adjusting to work and finding employment).**

**0800 319 6844**

[**www.wearelifeworks.org**](http://www.wearelifeworks.org)

**e mail:** [**lifeworks@rbli.co.uk**](mailto:lifeworks@rbli.co.uk)

**Lancashire Armed forces Covenant (exhaustive list of Armed forces charities)**

E mail: The Lancashire Armed Forces Covenant Hub – Lancashire County Council

[**Olwen.heap@ribblevalley.gov.uk**](mailto:Olwen.heap@ribblevalley.gov.uk)

**Tel 01200 414408 Lee is the new guy.**

**Homelessness:**

**Shelter**