



# Where and how to get help In a mental health crisis





A charity providing support for anyone who has been diagnosed with an Anxiety condition



Provides support for anyone who cares for a person with Mental Illness in Fylde or Wyre, call **01253 407473**



Providing support for anyone who cares for a person with a mental illness in Blackpool, Call **01253 393748**



Voluntary charity offering support for sufferers of panic attacks and OCD. Helpline available 10am-10pm—0844 967 4848



A charity providing support for anyone living with Manic Depression or Bi-Polar Disorder



Support for young people at school and in the community who provide a caring role throughout Blackpool, Fylde & Wyre,



For young people, provides sexual health advice, substance misuse help and counselling for people up to 25yrs old. To self refer call **01253 955856**



Support for people with OCD. Includes information on treatment and online resources. Call **0845 3906 232** (mon-fri 9-5)



Phone somebody of your choice to talk to for support, this could be any friend or family member



Telephone the Crisis Home Treatment Team, at any time 24 hours per day. Call or Text name and number to **01253 956280**



**Mental Health and Well Being Helpline**, if you need to talk or feel alone or in crisis call **0800 915 4640** [www.lancashirecare.nhs.uk/mental-health-helpline](http://www.lancashirecare.nhs.uk/mental-health-helpline)



Young suicide prevention society, Call HOPE line UK **0800 068 4141** (mon-fri 10-10, weekend 2pm-5pm)



Providing Support and emotional Well Being and specialised Therapy for women only, call **01253 290007**



Support and advice for people living with mental illness, call **0300 5000 927** (mon-fri 9-4) [www.rethink.org](http://www.rethink.org)



24/7 stress support exclusively for men accessible by text, chat and email.

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



A 24 hour service available every day of the year, call **116123**

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



Provides information and support for anyone with Mental Health problems or Learning Disabilities.



Emotional support and information for anyone affected by Mental Illness, Call **0300 304 7000**



Provides free talking therapies to adults in the Fylde and Wyre Area, to refer yourself call **01253 955943**



Is a website designed specifically for students who are depressed, have a low mood or are having suicidal thoughts.



Mind is a prominent mental health charity providing a wide range of useful resources and links to relevant information.



Provides free talking therapies to adults in Blackpool, to refer yourself, call **01253 955700**

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
CALM**

Is a resource dedicated to preventing the suicide of men under 45yrs old, call **0800 585858**



Cruse Bereavement care for Blackpool, Fylde & Wyre, call **01253 686668**

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



Emotional support and counselling for bereavement through cancer, call **01253 595552**



Relate—support and help for couple and family relationships, call **0300 100 1234**

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



Information on Child & Adolescent mental health for parents and professionals. Call **0808 802 5544** (mon-fri 9-4)



Citizens Advice Bureau for debt, financial and benefit advice, call **01253 308400**

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



Support with recovering from alcohol addiction, call **0845 769 7555** (24/7)

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)



For all physical health concerns or issues contact your GP. If they are closed listen to the recorded message for further advice on who to call.



Gamblers Anonymous—For confidential advice and support with gambling problems



To contact your local Police department simply call **101** or in an emergency call **999**



Confidential information and emotional support to anyone experiencing problems with gambling, call **0808 8020 133**



NHS non emergency advice line  
Call **111**



Narcotics Anonymous  
Call **0300 999 1212** (daily 12pm-12am)

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



Blackpool Food Partnership—for help in finding accessible food sources in the Blackpool area, call **07400 960507**



Alcohol, drugs and sexual health support for people in Blackpool, call **01253 205156 / 205157 / 205158**



Fylde Food Bank—for help in finding accessible food sources in the Fylde & Wyre area, call **07592 542670**



Alcohol, drugs and sexual health support for people in Fylde & Wyre, **01253 724710 / 877633**



For advice and support if you are at risk of becoming or are homeless in Blackpool, call **01253 477760**



Blackpool council for any issues relating to the Blackpool area, call **01253 477477**

[www.blackpool.gov.uk](http://www.blackpool.gov.uk)



For advice and support if you are at risk of becoming or are homeless in the Wyre area, call **01253 891000**



Lancashire County Council for any issues relating to Fylde & Wyre call **01253 536199**



For advice and support if you are at risk of becoming or are homeless in the Fylde area, call **01253 658658**

# Useful Apps to download to your phone and online resources.

 <p><b>Calm Harm</b> is a free app designed to help people resist or manage the urge to self</p>	 <p><b>Elefriends</b> is a supportive online community that is a safe place to listen, share and be</p>	 <p><b>Mental Health Recovery Guide</b> app helps get you well and keep you well</p>
 <p><b>Fear Fighter</b> is an online course for people who struggle with phobia's or anxiety</p>	 <p><b>Staying alive</b> is a totally free app &amp; offers help &amp; support both to people with suicidal thoughts and people concerned</p>	 <p><b>Whats Up</b> app uses CBT and ACT methods to help you cope</p>
 <p><b>Catch It</b> helps you to manage feelings like anxiety and depression</p>	 <p>Use this easy-to-use <b>drinks tracker</b> to stay in control of how much alcohol you</p>	 <p><b>SAM</b> app helps you understand and monitor your anxiety through self help</p>
 <p><b>ieso</b> is an online course using instant messaging for people with Mental Health</p>	 <p><b>NHS smoke free</b> app is a 28 day plan to help people stop smoking for good</p>	 <p><b>C 2 5K</b> app will support you to walk or run your way to completing 5K</p>
 <p><b>Silverline</b> is an online course to help people manage stress, anxiety and</p>	 <p><b>RC Psych Mental Health App</b> is to provide information on key mental health</p>	 <p><b>Relax melodies</b> app is a relaxation and sleep aid</p>
 <p><b>Stress &amp; Anxiety companion</b> helps you handle stress and anxiety on the go</p>	 <p><b>5 Ways to Wellbeing</b> app offers practical advice to feel good and function</p>	 <p><b>Base</b> app is to help young people manage stress and anxiety</p>
 <p><b>Talking point</b> is an online community for anyone affected by dementia</p>	 <p><b>Happier</b> app helps you stay more present and focused throughout the day</p>	 <p><b>Step Finder</b> app pin points your nearest local support and directions to get there</p>

