



## Lancaster Integrated Care Community - Community Support Bulletin - updated - 09.04.20 - 5pm



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

Organisation/Company Name	Support	Contact Details
<b>Mental Health Adults</b>		
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.	01524 587223 Facebook - Positive Futures North West
Socialease	A support group for people experiencing social anxiety and/or isolation and/or poor mental health. Telephone support available Tuesdays 10am-12noon & Thursdays 2-4pm.	07568 937988 Facebook: Socialease
Adullam	Taking referrals for people who need support with low/moderate mental health issues. Online Community Groups will begin running shortly, details to follow.	<a href="mailto:adullam.programme@hotmail.com">adullam.programme@hotmail.com</a> 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	The Well's Eating Disorder Peer Support Group is running every two weeks online, telephone for details.	01524 415919 Facebook: The Well Communities
Samaritans	Not doing face to face support but are still available via telephone or email.	Tel: 116123 email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
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.	03444 775 774 - Mon to Friday - 9.30am to 5.30pm, Sat/Sun 10am - 8pm <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>

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Bipolar UK	Anonymous, 7/7 online support for people who are living with manic depression or bipolar disorder.	<a href="http://www.bipolaruk.org.uk">www.bipolaruk.org.uk</a>
CALM	Campaign Against Living Miserably, for men aged 15 to 35.	0800 58 58 58 - daily, 5pm to midnight Webchat sign up at: <a href="http://www.thecalmzone.net">www.thecalmzone.net</a>
Mens Health Forum	24/7 support for men experiencing stress via chat, text, email.	<a href="http://www.menshealthforum.org.uk">www.menshealthforum.org.uk</a>
Mental Health Foundation	Providing information and support for anyone with mental health problems or learning disabilities.	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
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>
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>

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The Big White Wall	A safe community to support your mental health 24/7.	<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
Relate	Relationship support.	<a href="http://www.relate.org.uk">www.relate.org.uk</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>
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) <a href="http://www.b-eat.co.uk">Website: www.b-eat.co.uk</a>
CRUSE Bereavement Care	Bereavement support.	0808 808 1677 - Mon -Fri - 9am to 5pm <a href="http://www.cruse.org.uk">Website: www.cruse.org.uk</a>
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 - Facebook: Alzheimer's Society Website: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a> <a href="https://bit.ly/2Qz7viv">https://bit.ly/2Qz7viv</a>  01253 696854 <a href="mailto:patina.fry@alzheimers.org.uk">patina.fry@alzheimers.org.uk</a> Email:
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: 0300 304 7000 - daily, 4.30pm to 10.30pm www.sane.org.uk/support Peer support forum: www.sane.org.uk/supportforum
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
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
Alcoholics Anonymous	Support and advice re alcohol intake/dependency.	Phone: 0800 917 7650 (24-hour helpline) <a href="http://www.alcoholics-anonymous.org.uk">Website: www.alcoholics-anonymous.org.uk</a>
Inspire North Lancs	Provide all aspects of drug & alcohol treatment and promote recovery from addiction.	<a href="https://inspirenorthlancs.org.uk/">https://inspirenorthlancs.org.uk/</a>  08081 698 673
National Gambling Helpline	Support and advice re gambling addiction.	Phone: 0808 8020 133 (daily, 8am to midnight) <a href="http://www.begambleaware.org">Website: 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) <a href="http://www.ukna.org">Website: 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

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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>
<b>Mental Health Children &amp; Young People</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 - contact Keeley for more details or message via Facebook page.	07568 937988 Facebook: Prop Up Project
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) <a href="http://www.b-eat.co.uk">Website: www.b-eat.co.uk</a>

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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)  <a href="http://www.nspcc.org.uk">Website: 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>
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:
Child Bereavement Trust	Support for children & young people who are grieving and specific advice in relation to COVID-19	<a href="https://www.childbereavementuk.org/coronavirus-supporting-children">https://www.childbereavementuk.org/coronavirus-supporting-children</a> 0800 02 888 40