

EXTRA RESOURCES

SUPPORT

NAME	LINKS	INFO
Hub Of Hope	https://hubofhope.co.uk/	FREE: Enter your postcode to locate services and support in any location.
Assessing Mental Health Service - EAST	https://www.lscft.nhs.uk/services/accessingmentalhealthsupport/east-lancashire	Lancashire and South Cumbria NHS Foundation Trust provides 24-hour access to mental health care, advice, support and treatment. By calling you can speak to a member of the team where you can discuss your current mental health needs. 0800 0130 707 – Burnley, Accrington, Pendle, Rossendale, Ribble Valley, Blackburn with Darwen.
Assessing Mental Health Service - CENTRAL AND WEST LANCASHIRE	https://www.lscft.nhs.uk/accessingmentalhealthsupport/central-and-west-lancashire	Lancashire and South Cumbria NHS Foundation Trust provides 24-hour access to mental health care, advice, support and treatment. By calling you can speak to a member of the team where you can discuss your current mental health needs. 0800 0130 708 - Preston, Bamber Bridge, Euxton, Ormskirk, Chorley, Fulwood, Longton, Barton, Leyland ,Hutton ,Skelmersdale, Aughton
Assessing Mental Health Service - THE FYLDE COAST- INC BLACKPOOL, FYLDE, WYRE	https://www.lscft.nhs.uk/accessingmentalhealthsupport/fylde	Lancashire and South Cumbria NHS Foundation Trust provides 24-hour access to mental health care, advice, support and treatment. By calling you can speak to a member of the team where you can discuss your current mental health needs. 0800 0130 709 - Blackpool ,Kirkham, St Annes-on-the-Sea, Elswick, Pilling and surrounding villages ,Lytham, Ansdell ,Thornton Cleveleys, Wesham ,Wyre, Clifton
Assessing Mental Health Service - LANCASTER, MORCAMBE AND SOUTH CUMBRIA	https://www.lscft.nhs.uk/services/accessingmentalhealthsupport/bay	Lancashire and South Cumbria NHS Foundation Trust provides 24-hour access to mental health care, advice, support and treatment. By calling you can speak to a member of the team where you can discuss your current mental health needs.

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		0800 0130 710 - Barrow in Furness, Grange over Sands, Carnforth, Milnthorpe, Kendal, Lancaster, Morecambe ,Millom ,Ulverston
Awesome Breathing	https://isjustawesome.com/awesome-breathing/	Awesome Breathing is a simple, elegant tool to guide and visualize your breathing. Use it every day to help your meditation, relaxation, or breathing practice, or to simply bring a few moments of calm to your day. Just Breathe!
Early Intervention Team (EIS) psychosis	https://www.lscft.nhs.uk/Hope-Health-Recovery	The Lancashire Early Intervention Service (EIS) aims to help people who have experiences which are distressing and difficult to make sense of, which may lead to being at risk of psychosis for the first time, get the right help early and continue living the lives they want to lead. The Lancashire EIS is for people aged between 14 and 64 years old who have recently been diagnosed with psychosis, and for people who are having unusual experiences or difficulties and who may develop symptoms of psychosis. We aim to help people recover as quickly and as well as possible, particularly by offering help early.
Access to Work Mental Health Support in Work	0300 456 8114 https://atw.maximusuk.co.uk/gethelptoday/ atw@maximusuk.co.uk	FREE: Our delivery of the Access to Work Mental Health Support Service, funded by the Department for Work and Pensions, has already helped more than 20,000 people with anxiety, depression and stress. We provide confidential, personalised support to help people with mental health symptoms to stay in or return to work. This service is easy to access, confidential – and comes at no cost.
Disability Passport	https://www.gov.uk/government/publications/health-adjustment-passport	FREE: This form can be used to support you to identify what help and changes are available to help you move into work or stay in a job.

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WRAP – Wellness Recovery Action Plan	https://www.wellnessrecoveryactionplan.com/what-is-wrap/ https://www.combined.nhs.uk/person-centredness-framework/wellness-recovery-action-plans-wrap%E2%80%8B/ https://www.mind.org.uk/media/lbahso3x/mind-wellness-action-plan-workplace.pdf	
Together All (was Big White Wall)	https://togetherall.com/en-gb/	FREE: Share experiences in a safe, anonymous space. Benefit from practical wellbeing tools and resources. Gain access in minutes, available all day, every day.
Kooth	https://www.kooth.com/	FREE: A judgement-free forum to get advice, help others and share your story
SHOUT	https://giveusashout.org/	FREE: You can text us any time, day or night. Your messages with us are confidential and anonymous. It is free to text Shout from all major mobile networks in the UK.
Young Minds	https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/	FREE: If you are a young person struggling to cope, Shout can provide 24/7 text support. For help, text SHOUT to 85258. Whatever you are going through, if it matters to you, it matters to us.
Calm Harm	https://calmharm.co.uk/	FREE: The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people, as well as providing the opportunity to journal and self-reflect. The Calm Harm app also signposts to help.
Clear Fear	https://clearfear.stem4.org.uk/	The fear of threat, or anxiety, is like a strong gust of wind. It drags you in and makes you want to fight it or run away. Instead, face your fear with the Clear Fear app and learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

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Kooth	https://www.kooth.com/	FREE: A judgement-free forum to get advice, help others and share your story
National Self harm	https://nshn.co.uk/forum/	FREE: The NSHN Forum is a support site, a safe environment to help understand the mechanisms resulting in self harm and cope with it and related problems. With this objective in mind, we hope to reduce the incidence and severity of any form of self-harm and improve general awareness throughout the community.
A-C-E	https://a-c-e.org.uk/	FREE: ACE is a charity in North Lancashire that delivers person centered solution focused, goal-based work, counselling, trauma therapy and Cognitive Behavioral therapy to support young people aged 10 -25 to improve their mental health and emotional wellbeing and build resilience. Ace is a trauma informed service delivering mainly individual work in partnership with young people, using a variety of methods. We will work with families and other organisations and services to support the progression of the young people.
All age eating disorder service. Lancashire NHS eating disorder service -	https://www.lscft.nhs.uk/eating-disorder-service	We offer support to people of any age, who have been diagnosed with/meet the diagnosis criteria for an eating disorder. This does vary slightly across each service, but predominantly we are able to offer support to people who meet the diagnostic criteria for Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Other Specified Food or Eating Disorder. We are not able to offer support to people with difficulties such as a phobia of vomiting, or picky eating. We know that sometimes it can be difficult to seek support, or to acknowledge that we may need additional help with things that we are struggling with.
Beat Eating Disorders	https://www.beateatingdisorders.org.uk/get-information-and-	FREE: Support on the Helpline is available by phone, email, webchat

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	support/get-help-for-myself/i-need-support-now/helplines/	through our social media accounts and by letter. Calls to the helpline are free from landlines and mobile phones within the UK and do not appear on itemised bills. Sometimes our lines are busy. If you can't get through immediately, please do try again or try our one-to-one web chat or send us an email.
Welfare Check	Dial 101	Should you be worried about someone that maybe in imminent danger? Ask to be put through to the local police. Request a welfare check and they will advise further.
Talking Therapies	https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/nhs-talking-therapies/	Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help if you're struggling with things like feelings of depression, excessive worry, social anxiety or post-traumatic stress disorder (PTSD). You can access talking therapies for free on the NHS. You can refer yourself directly to an NHS talking therapies service without a referral from a GP, or a GP can refer you. Help is available in person, by video, over the phone or as an online course.
Get Self Help	https://www.getselfhelp.co.uk/	Self Help for individuals We provide a range of resources to help you get started immediately.
AMPARO	Call: 0300 088 9255 https://amparo.org.uk/	Amparo means 'shelter' or 'safe haven' in Spanish and provides support for anyone affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is

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		most appropriate to your situation. The service can be delivered in your home or wherever you are most comfortable. Our service is completely confidential and can provide short-term or longer-term support, depending on what you feel it is you need.
PAPYRUS	If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice	Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org Website: https://www.papyrus-uk.org/
Samaritans	https://www.samaritans.org/ Call – 116 123 Live chat - is in the pilot phase through the website Email - jo@samaritans.org	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.
SOB (Survivors of Bereavement by Suicide)	https://uksobs.org/	FREE: We help individuals support each other, at the time of their loss and in the months and years that follow. We aim to provide safe, confidential environments where people can share their experiences and feelings, giving and gaining support from each other.
CAMHS	https://www.lscft.nhs.uk/CAMHS	Child and Adolescent Mental Health Services and Children's Psychological Services (CAMHS and CPS) and Children and Young People's Psychological Services (CYPPS) provide appropriate access to specialist provision for children and young people with a broad range of emotional health, psychological distress and mental health disorders.
Support After Suicide Partnership	https://supportaftersuicide.org.uk/	We bring UK services together to make sure everyone bereaved by suicide is offered timely and appropriate support.
React – Relatives Education and Coping Tool Kit	https://reacttoolkit.uk/	REACT is an online self-help package (toolkit) for relatives and friends of people with mental health problems associated with psychosis or bipolar disorder. The toolkit has been put together by a team of people with expertise in this area, including clinicians,

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		researchers and relatives of people with psychosis or bipolar disorder. You can 'Meet the team' for more details about us. REACT is designed to be easy to use at home in your own time. The toolkit is an additional resource that can be used alongside any other support you receive from mental health services or charitable organisations. It does not replace any other help.
NHS Crisis Line	https://www.lscft.nhs.uk/services/service-finder-z/crisis-line	Our Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling 0800 953 0110. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services. Ring it if you need to access services or for advice about someone who needs treatment or support.
Samaritans – Suicide safety plan & template	https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/creating-safety-plan/	A safety plan is a tool for helping someone navigate suicidal feelings and urges. It can also be a way for you and the person you're supporting to plan how to communicate and check in with each other going forwards. It takes around 20-40 minutes to complete.
Safa – Selfharm	https://safa-selfharm.com/	SAFA is committed to making a positive difference to the lives of individuals, in Cumbria, who self harm and to those who support them. Our primary goal is to empower individuals to take responsibility for their own lives and we do this through non-judgmental counselling and trusting support.
NICE Guide lines	https://www.nice.org.uk/guidance	Evidence-based recommendations for the health and social care sector, developed by independent committees, including professionals and lay members, and consulted on by stakeholders.

WEBSITES

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Mental Health First Aid England	https://mhfaengland.org/mhfa-centre/resources/	A selection of free mental health resources for your workplace, school or community, including toolkits, guidance, posters, and more.
Change Talks	https://www.lscft.nhs.uk/mental-health-family-hour	The Mental Health Family hour is an online show aimed at children and young people experiencing mental health issues and the parents, carers and teachers supporting them.
Orange Button	https://www.healthierlsc.co.uk/icb/orangebutton	People who are having thoughts of suicide, or who are worried about a friend or family member, can now push the button when they see someone wearing a distinctive orange badge, and ask them for information and support.
Zero Suicide Alliance	http://zerosuicidealliance.com/	Zero Suicide Alliance aims to empower, educate, and equip individuals and organisations to support suicide awareness and prevention.
The Campaign Against Living Miserably	https://www.thecalmzone.net/	We're the suicide prevention charity on a mission to help people end their misery, not their lives.
54321 Grounding Technique	https://insighttimer.com/blog/54321-grounding-technique/	How to Easily Manage Anxiety: The Beginner's Guide to the 54321 Grounding Technique
Headspace	https://www.headspace.com/	Learn to manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.
Samaritans – Suicide facts and figure report 2021	https://www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/latest-suicide-data/	Latest suicide data
Self-soothing Box- young people	https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/	This is a box you can make that contains things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood. I loved the sound of it and made one immediately. It's a tool I still turn to frequently. If you find yourself struggling with similar feelings, then I would really recommend putting together a self-soothe box.
Best for You - Self-Soothing Box	https://bestforyou.org.uk/how-to-make-a-self-soothe-box/	A self-soothe box is a box filled with items that can help people of

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		any age calm down, relax, and reduce feelings of anxiety, panic, and low mood. The items can help people focus on what they're doing and regulate their emotions during times of distress or worry
Breathing Techniques	https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/ https://giveusashout.org/get-help/resources/breathing-exercise-stress-and-anxiety/	This calming breathing technique for stress, anxiety and panic takes just a few minutes and can be done anywhere. These tips and breathing exercises can help control your breathing. They can be done anywhere and will only take a few minutes to try.
Hearing Voices Network	https://www.hearing-voices.org/	Sharing information and free resources through our website, social media, e-bulletin, newsletter and email information service Engaging with the media to present realistic and hopeful perspectives on hearing voices and related experiences Offering workshops, training and events – subject to resources Supporting members who want to set up a Hearing Voices Group
nshn - Distractions	https://www.nshn.co.uk/downloads/Distractions.pdf	Distractions that can help... with self harm
Beat Eating Disorders -Orthorexia Nervosa	https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/other-eating-feeding-problems/orthorexia/#:~:text=Orthorexia%20refers%20to%20an%20unhealthy,diet%20is%20suffering%20from%20orthorexia.	useful information on the disorder
Nest Lancashire	https://nestlancashire.org/ Call: 0300 111 0323 Text: NEST and your number to 60777	Nest Lancashire has been set up to support young people aged 5 to 18 (and to 25 for anyone who has learning needs) who have been impacted by crimes
The Stress Management Society	https://www.stress.org.uk/ https://www.stress.org.uk/individual-stress-test/	FREE: You can also complete a free stress test and receive a personalized report with recommendations. The Stress Management Society is a non-profit organisation

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		dedicated to helping individuals and companies recognise and reduce stress. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient and sustainable world.
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BOOKS & VIDEOS

NAME	LINKS
Brene Brown Empathy Video	https://www.youtube.com/watch?v=jz1g1SpD9Zo
Andrew Curran - Brain Development	https://vimeo.com/250809215
Book: Little book about big stuff about the brain Author: Andrew Curran	Can be purchased online by searching the book name, prices vary.
Hand Model of the Brain for KIDS by Jeanette Yoffe – Of Dan Siegel *** Hand Model of the Brain -	https://www.youtube.com/watch?v=H_dxnYhdyuY
Hand Model of the Brain by Dan Siegel	https://www.youtube.com/watch?v=gm9CIJ74Oxw
Author :Nicola Morgan Books : ○ Be Resilient ○ How to Build Strong Teenage Minds in Tough Times ○ Blame My Brain ○ The Awesome Power of Sleep ○ The Teenage Guide to Stress	Can be purchased online by searching the book name, prices vary.
Book: The Primal Teen Author: Barbara Strauch	Can be purchased online by searching the book name, prices vary.
The Huge Bag Of Worries by Virginia Ironside	Can be purchased online by searching the book name, prices vary.
Overcoming Depression: A self-help guide using Cognitive Behavioural Techniques	Can be purchased online by searching the book name, prices vary.