

AVOIDING  
LOCKDOWN  
MELTDOWN



# MENTAL HEALTH RESOURCES IN BARROW AND SOUTH CUMBRIA



## RESOURCES FOR ALL:

### THE WELLBEING & MENTAL HEALTH TEXTING SERVICE



A confidential and anonymous service that aims to support the people of Lancashire and South Cumbria's Wellbeing and Mental Health by providing emotional support to those who may prefer to communicate via text.

Text "HELLO" to **07860 022846** [www.lscft.nhs.uk/texting-service](http://www.lscft.nhs.uk/texting-service)

every mind  
matters

Practical advice- from how to deal with stress and anxiety, to boosting our mood or sleeping better. Available online only, 24/7  
[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)



Free, talking therapies to adults (18+) in South Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), anger or sleep problems. [www.lscft.nhs.uk/first-step](http://www.lscft.nhs.uk/first-step)



Excellent advice on how to look after your mental health during the Coronavirus (Covid-19) pandemic  
[www.mentalhealth-uk.org/](http://www.mentalhealth-uk.org/)



Helping people with anxiety disorders and panic attacks.  
Online : [www.nopanic.org.uk/](http://www.nopanic.org.uk/)  
Telephone: **0330 606 1174**



Charity dedicated to helping people with anxiety disorders, with a helpline, discounted counselling available for members and online group therapy sessions. [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
**07537 416 905** 9:30 am to 5:30 pm



SAFA is a mental health charity with a focus on self-harm. They have lots of online resources; Anyone requiring emotional support during this difficult time can ring the SAFA Covid 19 helpline on **01229 832269**. [www.safa-selfharm.com](http://www.safa-selfharm.com)

## READING WELL

Reading Well Books on Prescription helps people to understand and manage their health and wellbeing using self-help reading. Books can be recommended by GPs or other health professionals from the relevant Reading Well list, though people can also choose a book from their local library without a professional recommendation. The books can be borrowed and requested free of charge.  
[https://www.cumbria.gov.uk/libraries/wellread/well\\_read.asp](https://www.cumbria.gov.uk/libraries/wellread/well_read.asp)

AVOIDING  
LOCKDOWN  
MELTDOWN



# MENTAL HEALTH RESOURCES IN BARROW AND SOUTH CUMBRIA



## RESOURCES FOR ALL:



Richmond Fellowship is a national mental health charity. We've been working with individuals, families and communities to make recovery reality for over 60 years. [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

## SAMARITANS

Whatever you're going through, you can call us any time, from any phone for FREE. **CALL: 116 123**  
**or email: [jo@samaritans.org](mailto:jo@samaritans.org)**

## NHS

Lancashire &  
South Cumbria  
NHS Foundation Trust

The LSCFT Wellbeing & Mental Health Helpline is an Freephone out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know. Fully trained volunteers operate the helpline, they offer their time to listen and support callers. **0800 915 4640**



Helping you understand and look after your mental health and wellbeing. **01229 827094**  
[schoolstreet@mindinfurness.org.uk](mailto:schoolstreet@mindinfurness.org.uk)  
[www.mindinfurness.org](http://www.mindinfurness.org)

## CHILDREN, YOUNG PEOPLE AND FAMILIES

## THE MIX

Dedicated under-25's helpline, for whatever challenges young people are facing. **0808 808 4994** 4-11 pm daily  
[www.themix.org.uk](http://www.themix.org.uk) or **text: THEMIX to 85258 (24/7)**



The Charlie Waller Memorial Trust educates young people on the importance of staying mentally well and how to do so.  
[www.cwmt.org.uk](http://www.cwmt.org.uk)

childline  
ONLINE, ON THE PHONE, ANYTIME

Private and confidential service, where children can talk about absolutely anything. **0800 1111**  
[www.childline.org.uk](http://www.childline.org.uk)

## NSPCC

**0800 1111** (children and young people).  
**0800 800 5000** (to report abuse)  
Available 24 hours a day. Daily. [www.nspcc.org.uk](http://www.nspcc.org.uk)

AVOIDING  
LOCKDOWN  
MELTDOWN



# MENTAL HEALTH RESOURCES IN BARROW AND SOUTH CUMBRIA



## CHILDREN, YOUNG PEOPLE AND FAMILIES



A listening ear for parenting questions and guidance around complex family issues. [www.family-action.org.uk](http://www.family-action.org.uk)



Support for children and young people who are grieving, and specific advice in relation to Covid-19  
[www.childbereavementuk.org](http://www.childbereavementuk.org)



MyTime: Emotional health and wellbeing support to children living across Cumbria. Available weekdays 9-5  
[www.barnardos.org.uk/what-we-do/services/mytime-cumbria](http://www.barnardos.org.uk/what-we-do/services/mytime-cumbria)



Helpful resources that are available to help support the mental health of children and young people. [www.camhs-resources.co.uk](http://www.camhs-resources.co.uk)



Committed to improving children's mental health. Advice for parents/carers. 24hr crisis messenger, text YM to 85258  
**0808 802 55 44** Weekdays 12-10 pm. [www.youngminds.org.uk](http://www.youngminds.org.uk)



Online counselling service for young people over the age of 16  
[www.bigwhitewall.com](http://www.bigwhitewall.com)  
Available 24 hours a day, daily.



Safe and anonymous online counselling and support for young people. Available weekdays 12-10 pm, weekends 6-10pm  
[www.kooth.com](http://www.kooth.com)



Support for people dealing with suicide, depressions or emotional distress, particularly for teenagers and young adults. **0800 068 41 41 (10 am - 10pm)**  
**Text: 07786 20969** [www.papyrus-uk.org](http://www.papyrus-uk.org)

AVOIDING  
LOCKDOWN  
MELTDOWN



# MENTAL HEALTH RESOURCES IN BARROW AND SOUTH CUMBRIA



## ADDICTION SUPPORT

The Well



24 hours a day, 365 days a year. The specialises in providing support to people with Addiction, mental health issues, offending behaviour, childhood trauma, learning difficulties, domestic abuse and homelessness.

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



Supporting adults recovering from addiction and with mental health/dual diagnosis. Online only. Available 24/7

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



Supporting recovery and continued sobriety of alcoholics.

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

## GENDERED SUPPORT



Making a positive difference to the lives of women aged 14 and above in the Barrow area, creating a strong resource to women in crisis and those who are vulnerable and at risk. **01229 311102**. Drop in times are 10am -12pm Monday and Wednesday. [www.womenscommunitymatters.org](http://www.womenscommunitymatters.org)



Working to prevent male suicide. Support for men struggling or in crisis. **0800 58 58 58** Available 5pm -12am daily.

[www.thecalmzone.net](http://www.thecalmzone.net)

## SUPPORT FOR OLDER PEOPLE

**The Silver Line**  
helpline for older people  
**0800 4 70 80 90**

A free, confidential helpline providing information, friendship and advice to older people. **0800 470 80 90**. Available 24/7

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