LIFE SKILLS SOURCES OF SUPPORT.

WOT WUD U DO



General support

Support for victims or witnesses of crime



https://whatsthegen.co.uk/

Online platform to support young people through life and work

Ages 16-24

Online information on apprentices, placements, career options, funding, and more

Lancashire & Blackpool

Register on the website



www.nestlancashire.org

Individual support for victims or witnesses to crime, reported or not

Ages 8-18

In-person, call, email, text

Lancashire

info@nestlancashire.org

0300 111 0323

Sexual Health

Lancashire Sexual Health Service

The Talkwize

https://lancashiresexualhealth.nhs.uk/find-nearest-centre/

Advice, information, and access to contraception, testing, and treatment for STIs

Under 25s

Walk-in centres, online information

Lancashire & Blackpool

Support for victims of sexual assault



https://trusthouselancs.org/

Counselling, family support, and further support for victims of rape and sexual abuse

Children, parents, and carers

10-12 50-minute counselling sessions, and more

01772 825288, support@trusthouselancs.org

Crisis support



NHS Foundations Trust

https://www.lscft.nhs.uk/crisis

24/7 Mental health distress crisis line + Wellbeing helpline & texting service 7-11pm

All ages

Call line

Lancashire & South Cumbria

Crisis line – 0800 953 0110

Wellbeing line – call 0800 915 4640 or text

'Hello' to 07860 022846

LGBT+ Support



Youth Zone

https://www.lancashire.gov.uk/youthzone/things-to-do/groups/lgbt/

Advice, support, and safe spaces for young people identifying as lesbian, gay, bisexual, or trans

Ages 12-19

Diverse range of activities and youth groups

Lancashire

Proud Youth Are Out (PYRO) in the Lancaster and Morecambe area, Text 07887631335



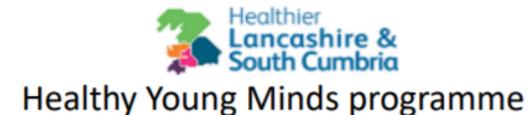
https://lancashireyp.wearewithyou.org.uk/home

Free mental health check-up via wellbeing questionnaire and appointment

Ages 13-25

Online and in-person support

Lancashire



https://www.healthyyoungmindslsc.co.uk/home

Information to improve the resilience and emotional wellbeing of young people

Children, young people, & professionals

Online information & signposting

Lancashire and South Cumbria



https://www.kooth.com/

Anonymous community support with articles, personal experiences and discussion boards

Ages 10-16

Online community

National



https://www.snow-camp.org.uk/stopbreathethink/

Text or call counselling available within 24hrs

21 and younger

Call or text support

National

text BREATHE to 85258 or follow the link



https://youngminds.org.uk/

Empowering young people and supporting adults will tools for young people's mental health

Young people, parents, educators

Textline, CAMHS support, information

National

text YM to 85258, see website



https://beaconcounsellingtrust.co.uk/

Young person's gambling harm prevention programme: workshops, counselling

Ages 11-18

One-hour workshops

james.callaway@beaconcounsellingtrust.co.uk

+ 24-hour gambling helpline 0808 8020 133