
LIFE SKILLS SOURCES OF SUPPORT.

WOT WUD U DO 

General support

TheGen
The Gen

<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

Support for victims or witnesses of crime



Supporting Young Victims

Nest

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



Trust House

<https://trushouselancs.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@trushouselancs.org

Crisis support



Lancashire &
South Cumbria
NHS Foundation Trust

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

withyou

We Are With You

<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



Healthy Young Minds programme

<https://www.healthyyoungmindsisc.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



Snow Camp

<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

YOUNGmINDS

Young Minds

<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



BEACON COUNSELLING TRUST

Beacon Counselling Trust

<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