**Mental health**

****

**Useful contacts and resources**

**Preston, South Ribble and Chorley**

**Drug and alcohol services**

**Inspire Drug & Alcohol Service**

If you are worried about your own or someone else’s drinking there is a range of local help on hand. Services for adults (21 years and over):

**Preston** – 0808 169 8673 (freephone)

St Wilfred’s Building, Fox Street, Preston, PR1 2AB

**Young We Are With You (Formerly AddAction)**

Providing friendly and expert advice on drugs and alcohol for young people (under 25 years). The specialist services support young people to understand the effects of their substance misuse and the harm it can cause to them and the people around them.

**Preston, South Ribble, Chorley & West Lancs** – 0808 164 0074 (freephone)

Urban Exchange Mount Street, Preston, PR1 8BS

**Online Drug & Alcohol support**

inspirelancs.org.uk

[www.talktofrank.com](http://www.talktofrank.com)

**Crisis Resolution & Home Treatment Teams (CRHTT)**

Provides a service for those who are experiencing mental health problems, that are in crisis or would perhaps require hospital admission.

**Preston** – 01772 773433

**Single Point of Access (SPoA)**

The service provides assessment, triage and sign posting for new referrals into Adult Mental Health Service (aged 16+).

**Preston** – 01772 647024

**Wellbeing & Mental Health Helpline**

The Helpline is a listening, informative and emotional support service for those concerned about their own mental health, or mental health of someone they know.

**Mental Health Online Services**

For information and signposting for online mental health services for conditions such as depression, anxiety & panic disorder, please visit: [www.nhs.uk/conditions/online-mental-health-services](http://www.nhs.uk/conditions/online-mental-health-services)

**For self-help & guidance** on some common mental health problems please go to: [www.nhs.uk/livewell/mentalhealth](http://www.nhs.uk/livewell/mentalhealth)

**Togetherall (Formerly Big White Wall)** – If you are feeling in psychological distress. Togetherall can help you manage your own mental health & wellbeing. You can access it 24/7 at [www.togetherall.com](http://www.togetherall.com).

**Minds Matter Service**

Preston – 01772 773437

Chorley and South Ribble – 01772 643168

You can self-refer for psychological interventions for common mental health problems including: stress, anxiety, low mood & sleep difficulties with the minds matter service.

**In And Out Forum**

In and Out is a forum where we talk to people with mental health problems & vulnerabilities about their experiences in Police custody. We want to make things better and it’s your voice that counts, so come along to one of our forum meetings and together we can make a change. **For further info & meeting dates please contact the Criminal Justice Liaison & Diversion Team on – 01772 647156.**

**Veterans Support**

**Project NOVA:**

0800 917 7299 or email: info.nst@projectnova.co.uk (independent support for all ex-armed forces)

Nova identifies and supports those veterans caught up in a cycle of anti-social and criminal activity, to prevent further downward spiral and continued offending by supporting them back into mainstream society and long-term employment.

**SHELTERLINE:** 0808 800 4444

Shelter provides a free, national telephone advice line staff by trained housing advisors. We have helped thousands of people, from finding them a place to sleep, to suggesting how to handle mortgage arrears.

**Foxton Centre – Drop In** – 01772 555925

Knowlsey Street, Avenham, Preston, PR1 3SA

Tuesday, Wednesday & Thursday 12pm – 3pm

Saturday 12pm – 2pm [www.thefoxtoncentre.co.uk](http://www.thefoxtoncentre.co.uk)

Creating meaningful activity based on social need, working towards reducing long-term homelessness and working with rough sleepers and people at risk of rough sleeping.

**Chorley Help the Homeless Ltd – Advice Drop In**

45 Clifford Street, Chorley, PR7 1SE 01257 273320

Email: reception@chth.org.uk

Mon, Tues, Thurs, Fri 9.30am – 2pm

Help the homeless strive to combat homelessness and the causes of homelessness in the Borough of Chorley and its surrounding areas. With a team of professionals and specialist volunteers they provide support to families and individuals who have nowhere safe to live, or who are about to lose their home.

**StreetLink –** 0300 500 0914

info@streetlink.org.uk

**This email address should not be used for reporting rough sleepers.** If for any reason you are unable to use this website to report a person sleeping rough, please call the StreetLink reporting line on 0300 500 0914 and the team will be happy to help you.

This service offers the public a means to act when they see someone sleeping rough, and is the first step someone can take to ensure rough sleepers are connected to the local services and support available to them.

**HOUSING ADVICE & SUPPORT:**

<https://www.citizensadvice.org.uk/housing/>

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

**Local Authority Housing Help**

If you are homeless or threatened with homelessness/ eviction, and usually live in:-

**Preston** – 01772 906412 or Present at Housing Advisory, Town Hall, Lancaster Road, PR1 2RL. (Out of hours 01772 906014) housing@preston.gov.uk

**South Ribble** – 01772 421491 or Present at Housing Options, Civic Centre, West Paddock, Leyland, PR25 1DH. (Out of hours: Progress group 01772 436756) housing@southribble.gov.uk

**Chorley** – 01772 515151 or Present at Housing Options, Civic Offices, Union Street, Chorley, PR7 1AL.

**Emmaus Homeless Charity - Preston**

119-120 Friargate, Preston, PR1 5ST – 01772 796622

Overcoming homelessness often means more than a roof over your head. That’s why Emmaus supports people to work their way out of homelessness, providing meaningful work as well as a stable home for as long as needed.

**Salvation Army – Drop In**

Preston – 01772 555425, 01772 821949. Harrington Street, Preston, PR1 7BN info.sapreston@gmail.com

[www.salvationarmy.org.uk/preston](http://www.salvationarmy.org.uk/preston)

Homelessness is a reality of our society. From street homelessness to those battling addiction, the services on offer put the person and their needs at the centre of their support – enabling people to take control of their life circumstances.

**Barnardos Moving On Project**

Accommodation for young people aged 16-25. These services are open to children in care and to young people who are leaving care who are not quite ready to live independently. These services are also open to young people that are facing homelessness or in unsuitable accommodation. [www.barnardos.org.uk/movingon.htm](http://www.barnardos.org.uk/movingon.htm)

Preston – 01772 881380/ 07500968563

**Sleep**

Providing short-medium term supported lodgings to homeless young people in Chorley, South Ribble, Preston & West Lancs.

247 Leyland Lane, Leyland, PR25 1XL

01772 623603

07815099117/ 07976670372

**St. Wilfrid’s Community Centre – Drop In**

St Wilfrid’s Hall, Chapel Street, Preston (near Winkley Sq). Tuesday from 6pm – 7pm (run by LUV Preston) a free meal and general support.

**Housing advice & support**

**Women’s Services**

**Hospitals**

**Royal Preston Hospital** – 01772 716565

Sharoe Green Lane, Fulwood, Preston, PR2 9HT

**Chorley & South Ribble** – 01257 261222

Preston Road, Chorley, PR7 1PP

**NHS call 111** – 111 is the NHS non-emergency number. It’s fast, easy and free. Call 111 when you need medical help fast but it’s **not a 999 emergency**.

**Other Useful Numbers**

**Lancashire Police**

Emergency number 999/112

Non-emergency 101

**Independent Office for Police Conduct (IOPC)**

0300 020 0096 or enquiries@policeconduct.gov.uk

**Crime Stoppers** – 0800 555 111 by phone or online [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Report crime anonymously (a reward may be paid)

**Alcoholics Anonymous** – 0800 9177 650

If you need help with a drinking problem either phone our national help line or email: help@aamail.org

**Preston Domestic Violence Services** – 01772 201601

Preston Domestic Violence Services provides support for people affected by domestic violence and abuse.

**Citizens Advice Bureau**

Town Hall Annexe, Birley Street, Preston, Lancashire, PR1 2QE

0300 330 1172 – advice line

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

Free, confidential and impartial advice.

**National Debt Line** – 0808 808 4000

[www.nationaldebtline.org](http://www.nationaldebtline.org)

National Debt Line is a debt advice charity run by the Money Advice Trust, a free and confidential debt advice service.

**Cruse Bereavement Care** – 0800 808 1677

[www.cruse.org,uk](http://www.cruse.org,uk)

Support, advice and information to children, young people and adults when someone dies and working to enhance society’s care of bereaved people. Cruse offers face-to-face, telephone, email and website support.

**Samaritans** – 24 hours a day, 365 days a year, whatever you’re going through, call us free any time from any phone on 116 123.

[www.samaritans.org/](http://www.samaritans.org/)

Visit us: 11 St. Wilfrid Steet, Preston, PR1 2US

**Home Office Counter Terrorism Hotline**

If you suspect someone is involved in terrorism in any way: Call you local police on 101 or use the following hotline

MI5 – Freephone: 0800 111 4645/ 020 7930 9000

**Women’s Group**

The Women’s Group is a new forum, led by women who have been through custody to come together to look at women specific issues in custody, to share positive and negative experiences hoping to improve future experiences for women that go through the criminal justice system.

For further info please contact the team on 01772 647156 for meeting dates and times at:

Preston Women’s Centre

31 Fishergate Hill

Preston

PR1 8DN

1.00-3.00pm

**Lancashire Women’s Centre** – 0300 330 1354

[www.womenscentre.org](http://www.womenscentre.org)

Centre provides a safe, non-judgemental and professional environment, which is female only between the hours of 10am and 3pm. Whatever your needs, women can drop-in or speak to a member of our team on the above number. **For immediate or out of hours crisis support** please contact the following national helplines:

* Women’s Aid – 0808 2000 247
* Samaritans – 116 123
* Shelter – 0808 800 4444

**Preston Domestic Violence Services**

Local specialist helpline – 01772 201601 (office hours but you can leave a message)

Hope service – advice and support for victims of domestic violence and abuse – ring helpline to speak to a support worker and for appointments. Outreach service available.

We can support you if English is not your first language.

**Young People**

**Support and Advice:**

**Lancashire Children Social Care**

**0300 123 6720 (9-5) 0300 123 6722 (out of hours)**

**Blackburn Children Social Care**

**01254 585 585 (9-5) 01254 587 547 (out of hours)**

**Housing Advice & Support:** If you are homeless or threatened with homelessness contact Children Social Care who can advise or assist with housing matters.

**Drug & Alcohol Support:** Young Addaction (Under 25): 0808 164 0074

**Useful Apps:**

**Mindful Gnats:** An app to help young people develop mindfulness and relaxation skills.

**Mindshift:** A free app designed to help teens and young adults cope with anxiety.

**Moodtracker:** A website and app which lets you track your mood and sleep patterns helping you to manage depression or anxiety.

**Moodgym:** A free, fun and interactive programme to help young people with low mood.

**Recovery Record:** A smart companion for managing your journey to recovery from eating disorders.

**Rise Up and Recover:** A simple and convenient app that helps you if you are struggling with food, dieting, exercise or body image.

**Superbetter:** A free app to help build personal resilience and boost physical and emotional wellbeing.

**Liaison & Diversion Service:**

**Below are some useful telephone numbers:**

NHS 111 (free from landlines and mobile phones) 111

Childline 0800 1111

Police/ Fire/ Ambulance Emergency 999

Liaison & Diversion Service 01254 612707

**Any other information:**

Should you require any ongoing support with regards to emotional and mental health you can access on-going support through your GP or any one of the services listed below:

**Suicide and self-harm**

Papyrus: 0800 068 4141 Text 07786 209 697 Email pat@papyrus-uk.org

Opening Hours Weekdays 10am – 10pm Weekends & Bank holidays 2pm – 10pm

CALM (for males): 0800 58 58 58 call or use the web chat at [www.thecalmzone.net](http://www.thecalmzone.net) (5pm – midnight)

**Counselling**

Brook Counselling Service: St Peter’s Health Centre, Burnley 01282 416596

Freeflow Counselling Service: The Resource Centre, 62-64 Yorkshire Street, Burnley. Tel: 01282 450545 or call/ text: 07551 444 641 Email: freeflowcounselling@yahoo.co.uk

**Emotional and Mental Health**

Young Minds: A leading charity committed to improving the emotional wellbeing and mental health of children and young people. There are excellent sections on information and advice, with a comprehensive list of publications, websites and helplines. [www.youngminds.org.uk](http://www.youngminds.org.uk)

Mindsmatter (from 16 only): You can self-refer for psychological interventions for common mental health problems, including stress, anxiety, low mood and sleep difficulties.

Tourettes: [www.tourettes-action.org.uk](http://www.tourettes-action.org.uk)

Attention Deficit Hyperactivity Disorder: ADHD North West is committed to providing a free, unique support service to empower and improve the wellbeing of individuals and families affected by Attention Deficit Disorder and associated conditions. [www.adhdnorthwest.org.uk](http://www.adhdnorthwest.org.uk)

Autism Spectrum Disorders: Action for ASD is a charitable body for people affected by Autism Spectrum Disorder. [www.actionasd.org.uk](http://www.actionasd.org.uk)

Child Sexual Exploitation: [www.lancashire.police.uk/cse](http://www.lancashire.police.uk/cse)

Stop It Now: 0808 1000 900 – help@stopitnow.org.uk. For confidential information and advice contact the Stop It Now helpline for those that are worried about their own or others sexual thoughts or behaviour towards children, including those with concerns about their own online behaviour [www.stopitnow.org](http://www.stopitnow.org).

**Other Resources:**

**The Mix**

The Mix can help you take on any challenge you are facing from relationships, mental health to finances. You can talk On Line, on social media or on the free confidential helpline.

Tel: 0808 808 4994

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

**LGBTQ** – 01772 717 461

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) – useful links and resources for self-help on emotional health and wellbeing.

Self help books are available at:

<https://www.ntw.nhs.uk/pic/selfhelp/>

**Sexual Health**

Contraception and Sexual Health service 15-24 years LCFT

[www.cashlancashirecare.nhs.uk](http://www.cashlancashirecare.nhs.uk) 0300 1234154