



## USEFUL SUPPORT SERVICES

### STUDENT SUPPORT

If you have a problem or question that you wish to discuss in confidence, email [smccentral@stmarysblackburn.ac.uk](mailto:smccentral@stmarysblackburn.ac.uk) or telephone 01254 580464 and ask for a member of the Safeguarding Team.

### POLICE

Non-emergency Assistance & Advice Dial 101

### NHS 111 Online

Remember you can talk in confidence to your GP about many issues, or contact NHS 111 Online at <https://111.nhs.uk/> for non-emergency medical advice (24 hours, 7 days a week).

### BATTLE SCARS [www.battle-scars-self-harm.org.uk/](http://www.battle-scars-self-harm.org.uk/)

Battle Scars is not a crisis support service so does not operate a helpline, but they provide useful resources and online support for young people who self-harm and their families and friends. Based in Leeds.

### BEAT [www.beatingdisorders.org.uk](http://www.beatingdisorders.org.uk)

Beat is the UK's eating disorder charity: a guide and friend for anyone affected by an eating disorder and those supporting them. One-to-one web chat available or telephone Student line 0808 801 0811 / Youth line 0808 801 0711 (Mon-Fri 12-8pm; Sat-Sun 4-8pm).

### CHILDLINE 0800 11 11 (free phone, 24 hours) [www.childline.org.uk](http://www.childline.org.uk)

If you are feeling down, stressed, anxious or lonely and want to talk to someone, free confidential help and advice is available for young people up to 19 years old.

### INSPIRE, MOTIVATE, OVERCOME [www.imocharity.org/home/](http://www.imocharity.org/home/)

Providing recreational and diversionary activities for young people in Blackburn.

### KOOTH [www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support for young people.

### MERMAIDS [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

UK charity which has been supporting trans and gender diverse young people for over 25 years. Helpline 0808 801 0400 (9am – 9pm) or text MERMAIDS to 85258 for free crisis support 24/7.

### NEST 0300 111 0323 [www.nestlancashire.org.uk](http://www.nestlancashire.org.uk)

Support for young people in Lancashire up to 18 years who have been affected by crime or subjected to bullying, threats or harassment.

### PAPYRUS 0800 068 4141 (Hopeline UK) [www.papyrus-uk.org/](http://www.papyrus-uk.org/)

Non-judgemental support, practical advice and information to teenagers and young people up to the age of 35 years who are worried about how they are feeling or anyone who is concerned about a young person.

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

If you are feeling lonely, struggling to cope or having suicidal thoughts call 116 123 (free phone, 24 hours).

**SEXWISE** [www.sexwise.fpa.org.uk/](http://www.sexwise.fpa.org.uk/) and **BROOK** [www.brook.org.uk/](http://www.brook.org.uk/)

For information and support about sexual health, contraception, sexually transmitted infections (STIs), HIV, unplanned pregnancy, sexting, staying safe and online dating, seek help if you've been sexually assaulted.

**SHOUT** Text 85258 (or Text 'YM' if you are under 19) [www.giveusashout.org/](http://www.giveusashout.org/)

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope because they are anxious, stressed, depressed, suicidal or overwhelmed and need help.

**STOP BREATHE THINK** [www.snow-camp.org.uk/stopbreathethink/](http://www.snow-camp.org.uk/stopbreathethink/)

Are you a young person who needs help? Text BREATHE to 85258 for free and confidential support.

**STEM 4** <https://stem4.org.uk/#>

Support for young people, their families and friends about coping with feelings of anxiety, depression, self-harm, eating disorders and addiction. Helpful advice about dealing with change and developing resilience.

**THINK U KNOW** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**CEOP INTERNET SAFETY CENTRE** [www.ceop.police.uk/Safety-Centre/](http://www.ceop.police.uk/Safety-Centre/)

Advice about staying safe, managing your identity, dealing with pressure, bullying or manipulative behaviour online.

**WELLBEING AND MENTAL HEALTH HELPLINE** [www.lancs-mentalhealthhelpline.nhs.uk](http://www.lancs-mentalhealthhelpline.nhs.uk)

Feeling low need support and want to talk? For a confidential, listening and information service, free phone 0800 915 4640 (Mon-Fri 7-11pm; Sat-Sun 12-12pm).

**YOUNG MINDS** [www.youngminds.org.uk](http://www.youngminds.org.uk)

Support, information and advice about mental health and emotional wellbeing for young people. Young Minds also provide a telephone helpline for parents and carers: 0808 802 5544.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

### **SUPPORT FOR YOUNG PEOPLE ABOUT DRUGS, ALCOHOL AND SMOKING:**

**EARLY BREAK** 0161 723 3880 (weekdays) [www.earlybreak.co.uk](http://www.earlybreak.co.uk)

**FRANK** 0300 123 6600 [www.talktofrank.com](http://www.talktofrank.com) Text 82111

**WE ARE WITH YOU (FORMERLY ADDACTION)** [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

Advice for young people under 25 who live in Lancashire who are worried about their drug and alcohol use, or someone else that they care about. One-to-one web chat via the website or 0808 164 0074 (Burnley) or 0808 164 0074 (Preston).

**GO2 / CHANGE GROW LIVE** [www.cri.org.uk](http://www.cri.org.uk)

Free and confidential drug and alcohol service for young people in Blackburn with Darwen 01254 495014 select Option '2' or visit [www.cri.org.uk](http://www.cri.org.uk) or email [inspirebwd.referrals@cgl.org.uk](mailto:inspirebwd.referrals@cgl.org.uk)

**STOP SMOKING SERVICE** 0800 328 6297 (free phone) [www.quitsquad.nhs.uk](http://www.quitsquad.nhs.uk)

**BREATHING SPACE** [www.breathingspacelancs.org.uk](http://www.breathingspacelancs.org.uk)

For young people aged 14-25 who are having problems at home, thinking of leaving or been told to move out. Help and advice, including communication within families and safe accommodation.

**Blackburn with Darwen - Nightsafe** 01254 503067

**Hyndburn & Ribble Valley** - YNOT Aspire 01254 352592

**Pendle and Burnley** – HAPI SafeSpace 01282 619192

**Rossendale** – HAPI SafeSpace 01706 212894

**RUNAWAY HELPLINE** [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk) Call/Text 116 000 (free phone, 24 hours)

Run by the UK Charity Missing People for young people thinking about running away or anyone who is worried that someone they care about is going to run away.

**SUPPORT FOR YOUNG PEOPLE AFFECTED BY VIOLENCE IN THE HOME:**

**HARV DOMESTIC VIOLENCE TEAM** 01254 879 855 [www.harvoutreach.org.uk](http://www.harvoutreach.org.uk)

**NATIONAL DOMESTIC VIOLENCE HELPLINE** 0808 2000 247 (free phone, 24 hours)

**BROKEN RAINBOW** 0300 999 5428

For lesbian, gay, bi-sexual and trans gender people experiencing domestic abuse.

**LOOKOUT** [www.the-lookout.org.uk](http://www.the-lookout.org.uk)

Support around domestic abuse for young people and families.

**WISH CENTRE** [www.thewishcentre.org/young-people/](http://www.thewishcentre.org/young-people/)

The Wish Centre (based in Blackburn) provides advice and courses for young people who have witnessed or experienced domestic abuse in the past, or those who may be vulnerable to abusive relationships, or need support in building positive friendships and relationships.

**RESPECT** [www.respectonline.org.uk](http://www.respectonline.org.uk)

If you're hurting the ones you love or you're worried about your use of violence within a relationship, contact the helpline to talk in confidence to an advisor who will listen without judgement and provide honest advice. One-to-one web chat or 0808 8024040 (free phone, Mon-Fri 9-5).

**MAKE THE CHANGE (Lancashire Domestic Abuse Perpetrator Programme LDAPP)**

A 14-week programme in locations across Lancashire to support men who are worried about their behaviour towards women. Call 01254 260465 or email [info@bddwa.org.uk](mailto:info@bddwa.org.uk). It is possible to self-refer.

**SUPPORT FOR RELATIONSHIPS AND FAMILY-LIFE DIFFICULTIES:**

**RELATE** [www.relate.org.uk](http://www.relate.org.uk) for a webchat with a trained counsellor

**SUPPORT AND ADVICE FOR CHILDREN, YOUNG PEOPLE AND ADULTS WHEN SOMEONE DIES:**

**CRUSE** Bereavement Care 0808 808 1677 [www.cruse.org.uk](http://www.cruse.org.uk)

**GRIEF ENCOUNTER** 0808 802 0111 (Mon-Fri 9am-9pm) [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

Support for bereaved children and young people.

**SUPPORT FOR LEGAL AND MONEY ISSUES:**

**CITIZENS ADVICE BUREAU** 03444 111 445 or webchat [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Confidential advice and support about legal and money issues, including consumer and employment rights.