

Signposting

Lancashire listening service

Call the helpline
0800 915 4640

Some calls may be recorded for
training and quality purposes

If you prefer to communicate via text,
a texting service runs alongside the
Helpline in Lancashire. Text Hello to
07860 022846.

Mental Health Urgent Response Line
(for Lancashire and South Cumbria)
available 24 hours a day, 7 days a
week by calling **0800 953 0110**

**"It's alright to
ask for help"**

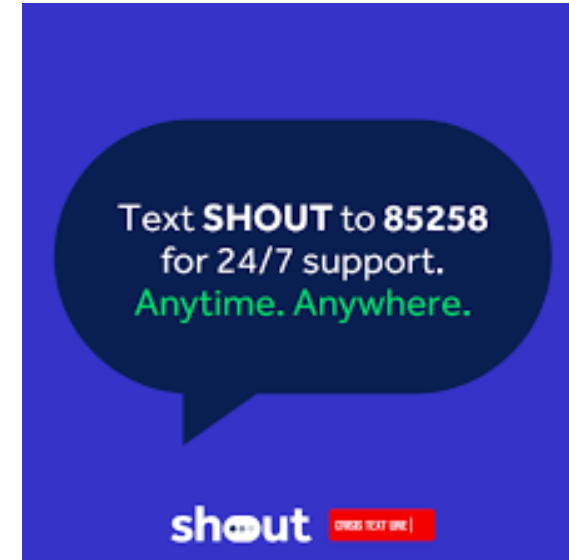
SAMARITANS

 **116 123**

Signposting

CALM- is the leading movement against male suicide, you can call them from 5pm to midnight, 365 days a year on **0800 58 58 58**.

Papyrus- is the UK charity for prevention of young suicide. You can contact their HOPELINEUK on **0800 068 4141**. They are open 9am to 10pm weekdays and 2pm to 10pm weekends and bank holidays.



Signposting

Further support online

Lancashire Mind – lancashiremind.org.uk

www.lscft.nhs.uk/crisis.

NHS-everymindmatters

