Links to helpful information & resources

**General Government Guidance and Updates**

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

**NHS Guidance**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

**Mind.org Resources**

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

**Other Mental Health Resources**

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindslsc.co.uk/information/children-and-young-people>

https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/

**Other Coronavirus Resources for Parents and Carers of Young People**

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

<https://www.abc.net.au/life/how-to-talk-to-kids-about-coronavirus-covid-19/12084666>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

<https://www.studentminds.org.uk/coronavirus.html>

**\*UPDATED\* Crisis Help and Helplines**

**\*UPDATED\* Lancashire & South Cumbria NHS Foundation Trust -** <https://www.lscft.nhs.uk/crisis>

The newly launched telephone support service is available 24 hours a day, 7 days a week, by calling 0800 953 0110. Trained medical professionals are available to answer calls from people needing immediate advice or assistance, for themselves or a friend or family member. Callers can receive a mental health assessment and referral on to appropriate services.

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is a presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

Specialized Triage, Assessment and Referral (START) team do referrals Mon-Fri 9-4.30pm. Their contact details are:

Chorley & South Ribble- 01772 676173

Preston-01772 647024

West Lancs-01695 684161

Fylde Coast-01253 951640

Blackburn-01254 226074

Hyndburn, Rossendale & Ribble Valley- 01254 226006

Pendle & Burnley-01282 628455

Lancaster & Morecambe-01524 550198

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

**Online Advice and Counselling Services**

<https://www.kooth.com/>

<https://www.giveusashout.org/>

<https://www.barnardos.org.uk/who-we-are>

**Online Support for Abuse and Mental Health**

<https://www.childline.org.uk/> or call 0800 1111

<https://youngminds.org.uk/> or text YM to 85258 (FREE from most mobile phones)

<https://www.nspcc.org.uk/>