BRIGHTER LIVES NORTH WEST

Leading To A Brighter Future

A Community Interest Company

Company	Service	Contact
NEST	Support for people aged 8- 18 who have been affected by a crime of subjected to bullying, threats or harassment.	Call : 0300 111 0323 Text: NEST and your number to 60777 Email : info@nestlancashire.org
YoungMinds	YoungMinds Crisis Messenger offers FREE 24/7 support. Parents Helpline available for support and guidance.	Text: YM to 85258 Parents Helpline: 0808 802 5544
Samaritans	Support for whatever you're going through. Email support available with a response within 24 hours. FREE call support available 24/7	Call: 116 123 Email: jo@samaritans.org
Mind	A Mental Health Charity offering a wide range of support for adults. Helpline services are open 9am – 6pm Monday to Friday for support on mental health, treatment and local support. Legal line offers advice on mental capacity, community care, discrimination and equality.	Helpline: 0300 123 3393 Text: 86463 Legal Line: 0300 466 6463 Email: legal@mind.org.uk
The Mix	Essential mental health and well-being support for under 25's. FREEPHONE suport available 7 days a week between 4pm – 11pm. FREE text support availible 24/7	Call: 0808 808 4994 Text: THEMIX to 85258
PAPYRUS	Young Suicide Prevention. Hopeline UK is available Monday to Friday 10 am – 10 pm and 2pm – 10pm on weekends.	Call: 0800 068 4141
Victim Support	Offering support to those affected by crime or traumatic events. The supportline is operated 24/7 all year long.	Call: 0808 168 9111

Further supportlines availble and NHS recommended through this link:

https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

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