

## **MENTAL HEALTH SUPPORT**

### **Cumbria & N Lancs**

Numbers to call if you, or someone you know, is having a mental health crisis:

#### **North Cumbria NHS Universal Mental Health Crisis Line**

0800 652 2865

#### **South Cumbria NHS Urgent Mental Health Support Line**

0800 953 0110

Lines are open 24 hrs a day, every day - for all ages.

#### **MindLine Cumbria**

0300 561 0000 text Mind to 81066 for information, guidance & support.

Lines are open Monday-Friday 12pm-11pm; Saturday & Sunday 5pm-11pm.

#### **Lancs and South Cumbria Mental Health Helpline**

0800 915 4640 - A Mental Health & Wellbeing helpline for Lancashire & South Cumbria

Lines are open 24 hours a day, every day.

Or Textline: text HELLO to 07860 022846

Available Monday-Friday 7pm-11pm; Saturday & Sunday 12pm-12am

#### **National Support**

##### **Samaritans 116 123**

Whatever problems you are facing Samaritans are there to listen.

Available 24 hrs a day, every day.

##### **SHOUT Text Shout to 85258**

Crisis text service for support with any mental health concern.

Available 24 hrs a day, every day.

##### **CALM (Campaign Against Living Miserably) 0800 58 58 58**

Helpline for anyone over the age of 15.

Available 5pm-12am, every day. Webchat also available, 5pm-12am.

##### **Silverline 0800 470 80 90**

Information, friendship & advice for older people

Available 24 hrs a day, every day

##### **Young Minds Parent Line 0808 802 5544**

Advice for parents and carers concerned about a young person.

Available 9.30am-4pm, Monday-Friday.

##### **Papyrus Hopeline 0800 068 4141**

Support and advice for Young People under 35. Available 9am-12am every day.

##### **The Mix 0808 808 4994**

Advice and support for under 25s Available 4pm-11pm, every day.

##### **Childline 0800 11 11**

Support for anyone 18 and under. Available 9am-12am, every day. Also online 1-2-1 chat.