



Support and Help **IN** Education  
Fylde Coast Mental Health Support Team

**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust

# Helplines, Text & Web Based Support

**SHINE Fylde Coast MHST** Operates 9am to 5pm Monday to Friday.

There are other Helplines, text and web- based support if someone is finding it hard to cope. You can get for 24 hr advice to support you, your parent/ carer or someone you care for. More details below.

The **CASHER** Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.  
**07810 696565** or [bfwh.casher.team@net.net](mailto:bfwh.casher.team@net.net)

## CASHER



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.

Text YM to 85258.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Ring: 0800 111

Visit: [www.childline.org.uk](http://www.childline.org.uk)



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

Call 116 123 for free



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide. Call: 0800 068 4141 Text: 07860 039 967



Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals.

Call 0800 953 0110



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25  
[www.kooth.com](http://www.kooth.com)





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## Helpful Apps

These days so many of us use apps in our everyday life for anything from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health ?



### Calm

Improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



### Worry Tree

The Worry Tree app aims to help you take control of worry. Wherever you are you can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you.



### Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It's also on Netflix too.



### Catch It

Learn how to manage feelings like anxiety and depression with Catch It. It can teach you how to look at problems in a different way and turn negative thoughts into positive ones.



### Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



### Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.



Caring • Safe • Respectful

#### Disclaimer

The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

