

West Lancashire

Bereavement

Name	Phone number	Website/ email
West Lancs bereavement support	07792 754494	info@equipandbuild.co.uk
Faith Bereavement Service	01254 692 289	enquiries@lancashiremosques.com
Winston's Wish	08452 030405, North West Contact number – 07867 369886	northwest@winstonswish.org.uk

Carers

Name	Phone number	Website/email
Young Carers- Barnados	01772641002	https://www.barnados.org.uk/what-we-do/services/lancashire-young-carers
Lancashire Carers	03450 138 208	https://www.n-compass.org.uk/our-services/carers/the-lancashire-carers-service
Carers UK	020 7378 4999	https://www.carersuk.org/Home
We Are Rethink Mental Illness	0808 801 0525	https://www.rethink.org/

Disabilities/ SEND

Name	Phone number	Website/email
Portage	01772 531 597	https://www.lancashire.gov.uk/children-education-families/special-educational-needs-and-disabilities/early-years-and-childcare/portage/ Inclusion.South@Lancashire.gov.uk
Find	01772 538077	https://find.lancashire.gov.uk/ find@lancashire.gov.uk
Family Fund	01904 550055	https://www.familyfund.org.uk/
Lancashire Independent Living Services	01772 558863	http://disability-equality.org.uk/services/lils/
Teenage ASD and ADHD group		https://taaglancashire.co.uk/

Victim support/ DA

Name	Phone number	Website/email
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Hoods Down (female victims of sexual abuse)	07895 731529	admin@empowertheinvisible.co.uk
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Drugs/ alcohol

Name	Phone number	Website/email
We Are With You	01772 281495	www.wearewithyou.org.uk
Community Drug and Alcohol Service	01695 50740	www.skelmersdale.cylex-uk.co.uk/company/west-lancashire-community
Inspire	08081 698673	Inspirenorthlancs.org.uk
Turn to us	01695 270020	Inspirenorthlancs.org.uk

Family mediation

Name	Phone number	Website/email
Family mediation services	0151 653 5454	https://www.familymediationservice.org/#Aboutus contact@familymediationservice.org

Food banks

Name	Phone number	Website/email
Ormskirk food bank	07748 951274	ormskirk.foodbank.org.uk
South and West Lancashire Food Bank	01695 555717	
Skelmersdale Food Bank	07989 052832	https://www.trusselltrust.org/get-help/find-a-foodbank/ormskirk/
Ecumenical Centre	07989 052832	Skelmerdale.foodbank.org.uk info@skelmersdale.foodbank.org.uk
Oak House	07989 052832	Lancashire and South Cumbria NHS Foundation Trust Oak House (lscft.nhs.uk)

Health and Wellbeing

Name	Phone number	Website/email
Twinkle House	01695 455625	wellbeing@twinklehouse.co.uk www.twinklehouse.co.uk

Mental Health

Name	Phone number	Website/email
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Mind Lancashire		01257 231660	http://www.lancashiremind.org.uk/
CAMHS		01257 644644	Lcft.nhs.uk
Organisation	Support for	Phone Number	Website
Samaritans	Adult support for bereavement, suicide, low mood, need support	116123	www.samaritans.org
BEAT	Adults/children eating disorders	03456 347650	www.beateatingdisorders.org.uk
CASS	Women's support Self injury	08008 008088	
Bullying UK	Support if you are being bullied	08088 002222	www.bullying.co.uk
Cruse	Support if you are bereaved	08088 081677	www.cruse.org.uk
Anxiety UK	Anxiety support Support with anxiety (chargeable membership)	03444 775774	www.anxietyuk.org.uk
Bipolar UK	Bipolar Ecommunity/support groups		www.bipolar.org
Shout	Free text support for anyone suffering with stress, anxiety, panic attacks, depression, suicidal thoughts, relationship problems and bullying	TEXT 85258	
CALM	Support for men only with mental health, anxiety, relationships	08005 85858	www.thecalmzone.net
No Panic	Support with panic attacks and OCD	08449 674848	www.nopanic.org.uk
SANE	Working to improve the quality of life for anyone affected by mental illness	07984 967708 Leave first name and contact number if answer machine	www.sane.org.uk

Rethink	Advice on the Mental Health Act, community care, welfare benefits, carers rights, living with mental illness and medication	08088 010525	www.rethink.org
Mental health at Work	Mental health at Work		www.mentalhealthatwork.org.uk
The Birchwood Centre	For adults and young people, homelessness, reduce social isolation and improve health and well-being.	01695 713248	https://www.birchwoodcentre.co.uk/
Man-archy	Mens Mental Health	07782 551004	www.divinedays.co.uk
Hope Street	Ormskirk based mental health support	07903 381874	www.hopest.org.uk
The Pulse	Skelmersdale mental health support	01695 556630	www.thepulseskem.org.uk

Talk Zone

Name	Phone number	Website/ email
Talk Zone Lancashire	07786 51 11 11 0800 51 11 11	talkzone@lancashire.gov.uk https://www.lancashire.gov.uk/youthzone/

Victim Support

Name	Phone number	Website/email
NEST	NEST and your number to 60777 0300 111 0323	https://nestlancashire.org/further-help-and-support/domestic-abuse/
Victim Support	0300 323 0085	https://lancashirevictimservices.org/

Volunteer Services

Name	Phone number	Website/email
West Lancashire CVS	01695 733737	http://www.wlcvs.org/

Youth Support

Name	Phone number	Website/email
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Lancashire and South Cumbria Healthy Young Minds	01772 644644	https://www.healthyyoungmindspsc.co.uk/home CAMHSCPS.Central@lancashirecare.nhs.uk
Kooth	Online	www.kooth.com
Young Minds		https://www.youngminds.org.uk/
NSPCC	0808 800 5000 0800 1111	www.nspcc.org.uk
CAMHS resources		https://www.camhs-resources.co.uk/
The Grove Youth Community Children's Centre	01704 896424	lancashire.gov.uk
The Zone	01772 534 987 or 01772 534 993	The Zone in West Lancashire - Lancashire County Council

Other resources within West Lancs

<https://www.westlancs.gov.uk/housing/i-am-a-council-tenant/directory-of-support-services.aspx>