

# MENTAL HEALTH SUPPORT & TALKING THERAPIES

## Mental Health Support Lines

Mental Health Helpline and text service available from Lancashire & South Cumbria NHS Foundation Trust (LSCFT).

The Freephone out of hours service provides a person-centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know.

- **Telephone Helpline – telephone 0800 915 4640.** (available 24hrs a day)

Further information is available at:

<https://www.lscft.nhs.uk/Mental-Health-Helpline>

- **Text Service - Text HELLO to 07860 022 846**

Further information is available on:

<https://www.lscft.nhs.uk/texting-service>

After your initial text, you will receive a reply to confirm that your message has been received and that it will be responded to within 24hrs. Standard text rates may apply.

## Mind.org.uk

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness, and promote understanding.



- **Tel: 0300 123 3393**
- <https://www.mind.org.uk>
- **Anxiety UK Tel: 0344 477 5774**
- **Sane: Tel: 0300 304 7000**

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## Minds Matter

A wellbeing service offering a range of free psychological therapies to people aged 16 and over in Lancashire.

Minds Matter aim to provide people who experience difficulties such as stress, anxiety and depression with access to their service.

They aim to empower people to make informed choices and changes to improve well-being and live fulfilled lives by offering a range of talking therapies and self-help to meet your needs.



Visit their website for more information [www.lscft.nhs.uk/Mindsmatter](http://www.lscft.nhs.uk/Mindsmatter)

Follow the link to self-refer: <https://www.lscft.nhs.uk/mindsmatter2-self-referral>