



DELIVERING EARLY HELP

Children and Family **Wellbeing** Service

Useful numbers

Welfare Rights 0300 123 6739
Citizen's Advice 01282 450535
Burnley Borough Council 01282 425011
Calico Homes Ltd 0800 1692407
Lancashire Women & New Born Centre 01282 42507
Lancashire Women's Centre 01282 429672
Victim Support 01282 425780
Pennine Community Credit Union 01282 691333
Children's Social Care 0300 123 6720
Children & Families Health Service Central – 01282 628349
West – 01282 628660 East – 01282 628549
CVS 01282 433740 Brook 01282 416596
Community Police 0845 125 3535 or 101
Tax Credits 034553003900

Get advice and support



Age 0-19 (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to
Problems at home/school
Jobs and training
Apprenticeships
Staying safe online
Sex and health
Relationships

Mental Health
Self Harm
Bullying
Drugs and alcohol
Things to do
Housing, rights and money
What age can I?

Text 07786 511111

Talk online lancashire.gov.uk/youthzone

Call 0800 511111

facebook.com/LancashireYPS
twitter.com/LancashireYPS

You can contact us 365 days a year
2pm to 10pm



What's on guide

BURNLEY

Lancashire
County
Council



www.lancashire.gov.uk

Welcome

A warm welcome to you from everyone at the Children and Family Wellbeing Service in Lancashire County Council.

Our service is here to provide early help on a whole range of issues affecting you and your family. In other words, offering you the right help, in the right place, at the right time.

We provide targeted services for children and young people across the age range 0-19yrs+. Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for your family.

Our staff are skilled and committed to understanding your needs and identifying with you the right support to help you achieve your goals. Key workers can work with you on an individual basis offering a more tailored and targeted response and through our community based centres and outreach programmes, outreach workers offer a range of groups and drop in services to meet a range of needs. We work in partnership with other agencies in our community based centres, to ensure we can bring together the right support for you in your local area.

Our 'What's on guide' aims to keep you as up to date as possible about what we can offer you and includes information on what specific groups and services are available at your nearest centre, in your local community.

If you need further information or support, you can contact using the information listed in the '**Key Contacts**' section of this guide.

You can also contact our '**Talkzone**' service which is available every day of the year from 2pm – 10pm.

Call: 0800 511111

Text: 07786 511111

Talk online: www.lancashire.gov.uk/youthzone

For those families with younger children, you can also access a lot of advice and guidance on a full range of childcare services, resources and issues from the Family Information Service. Tel: **0300 123 6712** or email lancsfis@lancashire.gov.uk

We are always pleased to hear your feedback and ideas about our service, so if you feel able to share with us, please don't hesitate to contact us. We look forward to hearing from you and thank you for using our services.

Centre details

Burnley Wood CFW Service
Brunswick Street
Burnley BB11 3NY
Open Mon-Fri 9am-5pm
South West Burnley CFW Service
Tay Street
Burnley BB11 4BU
Open Wed-Fri 9am-5pm
Reedley Hallows CFW Service
Burnley Campus
Barden Lane
Burnley BB10 1JD
Centre not currently open for delivery
Chai Centre CFW Service
Hurtley Street
Burnley
BB10 1BY
Centre not currently open for delivery

Healthy Start vitamins - you can now collect your free vitamins from Children and Family Wellbeing Service centre, see opening times above.

Healthy Start vitamins contain vitamins A, C and D for your child and folic acid and vitamins C and D for you if you are pregnant, breastfeeding or until your baby is one year old.

Drops are for your child if they are aged from six months (unless a health visitor has advised earlier use of vitamins) until they are four years old and mums get tablets. You must be receiving the Healthy Start vouchers that you get with your food vouchers. You will exchange the voucher to get your free vitamins.

Apply for healthy start at
<https://www.healthystart.nhs.uk/>

Burnley Central CFW Service
Whittam Street
Burnley
BB4 1LW
Open Mon-Fri 9am-5pm
Ightenhill CFW Service
Oak Street
Burnley
BB12 6QZ
Tel: 01282 470895
Centre not currently open for delivery
Whitegate CFW Service
Victoria Road
Burnley
BB12 8TG
Open Mon-Fri 9am-5pm
Contact Talkzone between 2pm and 10pm, if you need any advice.
Text: 0778651 11 11
Talk online:
lancashire.gov.uk/talkzone
Call: 0800 51 11 11



Programme

INFANT MASSAGE

6 weeks to crawling - The sessions will:

Help you to feel the relaxing effect of giving your baby a massage. Infant massage has many benefits, some of which are to strengthen the bonding process. Build your confidence in handling baby. Supporting baby's development – helping physical needs if there is any tummy trouble, problems with bowel movement or trapped wind

BABY AND YOU

The Meet with other new parents to share your experiences of caring for baby together in a friendly environment with a range of play activities to engage babies in developmental play.

CHAT PLAY READ

These special groups held in a centre or early years setting are to support your child's speech and language, which is a crucial skill that supports all other areas of their learning and development. This includes the ability to listen, understand and communicate verbally and non-verbally, supporting language development.

DEVELOPMENT MATTERS

We will provide groups in our centres where you can bring your child along to socialise and play alongside other children and parents.

The sessions provide:

High quality, well planned, stimulating and challenging activities, across all ages from 0-5 based on child-initiated play both indoors and outdoors







TRANSITIONS

We want to ensure children are at the best possible levels of ability, confidence and independence when they start childcare or schools. In order to support children to be ready to make the most of learning at nursery and school we should support them in developing individual characteristics for learning.



Programme




Elmer says...
“... come to our **under 5's** activities”

Burnley Campus Library
Bounce & Rhyme

Join us for singing, dancing and stories.

Every Monday
10:30am until 11:30am



Baby Bounce & Rhyme **Story Times** **Toddler Rhyme Time**

Your baby is never too young to enjoy music and rhyme. Lots of bouncy rhymes and songs for children aged around 4-18 months.

All pre-school children can have fun at the library - listen to stories, join in with rhymes and take part in fun activities.

From 18 months of age your child can enjoy this interactive session packed with rhymes songs and stories.

whoever you are

love libraries

You would be surprised what is on offer through Lancashire libraries...

Burnley Campus Library
Story Time

Join us for fun, excitement and adventure in our weekly Story Time session

Every Monday
11.30 am until 12.00pm



Elmer says...
“... come to our **under 5's** activities”

Burnley Campus Library
Toddler Rhyme Time

Join us for singing, dancing and stories

Every Wednesday
10:00am until 11:00am



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Programme

INSIDE OUT

This session is to support children age 5-11yrs who may be struggling to express and manage their feelings and emotions. By creating a safe space, children will have the opportunity to take part in activities including breathing and stretching exercises, TV and video clips, arts and craft, fun and games



MOVE AND GROOVE

We will provide a safe, sensitive and nurturing space for children to meet and have fun together, promoting physical play and activity. We will provide information on their growing body and how to adopt healthy lifestyles including healthy eating.



MOVING ON UP

You may be worried that your child may struggle with the transition to secondary school? We know this can be the case for many children for a variety of reasons. We want to help make this a smoother and happier time for them so that they look forward with confidence and have a better understanding of what to expect when they enter the next step of their schooling journey. Concerns may be a result of their development, social and communication skills, behaviour and / or emotional health and wellbeing issues.





More about our groups and services...

COLOURFUL FOOTSTEPS

Colourful Footsteps aims to provide an opportunity for parents and children with SEND age 5-11 years old to engage in a specific SEND activity session facilitated in a local centre:

To provide a safe environment for children and parents to play and explore accessing age appropriate resources and the sensory room.

To encourage awareness with parents around their child's development

To offer a range of creative and physical opportunities to encourage positive play and interaction between children and their parents.

Aid bonding, connection & reduce the risk of social isolation for parents

Built the confidence of parents and communication between parent and child

Chance for adult interaction, provide a great place to meet new people and build children's social skills



HEALTHY RELATIONSHIPS

The course aims to work in a solution focused way, enabling and empowering couples to understand conflict and see how to resolve the issues themselves.





More about our groups and services...



Triple P courses are internationally recognised as effective parenting programmes. The CFW Burnley Neighbourhood team are delivering a range of programmes both face-to-face and virtually to include.

Triple P GROUP - delivered over eight weeks for parents of children up to 12-years. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations.

Triple P TEEN - delivered over eight weeks for parents of teenagers up to 16-years-old who are interested in learning a variety of parenting skills. Parents may be interested in promoting their teenager's development and potential or they may have concerns about their teenager's behaviour.

Triple P Stepping Stones - has been developed for parents of children with a disability. Stepping Stones Triple P has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour.

To enquire about any of the Triple P courses, please call 01282 470707 for more details.

The Freedom Programme



Domestic violence is very common: research shows that it can affect one in four women in their lifetimes. The Children and Family Wellbeing Team are offering a rolling programme of courses for women to engage within a supportive environment. The Freedom Programme is a way of helping you to protect yourself and your children. For details about programmes running please private message our Facebook page [Burnley Family Zone](#)

Programme (cont)



UniQcorn SEND 12-19+ –Monday-- UNIQRNS Group 7-9pm –will also take any referrals for young people who have any emotional, anxiety, learning, physical or other issues which are barriers to participation. Anxiety, ADHD, etc is by definition a disability. We encourage a wider presentation of young people to now be able to access this group.

For more details or book on the session contact Qadeer on 07770 764310 or e mail Qadeer.ahmed@lancashire.gov.uk

We support SEND Young people to have a fun time and make new friends. Throughout the program we will be looking at:

- Cooking, shopping, independence
- Motivation and confidence building
- Team building, teamwork and personal and social development
- Arts and crafts
- Employability skills (Older young people)
- Computers
- Sports
- & organising events throughout the year

Like and share Burnley Family Zone Facebook page.



To find out about CFW services and activities, plus lots and lots of other information.

Programme (cont)



Thursday - POUT Burnley 12-19+, is an LGBT+ youth group for young people age 12-19+. Youth groups continue to provide a lifeline for those who cannot access the support, understanding or information that they need at home or at school. For many, an LGBT youth group will be the first place they truly feel that they can be themselves. (The Proud Trust)

The aim of the POUT Burnley programme is to provide an opportunity for LGBT+ young people to meet other LGBT young people. Youth groups provide vital support and confidence and a safe space to meet

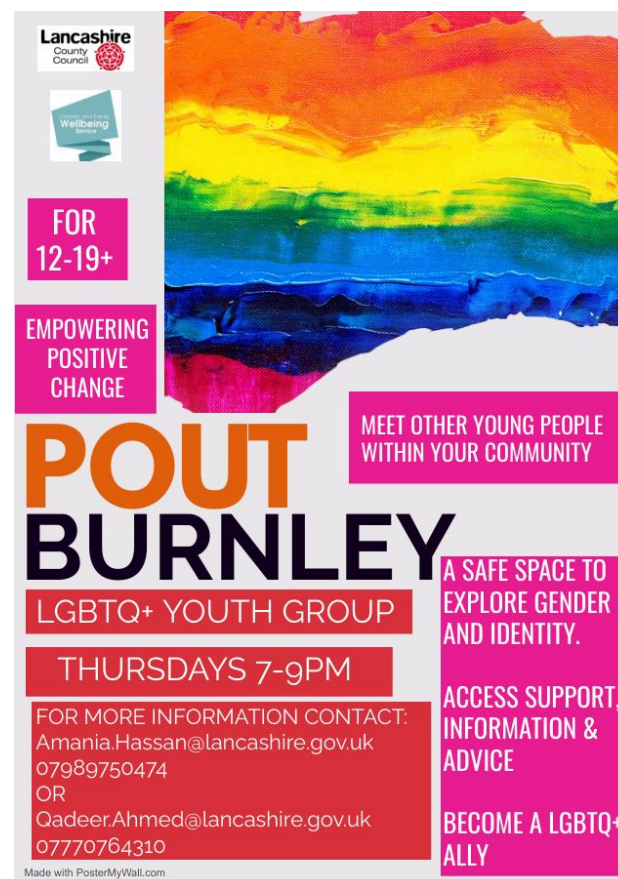
For more details or book on the session contact Amania on 07989750474 or Qadeer on 07770 764310 or e mail

Qadeer.ahmed@lancashire.gov.uk amania.hassain@lancashire.gov.uk

Wednesday --'The Voice'- 7-9 pm normally (Youth Council). We will take referrals for any young people who feel they either have issues or want to seek support/talk about issues they feel important, for example bullying, mental health, personal safety etc, seek support. We will still continue to have the Youth Council as a core element of this group and feel the Youth Council should be more than just 'politics' and should reflect other issues and VOICES impacting on young people lives.

For more information contact Qadeer on 07770764310

or Amania on 07989750474



Programme (cont)



Padiham Leisure Centre

Address:
Park Rd, Padiham,
Burnley BB12 8ED
Phone number:
01282 477222

12-19 year olds



Giving young people a fun and safe space where they can hang out.

Come join us on Friday
Evenings 7:00pm -
9:00pm

Starting Friday 10th June

For more information please contact:

Qadeer.Ahmed@lancashire.gov.uk

Games and a range of activities... 07770764310

There's something for everyone! OR

Amania.Hassan@lancashire.gov.uk

07989750474



Friday -Padiham Project at Padiham Leisure Centre 7-9pm—Open to any young people who can be supported on any issues. (This is an open access style provision) but the emphasis still on 'issues base work' i.e. drugs, alcohol, ASB, bullying, targeting and providing support to meet young people's needs.

For more details or book on the session contact Amania on 07989750474 or Qadeer on 07770 764310 or e mail

Qadeer.ahmed@lancashire.gov.uk amarnia.hassain@lancashire.gov.uk



BURNLEY BUS PASS SCHEME

WEDNESDAYS
4:00PM-6:00PM
THE ZONE, BURNLEY

DROP IN FOR A
FREE BUS PASS



FOR MORE INFORMATION CONTACT:
QADEER.AHMED@LANCASHIRE.GOV.UK
07770764310
OR
AMANIA.HASSAN@LANCASHIRE.GOV.UK
07989750474

BASIC REQUIREMENTS

- YOUNG PEOPLE AGED 16-18
- NOT IN EDUCATION, EMPLOYMENT OR TRAINING
- YOUNG CARERS OR PARENTS, NEEDING TO SUPPORT A YOUNG PERSON TO ACCESS EMPLOYMENT, EDUCATION OR TRAINING



To book - call or email lancsyoungeoplefamilyservice.co.uk

0300 247 0040 vcl.019.SinglePointOfAccess@nhs.net

Tuesday	Wednesday	Thursday	Friday
Talk to Me 0-6 mths 10-11am Every 1 st & 3 rd Tuesday of the month	Moving onto Solids* 0-12 mths 10-11am	Baby & Me 10-11am Every fortnight from 4 th March	School Readiness From April 10-11am
Chat, Read & Play 6-18 mths 10-11am Every 2 nd & 4 th Tuesday of the month	1 Year and Beyond From Apr - 1-2pm Alternate weeks with the below session	Antenatal Infant Feeding* 1-2pm	Bump, Birth & Beyond* 12.30-2pm Antenatal education
Understanding Colic & Reflux 1-2pm Breast, bottle & formula feeding	2 Years and Beyond From Apr - 1-2pm Alternate weeks with the above session		

*There is also a pre-recorded version of these sessions available on our website, plus Night time Wetting

@LancashireHealthyYoungPeopleAndFamilies



BREASTFEEDING SUPPORT GROUP

EVERY THURSDAY
 | 10:00 - 11:30 |
 BURNLEY CAMPUS LIBRARY
 BARDEN LN, BURNLEY
 BB10 1JD



@fabLancashire
 Helpline: 01254 772929 9:30am-2:30pm & 9:30pm-Midnight EVERY DAY

Antenatal Infant Feeding Live Virtual Group

Information and top tips on feeding for expectant parents
 LIVE interactive group THURSDAY 1-2pm

To book on contact your Health Visiting Service
 ☎ 0300 247 0040 ✉ vcl.019.SinglePointOfAccess@nhs.net

Pre-recorded version available on our website
lancsyoungeoplefamilyservice.co.uk

~ Breastfeeding peer support ~

HELPLINE

01254 772929
 7 DAYS A WEEK
 9:30AM - 2:30PM
 &
 9:30PM - MIDNIGHT

@fabLancashire



LET'S KEEP TALKING



Our health and our finances have taken a hit during coronavirus.

Share the load - talk to a friend or family member about what you're going through.

If you're struggling to cope then call the LSCFT mental health crisis line **0800 953 0110** or text **HELLO** to the Wellbeing & Mental Health Texting Service on **07860 022 846** or call Samaritans on 116 123

Scan the QR code for a list of services in your area



healthierlsc.co.uk/MentalHealthSupport



Mental health support resources in Lancashire and South Cumbria

Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call. More support is available at: healthierlsc.co.uk/MentalHealthSupport

Dial 999 if you have seriously harmed yourself

	Online self-help materials, resources and guidance.	healthyyoungmindslsc.co.uk/information/coronavirus Available: 24 hours a day, daily.
	An online counselling service for over 16s.	togetherall.com Available: 24 hours a day, daily.
	A safe place for anyone struggling to cope.	selfhelp.samaritans.org 116 123 Available: 24 hours a day, daily.
	Support for men struggling or in crisis.	calmzone.net 0800 58 58 58 Available: 5pm-12am, daily.
	Wellbeing and mental health helpline and text service supporting people's mental health. LanguageLine available.	lscft.nhs.uk/Mental-Health-Helpline 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight
	Mental Health Crisis Line - urgent help with mental health distress	lscft.nhs.uk/Crisis 0800 953 0110 Available: 24 hour a day, daily.
	Psychological therapy via telephone / video or online.	lscft.nhs.uk/Mindsmatter
	Support for young people dealing with suicide, depression or distress. LanguageLine available.	papyrus-uk.org 0800 068 41 41 Text: 07786 209697. Available: weekdays 10am-10pm; weekends 2-10pm.
	Supporting adults recovering from addiction / mental health diagnosis.	redroserecovery.org.uk Available: online only 24/7.
	Supporting recovery and continued sobriety of alcoholics.	alcoholics-anonymous.org.uk E: eastlancsaa@gmail.com
	Helping you understand and look after your mental health and wellbeing.	lancashiremind.org.uk mindinfurness.org ulverstonmind.org.uk online only.

Mental health support resources in Lancashire and South Cumbria

	Confidential helpline providing information, friendship and advice to older people.	thesilverline.org.uk 0800 4708090 Available: 24 hours a day, daily.
	Practical advice - how to deal with stress and anxiety.	nhs.uk/oneyou/every-mind-matters/ online only 24/7.
	Helpline for any challenges under 25s might be facing.	themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
	Helping those suffering with anxiety disorders.	anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
	Advice for parents / carers concerned about the mental health of a child or young person.	youngminds.org.uk 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. LanguageLine available.
	Helping older people who are at home and need extra support with their wellbeing.	ageuk.org.uk 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.
	Safe and anonymous online counselling and support for young people.	kooth.com Available: weekdays 12pm-10pm; weekends 6-10pm.
	Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.	lancashirebmenetwork.org.uk/counselling 01254 392974 Available: weekdays 10am-5pm.
	Confidential counselling service for children.	childline.org.uk
	Helping people with panic attacks and anxiety disorders.	nopenic.org.uk 0330 606 1174 Available: weekdays 3-6pm.
	Support for anyone anxious or worried in Cumbria.	safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm.
	Support for children & young people who are grieving.	childbereavementuk.org 0800 0288840 Available: weekdays 9am – 5pm.
	Emotional support for children and young people in Cumbria	tinyurl.com/barnardosmytime 01539 742626 E: MyTimeCumbria@barnardos.org.uk Available: weekdays 9am – 5pm.

LET'S KEEP TALKING



**No matter what
life has thrown at
us this year, you can
still make ends meet.**

**Reach out and have
the chat you've been
meaning to have.**

If you're struggling to cope then call the
LSCFT mental health crisis line **0800 953 0110**
or text **HELLO** to the Wellbeing & Mental
Health Texting Service on **07860 022 846**
or call Samaritans on **116 123**

Scan the QR
code for a list
of services in
your area





Signposting to other early help support



Get In Touch: ☎ 01282 686402 ✉ contact@burnleytogether.org.uk

Help with obtaining food parcels / meals on wheels / collecting prescriptions / dog walking / preventing loneliness / financial and debt advice / housing advice / help with shopping / mental health support

Address: Action for ASD Autism Resource Centre, King Edward House, Finsley Gate, Burnley, BB11 2FS

Area Covered: Pennine

Web: www.actionasd.org.uk

Email: children@actionasd.org.uk

Tel: Children's Service: 07809 903852 Services: Offering support for children, young people and their families affected by Autism. Service offers advice and support, online counselling sessions, online training such as Cygnet. Regularly updating website with information. Opening times 9.30am till 3.30pm Monday to Friday



Area Covered: National

Web: www.healios.org.uk/services/thinkninja1

Services: Free online app for 10 - 18 years old in the UK during the crisis.



Area Covered: National

Web: www.minded.org.uk

Services: MindEd is a free educational resource on children and young people's mental health. Help and advice, hints and tips are available to help parents support their children and young people's mental health and their own mental health.





Signposting to other early help support

Address: Hyndburn Voluntary & Community Resource Centre, Cannon Street, Accrington

Area Covered: Pennine

Web: www.adhdnorthwest.org.uk

Email: yvonne.tudor@adhdnorthwest.org.uk

Tel: 01254 352 586 / 01524 411 044



Services: Offering support for children, young people and their families who are affected by ADHD. Service offers advice and support using various methods including telephone, Zoom (face to face), website and social media.

Address: 64 Bank Parade, Burnley BB11 1TS Area Covered: Pennine

Web: www.brook.org.uk/burnley

Email: el.counselling@brook.org.uk

Tel: Blackburn Counselling Service: 07824 164271

Burnley Counselling Service: 07760 163327

Services: Brook Young Counselling Service offers one to one counselling for ages 13 - 25 years. The service is currently using telephone and skype methods of contact.



Address: 21-23 Blackburn Road, Accrington, BB5 1HF Area Covered: Pennine

Web: www.lancashirewomen.org www.facebook.com/LancashireWomen www.twitter.com/LancashireWomen

Tel: 07832 688181

Services: This service supports families whose babies are admitted to the Neonatal Intensive Care Unit at Burnley General Hospital. The service is currently providing telephone support to families and promoting their group Facebook page.



Address: Bay 6, 1 Dorothy Avenue, Leyland, PR25 2YA Area Covered: East only

Web: www.barnardos.org.uk/lancashire-young-carers.html

Email: lancashireyoungcarers@barnardos.org.uk

Tel: 01772 432020

Services: Barnardo's Young Carers Service supports young carers across East Lancashire (not Blackburn with Darwen). They are continuing their service using social media and telephone support. Website available with information that young carers can access: www.barnardos.org.uk/lancashire-young-carers.html



Area Covered: National

Web: www.papyrus-uk.org/hopelineuk/ Email: pat@papyrus-uk.org

Tel: 0800 068 4141 or text: 07860 039967



Services: Suicide prevention helpline for young people and up to the age of 35 years 9am - 10pm weekdays, 2pm - 10pm weekends and bank holidays



Area Covered: National
Web: www.nationaldahelpline.org.uk
Tel: 0808 2000 247

Services: National helpline number for those people who are at risk or experiencing domestic violence.



Address: Whalley Road, Wilpshire, Blackburn, BB1 9LL

Area Covered: Blackburn with Darwen

Web: <https://canw.org.uk/>

Tel: 01254 244700 **Email:** info@canw.org.uk

Services: CANW Young People's service supports young cares within the Blackburn with Darwen area.

CANW Leaving Care Service: CANW have Children in Need Funding to support vulnerable Care Leavers by providing online support and guided activities for young people 15yrs plus who have left care and are feeling isolated. The service is working towards three main targets: Improved emotional and physical health, growth in independence skills and greater understanding of personal risk and safety.

Signposting to other early help support

NEST Lancashire:

- Part of Victim Support
- Work with CYP 8-18 who have been affected by crime, bullying, threats and harassment
- One to one or group-based support and access to sport and other activities
- Also offer support through criminal justice system from reporting to police to attending court.

See www.nestlancashire.org/whatwedo

BIG WHITE WALL®

Address: 36-38 Whitefriars Street London EC4Y 8BQArea Covered: Pennine

Web: www.bigwhitewall.com

Services: Big White Wall is an online community for people aged 16 and over who feel stressed, anxious or feeling low. Trained professionals are available 24/7 who will provide 1:1 therapy or you can talk to other members anonymously and take part in group sessions.



Programme (cont)

Trust House Lancs:

- Preston based but cover countywide
- Counselling and support for victims of Sexual Abuse and Violence
- Support adults, CYP and families from age 4 onwards
- Victims can self-refer, or professionals can refer on their behalf

Referral form on Website – email to referrals@trushouselancs.org

Website: www.trushouselancs.org Contact: 01772 825288 support@trushouselancs.org

Signposting to other early help support



Get in touch

Central Team
Ringway House
Percy Street
Preston
PR1 1HQ

East Team
C/O CVS Building
62-64 Yorkshire
Street
Burnley
BB11 3BT

North Team
C/O YMCA
New Road
Fleet Square
Lancaster
LA1 1EZ

Call
0808 164 0074 (This number is free to call)

Facebook
facebook.com/WeAreWithYouLancs

Instagram
Instagram.com/wearewithyoulancs

We Are With You in Lancashire

We provide free and confidential support to young people experiencing issues with drugs, alcohol or mental health. We help young people achieve their goals, whether that's staying safe and healthy, making changes or reducing harm.

Want to chat? We Are With You.

wearewithyou.org.uk

We will work with you to make a change

A free and confidential service for young people under 25 affected by drugs and alcohol.

Our office opening hours are

Monday – Friday
9am to 5pm

Webchat
Monday – Friday 9 am to 9 pm and
Weekends 10 am to 4pm

we are withyou
in Lancashire

In partnership with:
Lancashire
County Council