



Healthier
Pennine Lancashire



Children and
Young People's
Emotional Health
and Wellbeing



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Children and Young People's Emotional Health and Wellbeing

The coronavirus (COVID-19) crisis has meant a number of changes for families with children. Children and young people may be feeling anxious or low in mood as they adapt to these uncertain times. Families may be struggling to balance childcare, work and family life particularly for those with children with additional needs.

During this time it's important to remember that there are services open and available to offer support to children, young people and their families for their emotional health and wellbeing. The information in this document provides an overview of services and how to access them.



East Lancashire Children
and Adolescent Service -
Children and Adolescents
Mental Health Service



East Lancashire Hospitals
NHS Trust



Address: Casterton Avenue, Burnley, BB10 2PQ
Area Covered: Pennine



Web: elht.nhs.uk/services/east-lancashire-child-and-adolescent-services



Tel: 01282 804806 between 8am and 8pm
0800 953 0110 from 8pm to 8am



Services: Offering therapeutic interventions primarily through phone and apps such as microsoft teams, whatsapp and facetime. Face to face is available for urgent cases. Monday to Friday 9am - 5pm, with extra hours evenings and weekends.

Children's
Psychology Services
GP Referral



Lancashire &
South Cumbria
NHS Foundation Trust



Address: The Mount, Whalley Road, Accrington, BB5 5DE
Area Covered: Pennine



Web: www.lscft.nhs.uk



Tel: 01254 226480



Services: Offering therapeutic interventions primarily through phone and apps such as microsoft teams, whatsapp and facetime. Monday to Friday 9am - 5pm.

Action for ASD - Children's



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

ADHD North West



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.

Brook Young People's Counselling Service



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 - 25years. The service is currently using telephone and skype methods of contact.

Lancashire Women's NICU



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.

Barnardo's Young Carers



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

Homestart Blackburn



Address: Suite 19, Kings Court, 33 King Street, Blackburn BB2 2DH
Area Covered: Blackburn only



Web: www.home-start.org.uk



Tel: 01254 692613



Services: Support for families at risk of perinatal mental health to ensure good infant mental health. Volunteer family workers will continue to work with families via telephone and social media.

PLACE 2 BE



Address: 175 St. John Street, Clerkenwell, London EC1V 4LW
Area Covered: East only



Web: www.place2be.org.uk



Tel: 07841 919 363



Services: Place2Be support children, parents and teachers across four primary schools in East Lancashire: Casterton Primary Academy, Burnley, Pendle Primary Academy, Brierfield, Castercliffe Primary Academy, Nelson, Haslingen Primary, Haslingden. They will continue to support children and parents via telephone and social media.

Young Minds Crisis Messenger



Area Covered: National



Web: www.youngminds.org.uk



Tel: If urgent text YM to 85258



Services: Text service available 24/7 to support children and young people's mental wellbeing, especially during crisis.

KOOTH

On-line service



Address: -
Area Covered: Pennine



Web: www.kooth.com



Services: Kooth online counselling service for 10 - 25yr olds available Monday - Friday 12pm - 10pm, Saturday - Sunday 6pm - 10pm

Childline



Area Covered: National



Web: www.childline.org.uk



Tel: 0800 1111



Services: Childline telephone and online support for children and young people between 9am and midnight.

ThinkNinja - App



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.

Hopeline UK

HOPELINEUK



Address: -
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

Healthy Young Minds



Area Covered: Lancashire & South Cumbria



Web: www.healthyyoungmindslsc.co.uk



Services: Lancashire and South Cumbria CAMHS Redesign website for children, young people, parents and carers to access education, advice and support on mental health issues.

Domestic abuse helpline



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.

MindEd



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.

Big White Wall

BIG WHITE WALL®



Address: 36-38 Whitefriars Street London EC4Y 8BQ
Area 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.

Children and Family Wellbeing Service



Area Covered: East Lancashire



Web: www.lancashire.gov.uk



Tel: - Hyndburn, Ribble Valley & Rossendale: Nighat Parveen: 07967 05337
Burnley & Pendle: Lesley Morville: 07817 622417



Services: The Children and Family Wellbeing Service (CFW) offers early help and support to children, young people age 0-19+yrs (0 - 25yrs for SEND) and their families across Lancashire. The service responds as early as possible when a child, young person or family needs support, helping them to access services to meet their needs and working with them to ensure the support offered is right for them.

Talkzone



Area Covered: East Lancashire



Web: www.lancashire.gov.uk



Tel: 0800 511 111 **or Text:** 07786 511 111
Email: talkzone@lancashire.gov.uk



Services: Talkzone is part of the Children and Families Wellbeing service and provides telephone helpline, text message, email enquiry and online webchat 365 days from 8.30am to 10.00pm weekdays and 2pm-10pm weekends.

Talk online in a private and confidential space by logging onto:
<http://www.lancashire.gov.uk/youthzone>

Child Action Northwest



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.

Blackburn with Darwen

Local Authority Services



Address: Duke Street, Blackburn, BB2 1DH
Area Covered: Blackburn with Darwen



Web: <https://www.bwd-localoffer.org.uk>



Tel: 01254 666885
Email: local.offer@blackburn.gov.uk



Services: Supporting children and young people with special educational needs and disabilities aged 0-25yrs.

Contacts:

**East Lancashire Hospitals
NHS Trust - East Lancashire
Children and Adolescent
Service - Children and
Adolescents Mental Health
Service**

01282 804806
between 8am and 8pm

0800 953 0110
from 8pm to 8am

**Lancashire & South Cumbria
NHS Foundation Trust
- Children's Psychology
Services GP Referral**

01254 226480

Action for ASD - Children's

07809 903852

ADHD North West

01254 352 586

01524 411 044

**Brook Young People's
Counselling Service**

07824 164271 (Blackburn Service)

07760 163327 (Burnley Service)

Lancashire Women's NICU

07832 688181

Barnardo's Young Carers

01772 432020

Homestart Blackburn

01254 692613

PLACE 2 BE

07841 919 363

**Young Minds Crisis
Messenger**

If urgent text YM to **85258**

Contacts:

KOOTH On-line service	www.kooth.com
Childline	0800 1111
ThinkNinja - App	www.healios.org.uk/services/thinkninja1
Hopeline UK	0800 068 4141 or text: 07860 039967
Healthy Young Minds	www.healthyyoungmindspsc.co.uk
Domestic abuse helpline	0808 2000 247
MindEd	www.minded.org.uk
Big White Wall	www.bigwhitewall.com
Children and Family Wellbeing Service	07967 05337 (Nighat Parveen): Hyndburn, Ribble Valley & Rossendale 07817 622417 (Lesley Morville): Burnley & Pendle:
Talkzone	0800 511 111 or text: 07786 511 111
Child Action Northwest	01254 244700
Blackburn with Darwen - Local Authority Services	01254 666885



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www.healthierpenninelancashire.co.uk