

Useful Contact Numbers, Websites & Email Addresses

Burnley Children's Social Care 0300 123 6720; out of hours 0300 123 6722

Burnley **Safe-net**: 01282 425011

CAMHS (Children & Adolescent Mental Health Services, 5-16 years) Preston: 01772 777344

Children's Learning & Disability/ Complex Needs Services: 01254 283195

Early Intervention into Psychosis Services: The Mount Accrington: 01254 226390

ELCAS (East Lancs Child & Adolescent Services): 01282 804496 / 01254 733716

Food Banks with BFCitC: Community Kitchen: 01282 704716

Home-Start: Rossendale, Burnley & Hyndburn 01706 214621, Pendle & Ribble Valley 01282 690536

Lancashire County Council Youth Zone: talkzone@Lancashire.gov.uk Text 07786511111, Call 0800 511111

The **Magdalene Project**: Counselling Service for the whole family: 01706 870939

Mind offer free counselling you can refer online or by phone.

0300 123 3393, text 86463, <https://www.nottinghamshiremind.org.uk/counselling/>

Lancashire Mind: 01257 231660, admin@lancashiremind.org.uk

Minds Matter (NHS mental health services for 16yrs +) Burnley: 01282 657268

Mental Health Helpline: 0800 915 4640

The Mix: 0808 808 4994 1pm-11pm, www.themix.org.uk You can talk on phone, by email or webchat.

NSPCC: Call 0800 1111, email help@nspcc.org.uk

Parent Support Team: 01772 777467

SHOUT: For support in a crisis, Text: SHOUT to 85258

YMCA Blackburn: 01254 51009, enquires@blackburn.ymca.org.uk

Young Addaction (support for substance misuse): 0808 164 0074

If there is an immediate risk to life please go to Blackburn A&E where a mental health assessment will take place and the correct support provided to protect from immediate harm.