



Keeping Safe and Well

Over the next few months, many of us may face changes that can feel difficult. We may have worries and feel that we need to talk to someone. It is always good to ask for support and to help you here are a few ideas of who you could contact:

Children and Young people

- Childline www.childline.org.uk Call 0800 111
- Young Minds www.youngminds.org.uk
- Papyrus www.papyrus-uk.org Hopeline Call: 0800 068 4141
- The Mix www.themix.org.uk Call 0808 808 4994
- Kooth www.kooth.com
- Samaritans www.samaritans.org Call 116 123
- Elefriends: www.elefriends.org.uk
- Children's Social Care: 01254 666400
- UK Safer Internet Centre – advice to keep yourself safe online

Adults

- Samaritans www.samaritans.org Call 116 123
- Blackburn with Darwen Social Care: 01254 587547
- Emergency Homelessness Number: 01772 436756/01257515147
- Domestic Abuse Helpline 01772 435865
- NHS 111 – provides non-emergency medical help
- Big White Wall www.bigwhitewall.com
- Mental Health Foundation www.mentalhealth.org
- NHS Choices www.nhs.uk
- Lancashire Mind www.lancashiremind.org
- Blackburn with Darwen Citizen's Advice – 03442451294
- NSPCC.org.uk – Keeping Children Safe Advice