

Orange Button Community Scheme

Do you know that if you live or work in Lancashire or Cumbria you can access FULLY FUNDED Suicide awareness training and have the opportunity to become an Orange Button badge holder?

Orange Button is a way of identifying people in the community who have had suicide awareness training and are able to support, provide information or signpost people that may need this. To see what courses are available or to book your training, please visit healthierlsc.co.uk/orangebuttonscheme

Follow [@HealthierLSC](https://twitter.com/HealthierLSC) and use [OrangeButtonCommunity](https://twitter.com/OrangeButtonCommunity) to find out more.



Scan the QR code for more information

Suicide prevention support services

Action for wellbeing	Email: hello@actionforwellbeing.uk 07568 704638 www.actionforwellbeing.uk
Every Life Matters	07908 537541 www.every-life-matters.org.uk
East Lancashire and Blackburn with Darwen crisis line	0300 029 0500
Papyrus - HopelineUK	0800 068 4141 www.papyrus-uk.org Email: pat@papyrus-uk.org
Samaritans	www.samaritans.org 116123 Email: jo@samaritans.org
Hub of Hope	www.hubofhope.co.uk
Zero Suicide Alliance	www.zerosuicidealliance.com

Suicide bereavement support services

Amparo	Free support for anyone effected by suicide in Lancashire 0330 0889 255 www.amparo.org.uk
Suicide Bereavement Service Cumbria	www.sbs.org.uk 07572 975 721
Talk Me Happy	Offering Lancashire BME a bereavement and befriending service.
Coroners' Court support service	www.coronerscourtsupportservice.org.uk
Cruse Bereavement	www.cruse.org.uk
Support After Suicide Partnership	www.supportaftersuicide.org.uk
Survivors of Bereavement by Suicide	www.uksobs.org/we-can-help/local-support-groups/ Email: support@uksobs.org

Local adult mental health support services

Mental Health Helpline	24 hour/7 days a week 0800 013 0707
Mindsmatter (NHS)	www.lscft.nhs.uk/Mindsmatter
Every Life Matters	07908 537541 www.every-life-matters.org.uk
Lancashire Mind	www.lancashiremind.org.uk
LSCFT Mental Health Crisis Line	0800 953 0110 www.lscft.nhs.uk
East Lancashire and Blackburn with Darwen crisis line	0300 029 0500
Wellbeing and Mental Health Helpline	0800 915 4640 (freephone) Text HELLO to 07860 022846 www.lscft.nhs.uk Text SHOUT to 85258
Campaign Against Living Miserably (CALM)	0800 585858 Helpline 5pm-Midnight, 365 days a year thecalzone.net

Local children's and young people mental health support services

Healthy Young Minds Helpline	www.healthyyoungminds.lsc.co.uk/home
Richmond Fellowship	0330 008 3672 www.richmondfellowship.org.uk
Kooth	www.kooth.com
ACE	07717 316883 07468 600903 www.a-c-e.org.uk
Childline	0800 1111
NSPCC	0808 8005 000 www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/
Students Against Depression	www.studentsagainstdepression.org
Young Minds	Text YM to 85258 Parents Helpline: 0808 802 5544 www.youngminds.org.uk/contact-us/ www.healthyyoungminds.lsc.co.uk
Anna Freud Centre	www.annafreud.org/on-my-mind/ Text AFC to 85258

Local mental health support services

Mindsmatter Psychological Therapies	www.lscft.nhs.uk/mindsmatter-lancashire (Not Blackpool)
Blackpool Healthier Minds Service	Blackpool only 01253 955 700 https://www.bfwh.nhs.uk/our-services/healthier-minds/
The Mix	0808 808 4994
Mind	InfoLine: 0300 123 393 www.mind.org.uk
First Step	South Cumbria only 0300 555 0345 www.lscft.nhs.uk/first-step
Rethink	0800 4708 090 www.rethink.org
The Silver Line	www.thesilverline.org.uk/