**Key Contacts: Local Support Services**

There are many organisations and agencies who can provide confidential support and advice if you are facing difficult challenges over this period of closure. These include:

**Lancashire County Council Children’s Care Team:** Call 0300 123 6720 (8am ‐ 8pm) or out of hours 0300 123 6722 (8pm ‐ 8am)

**Lancashire County Council Adult and Community Care Services**: Call 0300 123 6721 or visit: www.lancashire.gov.uk/health‐and‐social‐care/adult‐social‐care/safeguarding‐ adults.aspx

If a child or vulnerable adult is in **immediate danger, the Police should be notified or if they are in need of urgent medical attention an ambulance should be called.**

**Lancashire Police:**If a crime is happening now please call **9‍9‍9** immediately, non-emergency matters call 101

[**https://www.lancashire.police.uk/**](https://www.lancashire.police.uk/)

**Children's Social Care:**

If you are concerned about a child being abused or neglected or about an adult that works with children call 0300 123 6720 or out of hours 0300 123 6722.

<https://www.lancashire.gov.uk/children-education-families/keeping-children-safe/>

**Adult Social Care:**

Telephone: **0300 123 6721**

<https://www.lancashire.gov.uk/health-and-social-care/adult-social-care/safeguarding-adults/>

**Domestic Abuse:**

24-hour National Domestic Violence Freephone Helpline 0808 2000 247 -<http://www.nationaldomesticviolencehelpline.org.uk/>

Pendle Domestic Violence Helpline - 01282 726000. - <http://www.pdvi.org.uk/>

**Drugs and Alcohol:**

Inspire. Over 18’s support – 01254 495382. - [https://inspirelancs.org.uk](https://inspirelancs.org.uk/)

Talk to Frank – 0300 123 6600 or text 82111. - [http://www.talktofrank.com](http://www.talktofrank.com/)

Young Addaction 16+ year old support – 0808 1640074. - [http://www.youngaddaction.org.uk](http://www.youngaddaction.org.uk/)

**Child Sexual Exploitation:**

Stop CSE - 01332 585371 - <http://www.stop-cse.org/>

**Eating Disorders:**

Beat - Helpline (adults) 08456341414 - help@b-eat.co.uk

Beat - Youthline 0845 634 7650 - fyp@b-eat.co.uk

[www.b-eat.co.uk](http://www.b-eat.co.uk/)

**Food Banks:**

Accrington Maundy Relief - 01254 232 328 - <http://maundyrelief.co.uk/>

Colne Open Door - 01282 860342. -<http://www.colneopendoorcentre.org.uk/>

Nelson Inspiring Grace – 07788270413. - <http://www.inspiringgrace.co.uk/>

Salvation Army - 01282 693670. -  <https://www.salvationarmy.org.uk/nelson>

Rawtenstall Positive Start - 01706 800858 - [www.positivestart.org.uk](http://www.positivestart.org.uk/)

**Forced Marriage:**

Karma Nirvana - 0800 5999 247. - <http://www.karmanirvana.org.uk/>

Stop Forced Marriage - <https://www.gov.uk/stop-forced-marriage>

**Housing:**

16-18 year old non-urgent housing referrals and advice contact the HAPI team at SafeSpace: 01282 619192

Housing Needs emergency housing number: 01282 661999

**LGBT:**

LGBT Foundation: 0345 330 3030 - <http://lgbt.foundation/>

Young Stonewall - <http://www.youngstonewall.org.uk/>

**Mental Health:**

Anxiety - <https://www.anxietyuk.org.uk/about-us/>

Mental Health Crisis Team - 01282 657222. <https://www.lancashirecare.nhs.uk/CRHTT>

Minds Matter – <https://www.lancashirecare.nhs.uk/Mindsmatter>

NHS mental health wellbeing - <https://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>

Samaritans – 116 123. [https://www.samaritans.org](https://www.samaritans.org/)

Self Harm – Life Signs - <http://www.lifesigns.org.uk/>

Suicidal thoughts support - Papyrus – 0800 068 41 41. <https://www.papyrus-uk.org/>

Young Minds website - [https://youngminds.org.uk](https://youngminds.org.uk/)

**Online Safety:**

Report suspected online grooming, online sexual exploitation and online abuse - Website - <https://www.ceop.police.uk/safety-centre/>