childline

Childline's website contains lots of different support, including a 1-1 chat with a counsellor.

childline.org.uk | 0800 1111

BARNARDO'S

This service offers therapeutic one-to-one, group work and counselling support to children and young people aged 5 to 18 (extending to 25 years based on SEN need) within the whole of the Lancashire & South Cumbria Integrated Care Board (ICB) area.

thrivelsc@barnardos.org.uk
01772 505138

STOP. BREATHE. THINK.

Online Counselling for Young People. **Without the wait.**

Stop.Breathe.Think is a mental health charity offering online counselling to those aged 8-21, who can't afford or access support quickly. No wait times and available nationally, giving quick access to support.

stopbreathethink.org.uk

Compass BLOOM

CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

01772 280123
compass-uk.org

Compass Bloom provides free and confidential emotional health and wellbeing support for young people with mild to moderate emotional health and wellbeing needs who attend a school in Central or West Lancashire.

kooth

kooth.com

For young people aged 10-25 with 24-hour access to self-help materials as well as goal-setting and mood-tracking tools. Peer support, message with counsellors or book anonymous virtual counselling sessions with qualified therapists who are available in the evenings and at weekends

NHS Talking Therapies

Ask your GP or a trusted adult to help you with a referral.

Talking therapy can help if you're struggling with things like feelings of depression, excessive worry, social anxiety or post-traumatic stress disorder (PTSD).



Mental health & wellbeing support across Lancashire

Empowering young minds for a brighter future!

Always call 999 if you are at immediate risk of danger!

Children & Young People

Self help guide: Supporting your mental health.

Created by Lancashire Mind's Children & Young People's Team, this guide can help you look after your mental health and wellbeing.

Inside, you'll find simple tips, activities and advice to help you understand your feelings, manage difficult moments, and feel more in control.

You're not alone, and small steps can make a big difference.

Updated July 2025

mind Lancashire

www.lancashiremind.org.uk

admin@lancashiremind.org.uk
Registered Charity 1081427

Helplines and texting services



Childline

Childline: 0800 1111 – you can also send them an email and talk to a counsellor on their website: Childline.org.uk. Operates 24/7

NHS 111

To get urgent mental health advice from the NHS, call 111 and select the mental health option. 111 will tell you where you can get help. They may also be able to put you through to a trained mental health professional over the phone. 111 can support anyone who is feeling unsafe, distressed or worried about their mental health. They can also give information and advice about what to do if you're worried about someone else. Operates 24/7

Samaritans

Samaritans: 116 123 - this is a listening service and does not offer advice or intervention. You can also email jo@samaritans.org. Operates 24/7

SHOUT

Text SHOUT to 85258. Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Texts can be anonymous, but if the volunteer believes you're at immediate risk of harm, they may share your details with people who can provide support.

Signposting

Further help & support organisations

THE MIX – Essential support for under 25s

Lancashire LGBT

Trust House Lancashire – Creating a safer Lancashire together

CANW – Child Action Northwest

YOUNGMiNDS

King's Trust

Bereavement & grief support

WINSTON'S WISH – Giving hope to grieving children

Cruse Bereavement Support

Trinity Hospice – Compassion and care

Child Bereavement UK – Rebuilding lives together

Pendleside Hospice – Care Compassion Support

St Catherine's hospice care

Rossendale Hospice – Making every moment count

St John's Hospice

East Lancashire Hospice

Self-care apps

HEADSPACE

Meditations, stress-relieving exercises, sleep resources, and more.

Hub of Hope

The UK's largest mental health support directory.

GRASSROOTS STAY ALIVE SUICIDE PREVENTION

Stay Alive is a suicide prevention resource full of tools and resources to help people stay safe from suicide.

Worry Tree

The worry tree app helps you to manage worry by using a journal and CBT practices.

Gratitude is a tool to help you focus on the positive, become more mindful, and live with intention.

CALM HARM

Calm Harm is a free app that helps you manage or resist the urge to self-harm.

3

3 Good Things is a gratitude-based health diary designed to cultivate a simple yet powerful habit of wellness journaling.

A free online diary journal with lock. You can use it to record daily, secret thoughts, journeys, moods, and any private moments

This is a mindfulness and relaxation app, offering a diverse range of breathing exercises.

InsightTimer

An app that contains a library of free guided meditations.

CLEAR FEAR

Uses Cognitive Behavioural framework to help you change anxious thoughts and calm fear responses.

Calm

Meditation techniques to aid with stress and sleep.



Music/dancing

Music and dancing are fantastic ways to get your body moving and release those feel good hormones. Put on your favourite song, get up and dance! Be creative, be silly, let yourself be free!

Strategies to help you self-manage

Journaling

Write down your thoughts, feelings and goals. Journaling is great to get things off your mind, acknowledge how you are feeling and what goals you would like to put in place for the future. Take 5 minutes a day to write down or draw exactly what's going on in your mind and body. This can be a really productive exercise if you keep going with it.

Exercise

Get up and get moving! Challenge yourself to be more active. Can you try a new exercise that's out of your comfort zone? Can you build up how long you practice it for? A positive body = a positive mind.

Reach out

Something as simple as a phone call, a text, a conversation can massively change your mind set. Why not get in contact with someone you're missing or haven't spoken to in a while. I'm sure it'll brighten up their day as much as yours.

Meditation

Meditation is a great way to relax your mind and body, it takes practice, time and determination. Take some time out and find a meditation on YouTube, Calm or Insight timer. We all have times were our mind feels super busy and taking some time out to let it feel calm is great for making you feel refreshed and ready to give things a go again. Start with a 5 minute meditation and then build yourself up, don't worry if your mind wonders that's perfectly normal– just stick with it!

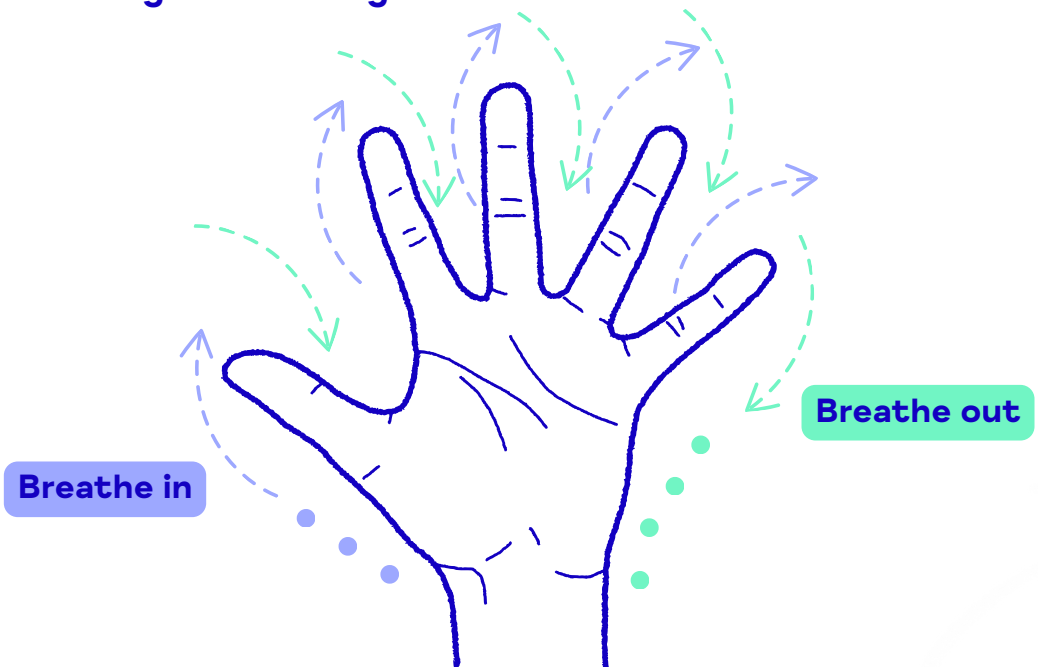


Breathing & grounding exercises

Taking the time out of your day to just sit and breathe can do wonders for your mind and productivity.

Try placing your hands on your tummy (you can do this sitting or lying down) and take a deep breath in through your nose and count to three seconds. Feel your tummy fill up with air and your hands rise, hold for three. Then let the breath out through your mouth but imagine your are blowing up a balloon so it is more controlled, do this for three. Then repeat. In for three, hold for three, out for three.

Five finger breathing



Meet your happy chemicals

Endorphins

The pain killer

Relieves stress & blocks discomfort

- Using essential oils
- Watching a funny movie
- Eating dark chocolate
- Exercising



Dopamine

The reward chemical

Motivation & concentration

- Completing a task
- Self-care activities
- Striving towards a goal
- Eating food

Oxytocin

The love chemical

Increases trust / relationships

- Playing with a pet
- Playing with a baby
- Hugging a loved one
- Giving/receiving a compliment

Serotonin

The mood stabiliser

Wellbeing & happiness

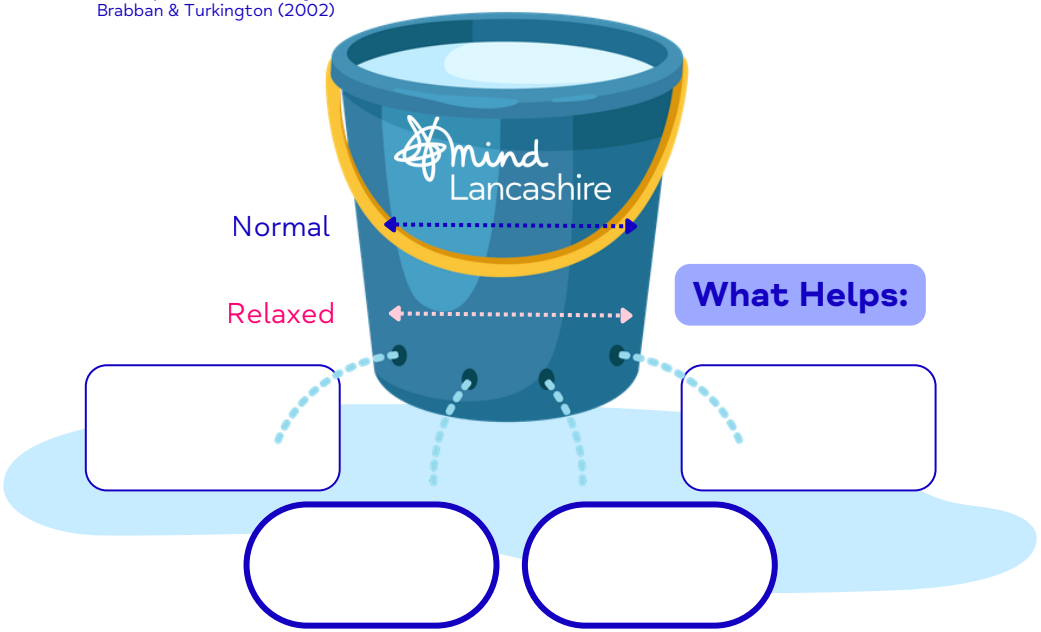
- Meditation
- Running
- Walk through nature
- Having time in the sun
- Improving social behaviour



Complete your own Stress Bucket

Pressures

Developed from an idea by Brabban & Turkington (2002)



What Helps:

Pressures

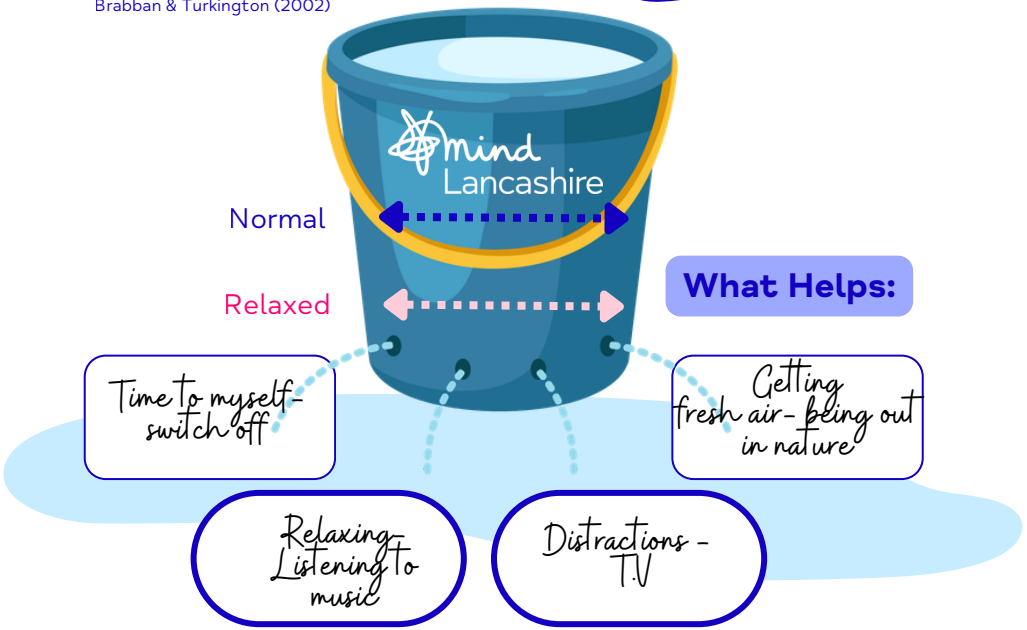
Friendship group

Worry of starting a new school/college

Social gatherings

Exams

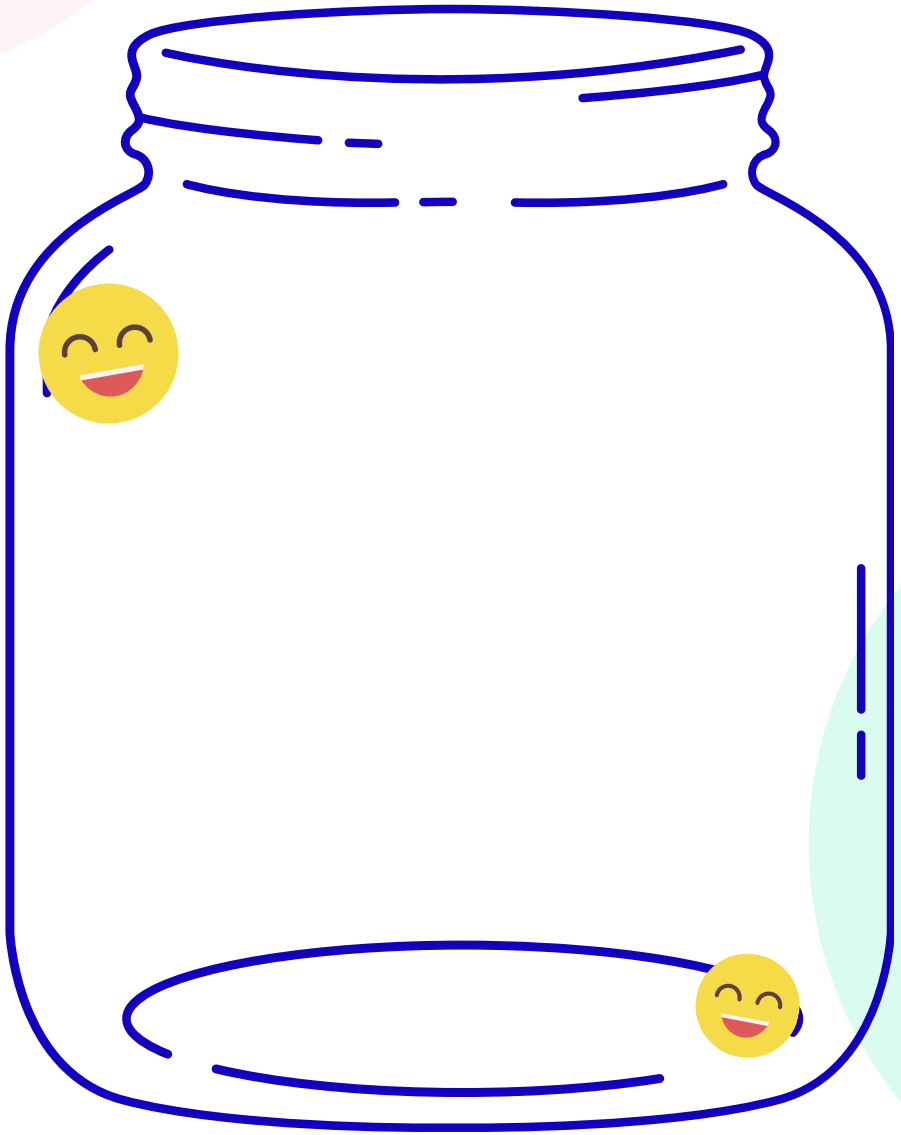
Developed from an idea by Brabban & Turkington (2002)



What Helps:

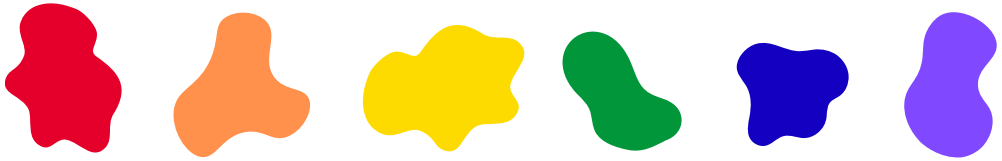
Gratitude Jar

Gratitude is pausing to notice and appreciate the things that we often take for granted. This jar is great if you want to start taking notice of what makes you feel good and things you enjoy. All you need is an empty jar or little box, decorate it if you wish and then add little pieces of paper with thoughts or activities on. Then once you feel your jar is full you can pick a note out each day and remind yourself what truly makes you happy and calm.



Rainbow Grounding

Look around you and try to find the colours in order



Grounding exercise

Name 5 things you can see

Name 4 things you can feel

Name 3 things you can hear

Name 2 things you can smell

Name 1 thing you can taste