

Mental Health Freephone Helpline for the People of Lancashire

# The Wellbeing and Mental Health helpline

**Feeling Low? Need Support?  
Need to talk?**



Do you or the person you care for experience...

- Panic attacks
- Anxiety
- Depression
- Stress
- Sleep problems
- Self harm
- Eating disorders
- Phobias
- Abuse
- Bereavement problems
- Domestic violence
- Relationship problems
- Loneliness
- Schizophrenia
- Bipolar
- Personality disorders
- Dementia
- Difficulty with Children
- Gender issues

A Confidential, Listening and Information  
Service operated by specialist trained volunteers



# Freephone 0800 915 4640

Lines are open: Mon-Fri: 7:00pm till 11:00pm  
Sat-Sun: 12noon till 12midnight

For further information please visit: [www.lancs-mentalhealthhelpline.nhs.uk](http://www.lancs-mentalhealthhelpline.nhs.uk)

**Interested in becoming a volunteer?** Please contact the Helpline Admin Office on 01253 447900

Children and Families

Community Services

Mental Health

Secure Services

Specialist Services

