

Mental Health and Well-being assets – Parents

<u>Asset</u>	<u>Contact Details</u>	<u>Available support</u>
West Lancashire peer support group	Allied Business Centre Potter Place Pimbo Skelmersdale Lancashire WN8 9PH 01695 556554	Providing support to family members to access and manage Direct Payments and Individual Budgets.
Lancashire Mind	Lancashire Mind 80-82 Devonshire Road PR7 2DR 01257 231660	Well-being coaching Happier Lancashire Well being sessions
Ormskirk Relate - counselling and support service	Ormskirk Relate Malthouse Business Centre, 48 Southport Rd Lancashire L39 1QR 01772 717 597	Relationship Counselling Domestic Abuse Perpetrator Program Women's support service
West Lancashire Bereavement support services	The Bereavement Counselling Services First Floor The Malthouse Business Centre 48 Southport Road ORMSKIRK L39 1QR 01695 570 729	Carefully selected, trained and supervised volunteers provide our confidential counselling services
Yewdale Counselling Service - Free counselling	300 Yewdale, Skelmersdale, Lancashire. WN8 6ES. 01695 559070	Free counselling with time and space to explore issues that are important in your life Tues 12:00 - 21:00 Wed 09:30 - 17:00
The Samaritans of Southport and District	32 Union Street Southport Lancashire PR9 0QE Tel: 116 123	Offering a safe place to talk at any time– about anything
NSPCC	For adults concerned about young people: 0808 800 5000	Support for children and young people experiencing abuse

	Help for children and young people: 0800 1111	
Mindsmatter	01695 684177 (West Lancashire Number)	Offering Stress Control Classes, Telephone and on-line support, Therapy groups, Brief one-one sessions with a Qualified Clinician offering guided self-help, counselling or Cognitive Behavioral Therapy
Lancashire Wellbeing service	Lancashire Wellbeing Service, Edward VII Quay, Navigation Way, Ashton on Ribble, Preston. PR2 2YF. 03450 138 208 info@lancswellbeing.co.uk	Working with adults age 18+ offering personalized 1:1 coaching, motivational interview techniques, offering support to those in need of emotional support, those with long term health conditions, those experiencing difficult circumstances and social isolation
National Association for people abused in childhood (NAPAC)	0808 801 0331 (number will not appear on a telephone bill)	Support for survivors of childhood abuse
West Lancashire CVS	Certacs House 10-12 Westgate Skelmersdale Lancashire WN8 8AZ 01695-733737	Providing information and support to voluntary organisations, helping local people to set up and develop voluntary and community groups, and network with other organisations, Representing voluntary and community groups to statutory and other organisations, and partnerships

