



Premier League

Inspires

Useful Numbers

Organisation	Contact
Childline Free, private and confidential service where you can talk about anything at anytime. Whatever the worry or whenever people need help.	Phone: 0800 111 111 Website: https://www.childline.org.uk/get-support/ (Log in for 1-2-1 chat with a counsellor).
Hopeline UK Suicide prevention helpline for children	Phone: 0800 068 4141 Text: 07860039967
Youngminds Making sure young people get the best possible mental health support.	Crisis Messenger: Text YM to 85258
The Silver Line A 24 hour helpline for older people in the UK. People aged 55 and above.	Phone: 0800 4 70 80 90
Mind - The Mental Health Charity Provide advice and support to ANYONE experiencing mental health problem.	Phone: 0300 123 3393 Email: info@mind.org.uk Text: 86463
CAMHS (Blackpool) Child and adolescent mental health service provide service for children and young people (0-16) and their families who are experiencing mental health difficulties.	Phone: 01253 967160
The Mix The UK's leading support service for young people. Have advice and help for a range of challenges from mental health, to money, to homelessness to drugs.	Phone: 0808 808 4994 Crisis Messenger: Text THEMIX to 85258
Samaritans 24 hour help line for anyone struggling to cope who needs someone to listen without judgement. Give people ways to cope. Offer listening and support to people and communities.	Phone: 116 123 Email: jo@samaritans.org
CALM – Campaign Against Living Miserably A helpline for men in the UK who are down, who need to talk or find information and support.	Phone: 0800 58 58 58
Headstart - Resilience Revolution	Phone: 01253 476746 Email: headstart@blackpool.gov.uk Website: www.boingboing.org.uk
Empowerment @ the Den Emotional and practical support to children and young people affected by domestic abuse.	Phone: 0300 32 32 100 Email: admin@empowermentcharity.org.uk