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**Mental Health Support**

**NHS Support**

You don’t need to have seen a doctor before calling for NHS support with mental health.

Different support is available depending on the individual:

* Cognitive Behavioural Therapy
* Counselling
* Online Groups
* Self-Guided Help

You can be contacted via a means that is best for you:

* Face to Face
* Telephone
* Video call
* Online

Waiting times are short

***If you are registered with a GP in Blackpool call 01253 955 700***

***If you are registered with a GP in Fylde or Wyre call 01253 955 943***

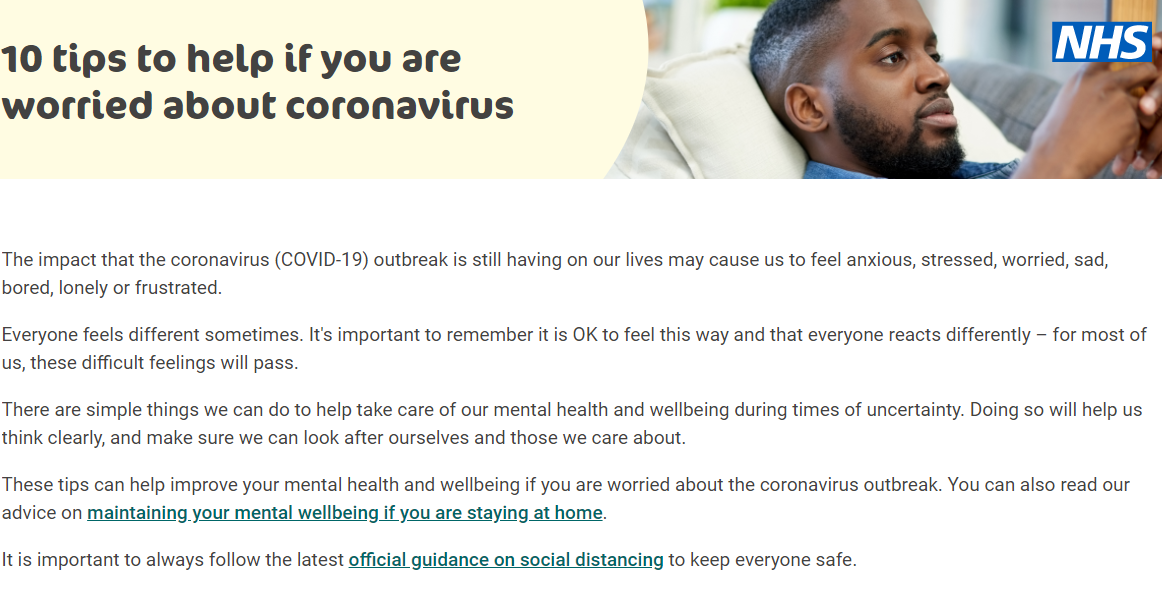
**Every Mind Matters**

This NHS campaign provides a range of resources to support individuals with metal health problems  
[https://www.nhs.uk/oneyou/every-mind-matters/](about:blank)

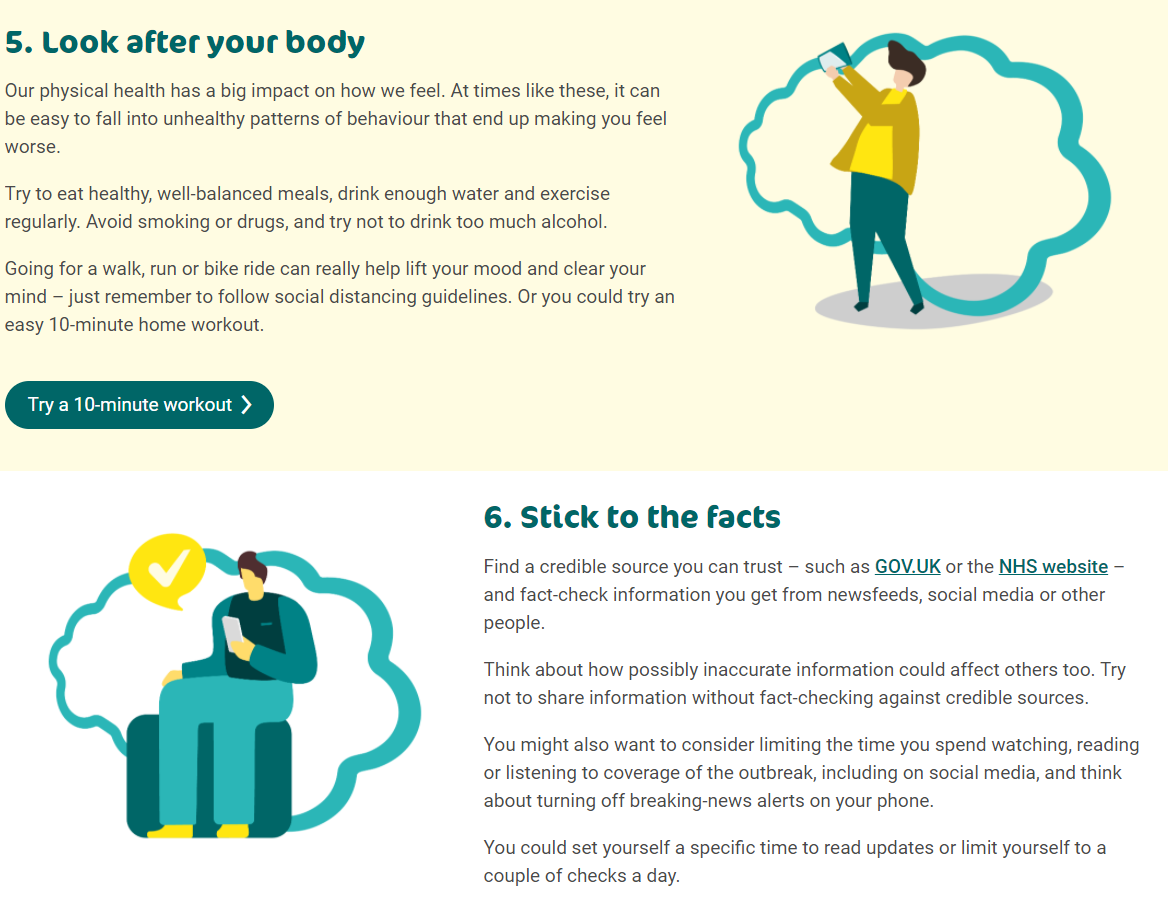
Support is categorised into:

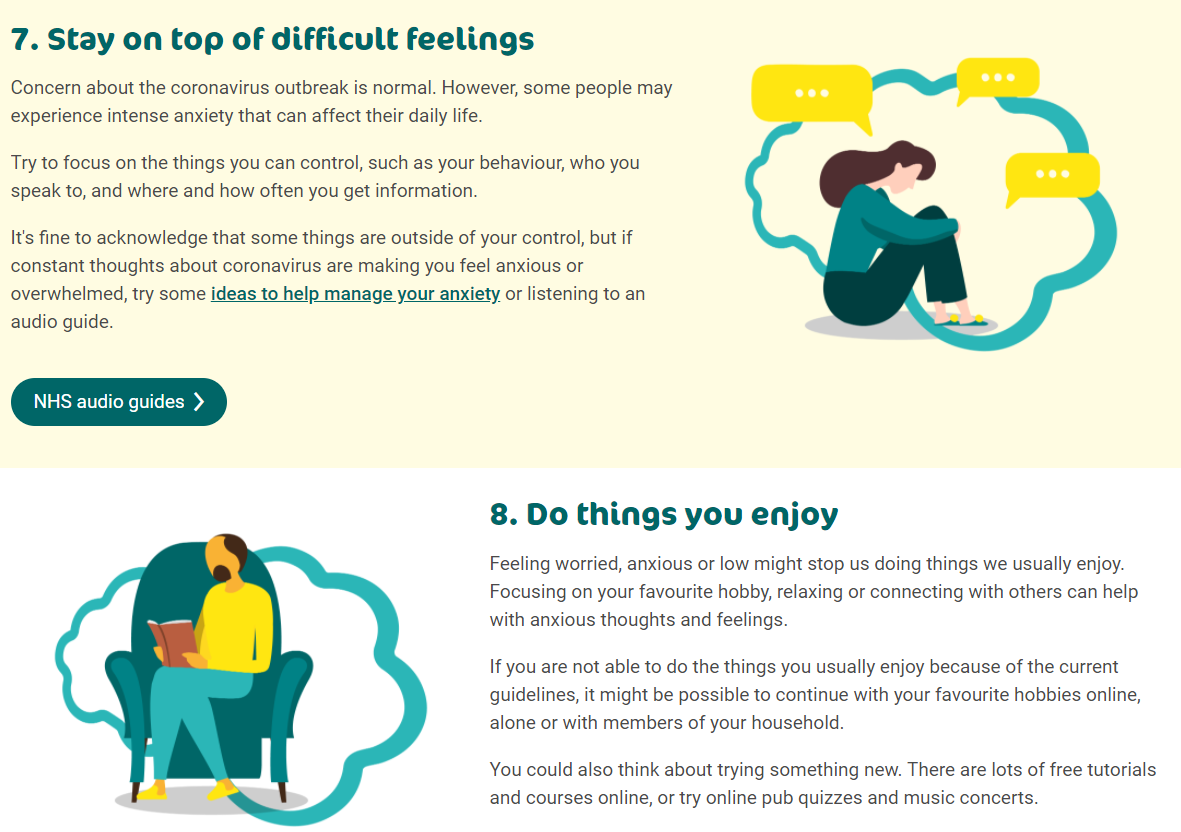
* Coronavirus
* Anxiety
* Low Mood
* Stress
* Sleep
* Parents
* Youth
* Urgent Support
* Possible Causes

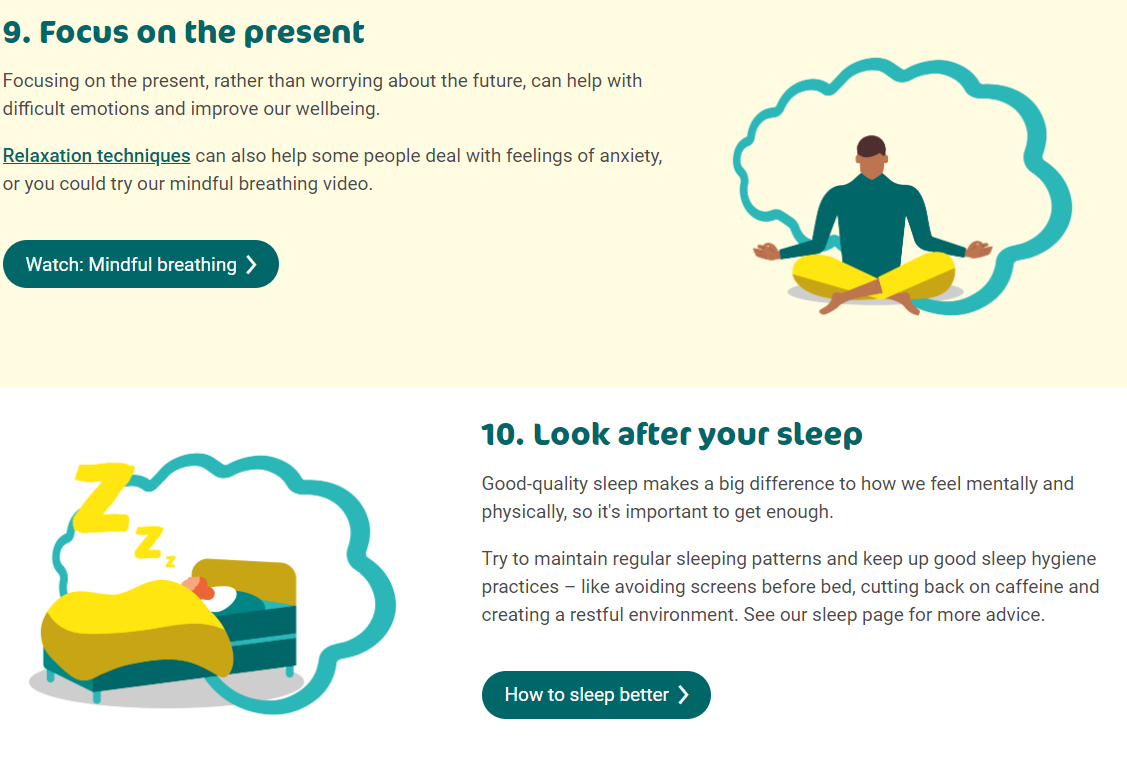
**Every Mind Matters**









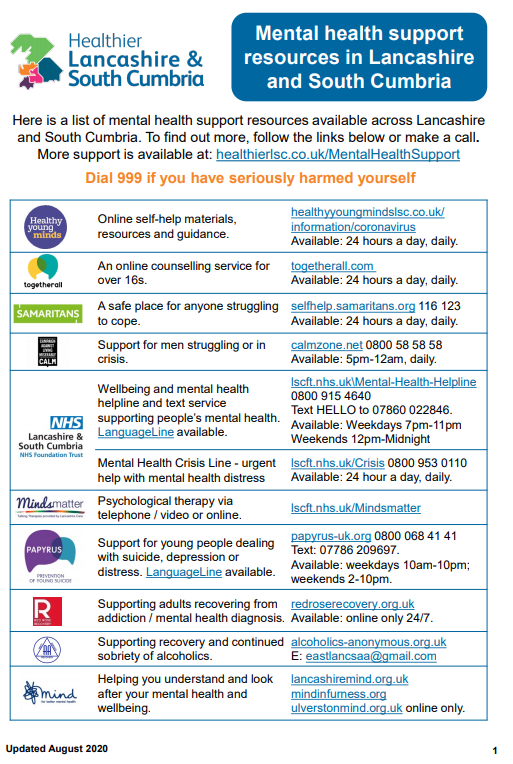


**Non- NHS support**

There are also a range of charities and specialised support services available to people struggling with their mental health.

Services noted on the next 2 pages may have changed due to COVID

Information has been taken from [https://www.healthierlsc.co.uk/mentalhealthsupport](about:blank)





**Other Sources of Information**

More information regarding CCG services

[https://www.fyldecoastccgs.nhs.uk/local-services/mental-health-services/](about:blank)

[https://www.bfwh.nhs.uk/our-services/supporting-minds/](about:blank)

NHS Every Mind Matters

[https://www.nhs.uk/oneyou/every-mind-matters/](about:blank)

Healthier Blackpool

[https://healthierblackpool.co.uk/getvocal/](about:blank)

Healthier Lancashire and South Cumbria

[https://www.healthierlsc.co.uk/mentalhealthsupport](about:blank)

Our Lancashire

[https://ourlancashire.org.uk/about/about-us/](about:blank)