

Local Support Services

Name	Phone Number/E-Mail	Address
Samaritans	Call: 116 123 (free from any phone) Email: jo@samaritans.org	11 St Wilfrid Street Preston PR1 2US
Lancashire Wellbeing Service (Help for adults with emotional and social issues and long term health conditions)	Call: 03450 138 208 E-mail: info@lancswellbeing.co.uk	
Change, Grow, Live Support for adults who are dependent on drugs and alcohol	Call: 0808 169 8673	St Wilfrids Building Fox Street Preston PR1 2AB
Lancashire LGB&T	Call: 07788 295 521 or 01772 777 225	Suite 15 Derby House Lytham Road Fulwood Preston PR2 8JE
Lancashire Mind Mental Wellbeing support	Call: 01257 231660 E-mail: admin@lancashiremind.org.uk	80-82 Devonshire Road Chorley PR7 2DR
Calm (The Campaign Against Living Miserably)	Call: 0800 58 58 58	For men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.
Carers Link Support for Carers	Call: 0345 688 7113 E-mail: info@carerslinklancashire.co.uk	54-56 Blackburn Road Accrington BB5 1LE
Macmillan Cancer Support	Call: 0808 808 0000 Website: macmillan.org.uk	Information and support for people living with cancer in the UK.
Pain Concern	Call: 0300 123 0789 Website: painconcern.org.uk	Support and information about pain and pain management.
Christians Against Poverty National debt counselling charity offering free help and advice	Call: 0800 328 0006 Website: info@capuk.org	