

Home > Residents > Education and schools > Early years and childcare > Family Hubs and Start for Life > Family Hubs > Support available at Blackpool Family Hub

Support available at Blackpool family hub

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If you're struggling, you're not alone. Don't suffer in silence. Our family hubs are here to support you.

There's also a range of services across Blackpool to suit your needs including out of hours hotlines and more.

Mental health

If you're struggling with your mental health, Blackpool family hubs and our partners are here to support you.

- [Every Mind Matters](#) has a free mental health quiz which generates a free personalised plan based on the information you provide with tips and advice to help you look after your mental health and wellbeing
- [Blackpool Talking Therapies](#) offers a range of free psychological therapies to people aged 16 and over
- [Tommy's](#) is a charity offering mental health support and advice for women during pregnancy. Email on midwife@tommys.org or call 0800 014 7800
- [Mind](#) is a national charity that can give you advice on your mental health. Call 0300 123 3393 or email info@mind.org.uk

Debt advice

- Citizens Advice Bureau hold drop-in sessions across our three family hubs on a regular basis. [Have a look at our online timetable](#)
- Clever Money – CLEVER Money is a credit union, a not-for-profit, locally run co-operative which provides socially responsible savings and loans for families and individuals in our community. [Find out more](#)
- [National Debt Line](#) – for free advice around debt, call 0800 808 4000
- Blackpool's Big Food Truck – you can sign up to become a member by visiting the [Blackpool Food Bank website](#) or text 07860 027502 with your name and postcode. The details you provide will not be shared with anyone outside of the scheme
- Healthy Start card scheme – if you're more than 10 weeks pregnant or have a child under 4, you may be eligible for the Healthy Start scheme. This is a pre-paid card that is topped up every four weeks to allow families to buy food and milk for children. [Find out if you're eligible](#)
- You can find support through your local Family Hub. Simply visit one of our hubs and ask for the cost of living advisor who can support you

Drugs and alcohol problems

If you need help and support with a drug or alcohol problem, you're entitled to NHS care in the same way as anyone else who has a health problem.

You can visit your GP or come into your local Family Hub who can refer you to a range of free services in Blackpool.

- **Horizon** – the Horizon service is funded by Blackpool Council to provide a wide range of drug and alcohol support for all Blackpool residents. They offer information, health screenings, treatments (including opioid substitution therapy) and counselling, all

confidential and free. Call **01253 205157** or visit one of Horizon's family hub drop-in sessions. [Dates and times can be found on the online timetable](#)

- **Blackpool Adolescents: Drug, alcohol and sexual health (under 25s)** – if you are a young person aged 25 or under or a parent, carer, friend or professional you can contact the service for help and advice. They can give advice over the phone on **01253 754840** or arrange to see people for one-to-one work
- **Frank** – find out everything you need to know about drugs, their effects and the law on the [Frank website](#)

Stop Smoking

Ready to quit smoking for good? There is free support and advice available across Blackpool to support you in your smokefree journey.

If you are pregnant and want to quit smoking, Blackpool midwifery team host regular drop-in sessions at your local Family Hub to support you. [Visit the online timetable to see dates and times](#). You can also email bfwh.midwifery.healthtrainers@nhs.net or call **01253 952226**

Blackpool tobacco addiction service host drop-in sessions across the three Blackpool Family Hubs. [See the online timetable for dates and times](#).

Smokefree Blackpool Helpline – if you are looking for support with quitting smoking, you can speak to an advisor for support and to access free nicotine replacement therapy to support your quit attempt. Call **0808 196 4324**

Housing

If you find yourself struggling with housing issues, drop into your local family hub for advice and support.

Blackpool Council have lots of information available for you [if you are renting property or looking to rent property in Blackpool](#).

If you are having a [problem with your landlord or rented property, support and advice is available](#).

- Shelter is a national charity providing free support and advice around homelessness and getting back on your feet. [There's lots of online resources available including webchats and emergency helplines](#)

Additional information

[↑ Back to top](#)

Blackpool Council

Municipal Buildings
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