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# What to do if you're in crisis - information for parents of children with SEND

Last Modified April 23, 2024



## Support for parents who are in crisis

### Light Lounge

Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year. They support adults with:

- Employment services
- Supported housing and residential recovery services
- Crisis services and havens
- Community based services
- Social enterprises
- Domestic abuse services

[Call the Light Lounge](#) on 01253 477745

### Young Minds

Young minds offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25. On their website is a parent's helpline, web chat and email service.

Call their parent's helpline on 0808 8025544, Monday to Friday 09.30am to 4.00pm.

### Healthier Minds

[Psychological therapies and counselling services](#). Contact by phone on 01523 955700

### Cruse Bereavement Support

[Supporting people through the most painful times in their life.](#)

Contact by phone on 01772 433645 or 0808 808 1677

### Relate

[Relationship counselling whenever you need](#) us, no matter what situation you face in your relationship. Even if your problems seem trivial, we can help. We offer 4 main types of counselling at Relate Cross Pennine:

- Relationship counselling for couples
- Counselling services for young people
- Family counselling
- Sex therapy

Contact by phone on 01535 605 047

## Counselling in the Community

You are not alone. Whether you are struggling with your mental health or dealing with a difficult life event such as bereavement or separation, our counsellors at [Counselling in the Community](#) are here to listen.

Contact by phone on 08081 963483

## Fylde Counselling

We are a [community counselling service based in Fylde](#) and we offer therapy to residents of Blackpool, Fylde and Wyre aged 16 and upwards. Our counselling can take place either online through video calls on Zoom, or by telephone, or face to face at venues in St Annes, Fleetwood or Blackpool.

Contact by phone on 01253 720270

## Lancashire Mind

Your local mental health charity. [Mental well being for all.](#)

Contact by phone on 01257 231660

## Every Mind Matters

[Wellbeing, Mental health helpline and texting service.](#)

Contact by phone on 0800 915 4640 or text Hello to 07860 022846.

## DrugFAM

Telephone support for anyone bereaved through drug/alcohol addiction

Call 0300 888 3853

## Horizon, the art of recovery

The art of recovery in Blackpool group is open to anybody in recovery who would like to benefit from the therapeutic effects of art and crafts. For families in recovery from addiction, mental health needs or learning difficulties. Sessions are open to all ages and run from 2.00pm to 4.00pm on Saturdays at the Freedom Building 258 Church Street.

Contact by phone on 07874825858 or email [N.kheirkhah@btinternet.com](mailto:N.kheirkhah@btinternet.com) to book onto a session.

## Child Death Helpline

For all those affected by the death of a child at any age.

Call 0808 800 6019

## Griefftalk

For bereaved children and young people

Call 0808 8020111 or [www.griefencounter.org.uk/griefftalk](http://www.griefencounter.org.uk/griefftalk) for a live chat.

## Amparo

For anyone affected by a suspected suicide

Call 0330 088 9225

## Blackpool Council

Municipal Buildings  
Corporation Street  
Blackpool  
FY1 1NF

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