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My mental health

Last Modified December 09, 2024



Activities I can do to boost my mental health

[Blackpool Head Start resilience framework](#) was created to support young people and families with their mental health.

Ready, set, resilience booklet

[The resilience booklet can be found on the Boing Boing website.](#)

[Ramblers wellbeing walks with Active Blackpool](#)

Ramblers Wellbeing Walks are short walks ranging from 30 to 60 minutes that take place across Blackpool.

The walks are designed to help you take the first step towards better health, wellbeing and happiness. We want to get you out of the house, stretch your legs and enjoy the fresh air. We plan our walks to include some of the most scenic locations around town such as Stanley Park, Herons Reach, Martin Mere and the Promenade.

All our walks are led by our fabulous exercise referral team with the help of volunteers and are a relaxed and sociable way to get your daily exercise.

Local and national services that can support your mental health

[Options4CYP children and young people's mental health services: Blackpool Teaching Hospitals](#)

Free mental health support is available from [Kooth](#). This is an online service that helps 11 to 18 year olds in Lancashire with their mental health. They offer discussion boards, one to one chat, self-help resources and you can help write their magazine!

[Lancashire Mind](#) local mental health charity.

This offers early intervention, wellbeing coaching (online and face to face), a self-harm report card and peer support.

Get help now [Get help now | Lancashire Mind](#)

[Healthy Young Minds](#)

[Childline](#)

[The Samaritans](#)

[Shout](#) the UK's free, confidential and 24/7 mental health text service for crisis support

[Togetherall](#), if you're feeling lonely, stressed, worried or just not yourself, on Togetherall you can get support and start to feel better.

[Young Minds](#), disability and mental health, a young person's guide.

[Andy's Man Club](#)

Men's suicide prevention charity offering free peer to peer support groups across the UK and online.

Blackpool Council

Municipal Buildings
Corporation Street
Blackpool
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