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Useful contacts

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Check out all of these other services that can offer help and support!

Support for care leavers

Your personal advisors

Call: 01253 478320

Email: blackpoolleavingcare@blackpool.gov.uk

Leaving care team manager - Mark McElroy

Call: 07881281573

Email: Mark.McElroy@blackpool.gov.uk

Service manager for the adolescent service - Sam Goldsworthy

Call: 07443366249

Email: Sam.Goldsworthy@blackpool.gov.uk

Head of the adolescent service - Sara McCartan

Call: 07467444595

Email: Sara.McCartan@blackpool.gov.uk

Justuz and Justuz Xtra

Call: 07796 707747

Email: justus@blackpool.gov.uk

Website: [Just Uz \(blackpool.gov.uk\)](http://Just.Uz(blackpool.gov.uk))

Employee Assistance Programme

This service is provided by a company completely independent to the council called Health Assured. The Employee Assistance Programme (EAP) can assist with all of life's ups and downs and it is not just counselling for use in a crisis. The telephone helpline can help with any non-work related issues.

Contact can be made:

- **By Phone: 0800 028 0199** (or add prefix 0044 to call from outside UK – stating they are a UK based employee, calls will be charged) Access to Mincom is arranged via scheduling a consultation using the email address or contact facility on the webpage. **You just need to mention they are a Blackpool Care Leaver.**
- **By App** : Download the Health Assured **Wisdom** app via Google play or Apple store using the code **MH A051861** – Here you can access “live chat” facility or request a call back

Coram Voice (Offer help (called advocacy) to young people who are living in care or have recently left care)

Call: Freephone: 0808 800 5792

WhatsApp: +44 (0)7758 670369 (add to your contacts and send them a message free with WiFi)

Website: [Coram Voice](#)

Rights4Children (They make sure you know your rights and who can help)

Website: [Children's rights in England - rights4children](#)

Family Rights Group

Call: Free Advice Line: [0808 801 0366](#)

Website: [Helping families Helping children](#)

Become (The charity for children in care and care leavers)

Call: 0800 023 2033

WhatsApp: 07860034982

Email: advice@becomecharity.org.uk

Website: [Become](#)

Catch 22 (Provide support for looked after children and care leavers)

Call: 020 7336 4800

Email: info@catch-22.org.uk

Website: [Catch22](#)

The Children's Commissioner (Free support and advice for looked after children and care leavers)

Call: Freephone: 0800 528 0731

Email: help.team@childrenscommissioner.gov.uk

Website: [Help at Hand](#)

Department for Education care leavers

Website: [Find support for care leavers](#)

Employment/financial/housing advice and support

Job Centre Plus

Call: 0800 169 0190

Website: [Blackpool JobCentre Plus and Jobs in Blackpool \(jobcentreguide.co.uk\)](#)

The Platform

- Text or call on 07342 056448
- Call our office on 01253 477775
- Pop into The Platform, Unit 3 Bickerstaffe House (next to the new Post Office) to make an appointment
- Email youthhub@blackpool.gov.uk

[Youth Hub - The Platform](#)

The Care Leavers Covenant

Call: 0800 077 3557

Email: info@mycovenant.org.uk

Website: [Care Leavers Wanted - Care Leaver Covenant \(mycovenant.org.uk\)](https://www.mycovenant.org.uk)

Discretionary Support

Call: 0800 6940 100

Housing advice

Call: 01253 477760

Website: <https://www.blackpool.gov.uk/Residents/Advice-and-support/Discretionary-support-scheme.aspx>

Turn2Us (Financial health and advice)

Website: <https://www.turn2us.org.uk/>

Health support

How to find a dentist

[How to find an NHS dentist](#)

How to find a doctor

[Find a GP](#)

Sexual health and substance misuse service

Call: 01253 478320

Website: [Substance misuse and sexual health services](#)

Getting it on

The Sexual Healthline: 0300 123 7123

Website: <https://www.gettingiton.org.uk>

NHS guide to sexual health services: <https://www.nhs.uk/nhs-services/sexual-health-services/guide-to-sexual-health-services/>

Frank (Honest information about drugs)

Call: 0300 123 6600

Text: 82111

Website: www.talktofrank.com

Together All (online mental health support)

Website: [Togetherall](#)

Kooth (Online mental health wellbeing community and support)

Website: [Home - Kooth](#)

Lancashire and Cumbria Health Partnership

Website: [Lancashire and South Cumbria Health and Care Partnership](#)

Mind (support for mental health)

Call: 0300 123 3393

Email: www.mind.org.uk

Young Minds (Support for mental health)

Website: <http://youngminds.org.uk>

Text Young Minds Crisis Messenger For urgent help: YM to 85258

The Light Lounge

Light Lounge on Whitegate is a safe space that provides the opportunity to speak to crisis support workers and de-escalate heightened emotional state. You can attend the daily drop in between 4pm-7pm.

If you don't want to attend in person you can also call the crisis line. The Mental Health Crisis Line is available 24 hours a day, 7 days a week

Call 0800 953 0110.

Other places you can go for help and support

Blackpool Council Employee Assistance Programme (EAP) (Free confidential 24 hour Helpline)

Call: 0800 030 5182

NEST Lancashire (Helping you if you have been affected by crime, bullying or harassment)

Call: 0300 111 0323

TEXT: NEST and your number to 60777

Email: info@nestlancashite.org

Website: [Nest Lancashire - Supporting young victims](#)

The Rees Foundation (Help and support with accessing your social care files)

Website: <https://www.reesfoundation.org/>

Citizens Advice Bureau

Call: [0300 330 1184](tel:03003301184)

Website: <https://www.blackpoolcab.org.uk/>

The Samartians (Confidential and emotional support helpline for anyone in crisis)

Call: 116123

Website: <http://www.samaritans.org>

Email: jo@samaritans.org

The Core

Check out the offer app, The Core.

You can download The Core from [Apple App Store](#) or [Google Play](#).

Additional information

Blackpool Council

Municipal Buildings
Corporation Street
Blackpool
FY1 1NF

Information and help

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