

Service Name	Who is it for	What is provided	When & Where	Telephone	E-mail Address	Website	What will happen
Fylde Counselling Service	Anyone aged over 16 living in Blackpool, Fylde or Wyre with stress, anxiety relationship difficulties, bereavement, loss, depression anger, abuse trauma etc	Person-centred face to face counselling by trained and trainee counsellors	Appointments available at various times and in a number of venues across Blackpool, Fylde and Wyre	01253 720720	admin.fcs@fyldecoastymca.org	http://fyldecoastymca.org/wp-content/uploads/2010/10/Counselling-Service-Leaflet.pdf	you will be asked to attend a pre-counselling appointment where you will meet a qualified counsellor. The appointment will involve collecting information, issues you are facing, your availability, measuring your wellbeing, assessing whether counselling is suitable
Cruse Bereavement Care	Children, young people and adults across Lancashire, Blackpool and Blackburn.	Support, advice and information for anyone bereaved. Face to face, one to one bereavement support by	Home visits at various times, can be seen elsewhere if preferable	01772 686668	lancashire@cruse.org.uk	https://www.cruselancashire.org.uk/bereavement-support.html	allocated to your case, they will make contact with you to arrange a suitable appointment. The sessions usually last an hour and are scheduled once a
Trinity Hospice Bereavement Support	Anyone in Blackpool, Fylde and Wyre that has lost someone close to them and who feels they are struggling to manage	Specialist bereavement support, one to one counselling, counsellor facilitated group work, informal support	Various times, The Linden Centre, Low Moor Rd, Bispham	01253 595552		http://www.trinityhospice.co.uk/	
Supporting Minds	Anyone registered with a GP in Blackpool or Cleveleys aged 16 and over who is feeling anxious and/or has low mood	Evidence based treatment programmes, including one to one therapy and group work	Appointments available at various times and in a number of venues in Blackpool	01253 955700		https://www.bfwh.nhs.uk/our-services/community-services/supporting-minds/contact-us/	
Youth Therapy (Connect Counselling)	Young people aged 11-25	One to one counselling and drop-in sessions	Appointments available at various times and in a number of venues in Blackpool, drop-in every Monday 1:30pm-3:30pm at Connect, Talbot Rd	01253 955858		http://www.bfwh.nhs.uk/wp-content/uploads/2015/08/CPL147.pdf	Initial appointment should be made within 6 weeks of referral. The appointment is about meeting one of the counsellors and finding out in more detail what counselling is and how it might be helpful to you. If you decide to go ahead, the counsellor will put your name on a waiting list and you will be given an approximate waiting time before your first counselling appointment.
Blackpool Carers Centre	Anyone in Blackpool, Fylde and Wyre who provides unpaid help and support to someone else (e.g. parent, partner, friend)	Emotional and practical support - a number of services are provided, e.g. group-based support, mental wellbeing clinics, complementary healthcare, courses and activities)	Various times, the Carers Centre, Beaverbrooks House	01253 393748		http://www.blackpoolcarers.org/	
Blackpool Women's Centre	For women in Blackpool	Some limited counselling provided in Blackpool	Contact the service	01253 290007		http://womenscentre.org/	
Beacon Counselling Service	Problem gamblers in Blackpool and those affected by gambling (e.g. family members)	One to one counselling - face to face, telephone or via Skype	Various times and various venues in Blackpool	01253 49 1099		http://beaconcounsellingtrust.co.uk/free-gambling-counselling-blackpool-support-for-those-affected-by-gambling-in-blackpool/	When you first contact us, we will ask you for some basic information (name, address, date of birth, what days / times you would be able to come for counselling). One of our specially trained Gambling counsellors will contact you, usually within 2 days, to arrange the first appointment.

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Counselling in the Community	Any adults, children and young people with stress, anxiety relationship difficulties, bereavement, loss, depression anger, abuse trauma etc. Accepts donations if affordable.	Person-centred face to face counselling by trainee and trained counsellors	Appointments available 10am - 6pm. Evening and weekend appointments may be available on request. 26 Derby Road (Off Dickson Road) Blackpool FY1 2JF	01253 749722	counselling.community@outlook.com	http://www.shbi.org.uk/	Sessions usually last around 50 minutes, choice of male or female counsellor, can drop in for a friendly, no fee or obligation chat to discuss if service is right for you.
Relate Live Chat Counselling	Anyone with relationship issues	Real time live chat with a trained relationship counsellor	Online - various times	0300 100 1234		https://www.relate.org.uk/relationship-help/talk-someone/live-chat-counsellor	Sessions usually last around 25 minutes. When you click the 'Start a Live Chat' button you'll be transferred to our Live Chat area. You will then be able to join a queue to be connected to a counsellor as soon as one becomes available.
Renaissance	For adults living in Blackpool, Fylde and Wyre who have been victims of sexual violence or abuse who are facing a criminal trial. Referral only.	Specialist counselling provided by trainee and qualified counsellors limited to 8 sessions	Appointments available at various times	01253 311431		http://www.druglinelancs.co.uk/sexual-violence-support/	Referrals are made via Independent Sexual Violence Advisors. Client (or their support worker) should contact the ISVA service at Renaissance to discuss
	For adults living in Blackpool with drug and alcohol issues that are causing problems in their lives, including people in recovery.	Face to face counselling provided by qualified and trainee counsellors	Appointments available at various times	01253 311431		http://www.druglinelancs.co.uk	Referrals only. Clients can call the service to meet with a worker who can refer them or referrals via GPs or other health/social care professionals

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