

Blackpool Mental Health Partnership Board



Training

Welcome to our first newsletter for Blackpool Mental Health Partnership Board

Content warning – discussion of suicide

Blackpool Mental Health Partnership Board is a multi-agency group, created to help improve the mental health and wellbeing of people in Blackpool.

In this issue, we'll be focussing on suicide prevention and the support available for people in crisis.

Suicide is complex - there is no one factor that may lead someone to take their own life. Suicides are also preventable, with the right, timely interventions.

One of our aims as a partnership is to reduce the number of deaths by suicide in our town. We want to reduce the stigma that stops people getting help and ensure that people affected by suicide get the support they need.

Spotting the signs

People considering suicide may show signs they're going through a difficult time – these might vary from person to person. The Samaritans have a list of signs and situations to look out for

[How to support someone you're worried about](#)

Spotting these signs and supporting someone to get help can potentially be life-saving.

[Zero Suicide Alliance Free online training](#) from Zero Suicide Alliance provide free online suicide awareness training that only takes minutes, for anyone aged 16 and over.

They also provide special editions of this training for certain groups and settings e.g. taxi drivers.

[Crisis Tools](#) learning guides to increase knowledge and confidence for anyone supporting young people in a mental health crisis.

[Free suicide prevention training is also available through Lancashire and South Cumbria Integrated Care Board and Blackpool Council's Public Health Team.](#)

If you complete one of the specific suicide prevention or mental health courses e.g. Suicide First Aid, you can also support your workplace or community by becoming an Orange Button holder. Wearing an Orange Button helps people recognise that you've received suicide prevention training and can provide signposting to support.

If you'd like to find out more about training and the Orange Button, please contact publichealth@blackpool.gov.uk

Support for people in crisis

In mental health, a crisis refers to a situation when someone needs urgent help. They may be self-harming or feeling suicidal, feeling very anxious and having panic attacks or having an episode of psychosis (e.g. hearing voices).

If someone has hurt themselves or you think their injuries are life threatening, call 999.

If you need mental health assistance, or are experiencing a crisis or supporting someone, call the NHS Fylde Coast Initial Response Service (IRS) on **0800 013 0709**. Support is also available through Options for children and young people, on **0800 121 7762**.

Blackpool Light Lounge

Also provides support for people in crisis.

Face to face drop ins: Monday to Friday from 4pm to 10pm, Saturday and Sunday from 11am to 10pm. Digital appointments and telephone calls: 7 days a week 10am to 10pm.

259 Whitegate Drive, Blackpool, FY3 9JL,
Tel: **01253 477745 / 07741 834840**

Suicide Bereavement Support

If you've been bereaved or affected by suicide, there is help available.

Solace Blackpool

Solace is a peer support project for anyone bereaved by suicide.

Contact Sam at Solace on **07442 882066** or solace@empowermentcharity.org.uk

Amparo

Amparo provides support for anyone affected by suicide – this can be 1:1, family groups, groups of colleagues or peers.

General mental health support

Blackpool Talking Therapies service Blackpool Talking Therapies

Blackpool Teaching Hospitals offers a range of free psychological therapies for people aged 16 and over for common mental health problems like depression and anxiety. Self-refer by contacting **01253 955700** or bfwh.talkingtherapies@nhs.net

Wellbeing Helpline and Texting Service

A free service for people needing emotional support for their own mental health or that of someone they know. Call **0800 915 4640** or text Hello to **07860 022 846**

Togetherall

Togetherall is free online mental wellbeing support for anyone aged 16 and over. People can access a range of courses and resources and chat anonymously with others.

Kooth

Kooth is a free online service for young people aged 11-18. It's a safe space online to talk to other young people and speak to friendly counsellors on live chat.

Young people's mental health support

The options for children and young people's service have a range of teams available to support young people with their mental health needs. Contact **0800 121 7762** or bfwh.options4cyp@nhs.net

Useful Information

Samaritans Helpline 116 123

Blackpool Citizens Advice

For debt and benefit advice.

Elliot's Place

For young men aged 18+ struggling with their mental health.

Star Blackpool

Mental health support network for people over 18.

Horizon Blackpool

For drug and alcohol treatment (25 and over).

Blackpool Adolescent Service

Drug and alcohol treatment for young people aged 10 to 24.