



for better mental health

<http://www.mind.org.uk/>

the
**national
careline**

Helpline: 0800 0699 784

Email: office@thenationalcareline.org

women's aid

until women & children are safe

www.womensaid.org.uk

Helpline: 0808 2000 247

Blackburn
foodbank

The Oaks

Oakenhurst Rd

Blackburn

BB2 1SN

Tel:01254 672756

OPENING TIMES ARE
from 11am till 2pm

Monday Wednesday and Friday



when it's less
urgent than 999

Alcoholics Anonymous National Helpline



Tel: 0845 769 7555

Email: help@alcoholics-anonymous.org.uk

SAMARITANS

confidential emotional
support available 24/7

08457 90 90 90
samaritans.org

Your Local Family Information Service:

Blackburn with Darwen

Families Information Service

Ground Floor

10 Duke Street

Blackburn, BB2 1DH

Tel: 01254 667877

fis@blackburn.gov.uk

RAPECRISIS
ENGLAND AND WALES

National Freephone Helpline

0808 802 9999



<http://www.citizensadvice.org.uk/>