

BLACKBURN WITH DARWEN LOCAL RESOURCE LIST MAY 2006



ORGANISATION	CONTACT DETAILS	Referrer Health Professional	Referrer Self or Health Professional
ANXIETY			
No Panic Information on panic and phobias, telephone counselling & advice	0808 808 0545 www.nopanic.org.uk	✓	
BEREAVEMENT			
CRUSE Counselling 1-1 & group, support & info. for any bereavement issue	01772 433645 Blackburn www.care.org.uk	✓	
Compassionate Friends Local support for parents whose child has died in any circumstance	08451 232304 www.tcf.org.uk	✓	
Despair after Suicide Counselling, support with coroners inquest, media, visiting suicide site	01772 760662	✓	
LOST LOVES Support Group for bereaved parents 1 st and 3 rd Thursday from 7 9pm	01254 231134 (Becky) Harvey St Community Centre, Oswaldtwistle, Accrington	✓	
S.O.B.S Survivors of bereavement by suicide	0870 2413337 www.sobs.admin.care4free.net	✓	
Unintended Pregnancy Bereavement counselling following termination of pregnancy	01254 293920 Gynaecology Day Unit, QPH	✓	
CARERS/OLDER PEOPLE			
Age Concern Advice and support for over 55's	01254 266620 Blackburn	✓	
Blackburn / Darwen Carers Centre Support & advice for carers	01254 689314 Blackburn	✓	
Crossroads Offer respite for carers who care relatives who have physical or mental health problems	01254 53913 Blackburn	✓	
COUNSELLING			
Primary Care Brief Counselling Service 1 to 1 counselling from 16 yrs of age	01254 686710 St Ives House, Accrington Road, Blackburn	✓	
Counselling Associates (Private) BACP Accredited Counsellors	01254 692598 www.bacp.co.uk St David's House, Strawberry Bank, Blackburn	✓	

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CULTURALLY APPROPRIATE SERVICES			
Asian Counselling Service Counselling offered in Urdu, Punjabi & Gujarati languages	01254 662011	✓	
Ethnic Minority Development Association Signposting to support groups, information & immigration work	01254 680757 St John's Centre Victoria Street, Blackburn	✓	
Women's Centre Legal & careers advice, library & courses. Counselling available Urdu, Punjabi & Gujarati languages	01254 583032 25 Wellington St, Blackburn www.womenscentre.org	✓	
DRUGS / ALCOHOL & ADDICTION			
Alcoholics Anonymous Helpline for anyone with an alcohol problem	0845 769 7555	✓	
Drugline Advice, information & support	01772 825492	✓	
Blackburn & Darwen Drug Service Help for people with drugs and alcohol problems, rehab & detox	01254 226200 61 63 Preston New Road, Blackburn	✓	
Families Anonymous Group for people who have a family member or friend with a drug addiction	01254 202013 Mill Hill Community Centre	✓	
Jarman Centre Needle exchange, drugs education, psycho-sexual counselling and HIV testing	01254 263525 James Street, Blackburn	✓	
Gamblers Anonymous Support group for sufferers and an additional group for their families	01254 662011 Tuesday evening	✓	
THOMAS Inclusion Project Residential rehabilitation and drop-in service for people with an addiction	01254 59240 St David's House, 8 Strawberry Bank, Blackburn	✓	
Eating Disorders			
Eating Disorder Association Support and information for sufferers, parents & carers. Local support group info.	01603 621414 www.edauk.com	✓	

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EMPLOYMENT, MONEY & HOUSING & Advice			
Citizens Advice Bureau	01254 671211 Blackburn 01254 776313 Darwen		
Christians Against Poverty Non-denominational. Budget advice, debt repayment and insolvency service	01254 695 599 Blackburn@CAPuk.org		
Housing Needs The local authority homelessness section	01254 585444		
Condition Management Programme (NHS & Jobcentre) Offer a range of support to help manage your health condition	01254 343880 Ask for Brenda or speak to your GP		
Supported Employment Service For people returning to work following physical or mental health problems, and those who are visually & sensory impaired	01254 678230 Blackburn/Darwen		
The Access Point Network Information & advice on looking for work & learning new skills, careers, mock interviews and CV's	Bank Top: 01254 581175 Brookhouse: 01254 676796 Darwen: 01254 707551		
Volunteer Bureau	01254 694113		
MENTAL & PHYSICAL HEALTH			
Autistic Society Support for autistic people & their families	01254 381515 Blackburn 0800 952 0520 National Autistic Society www.nas.org.uk		
Community Mental Health Teams Secondary services for mental health problems	01254 342700 Blackburn 01254 226360 Darwen		
Maundy Grange Anger Management for individuals	01254 232328 Abbey Street Accrington		
MIND Helpline and web site for help and advice on all aspect of mental health	0845 766 0163 Mind infoline www.mind.org.uk		
Resource Centre Outreach services for people with mental health issues	01254 662011 Blackburn 01254 226360 Darwen		
Samaritans Confidential helpline 24 hours a day	08457 90 90 90		
RELATIONSHIPS AND PARENTS			
After Adoption Help and support for anyone who is connected to issues around adoption	08000 568 578 www.afteradoption.org.uk		
Relate Counselling for individuals and couples, psycho-sexual & sexual abuse counselling	01772 717597 For Preston, Blackburn and Accrington offices		
Parentline Confidential helpline for parents to offload their problems	0808 800 222		
Family Support Project (5 to 13 yrs) Support for families e.g. truancy	01254 675872		
Childrens Centres Support for parents of 5yr old children and under: nursery facilities and childcare. Counselling.	East: 01254 507733 North: 01254 264922 West: 01254 698832 Darwen: 01254 778900		
Home Start Emotional & Practical support for parents with children under 5 years.	01254 692613 263 Preston New Road Blackburn		
Sexual Assault & Victim Support			
SAFE Forensic examination, counselling & support for women, men & children who have experienced sexual assault/rape/abuse	01772 523344 Helpline 01772 523949 Counselling Royal Preston Hospital		
Victim Support Lancashire Assistance & advice	0845 373 2456 Blackburn		
Witness Service Support for witness' in a court of law	01254 265305 Debbie Simpkin		
Womens Services			
The Wish Centre Supporting women with domestic violence, legal, housing & benefits advice, drop-in, groups, counselling for sexual abuse	01254 55111 25 Cardwell Place, Blackburn 01254 260465 Domestic Violence Helpline		
New Mums Support Group Baby play, breast feeding support & sleep group	01254 507733 (Mon 1PM) Audley Sports C Centre Chester St, Blackburn		
Women's Centre Counselling, courses and support. Legal and careers advice & library	01254 583032 25 Wellington St, Blackburn www.womenscentre.org		
YOUNG PEOPLE SERVICES			
Blackburn with Darwen Foyer Housing support & personal support for young homeless people	01254 222030 Princes Street, Blackburn www.svha.co.uk		
Brook Free & confidential service for under 25's: sexual health and counselling	01254 268700 Darwen Street, Blackburn Brook.Blackburn@virgin.net		
NSPCC Child Protection Helpline Advice on child protection issues and help for children in distress	0808 800 5000 www.nspcc.org.uk		
Connexions Centre Holistic service for young people who offer careers advice, information re mental & physical health, housing etc	01254 267780 St Johns Court, 54 Ainsworth St, Blackburn www.cx-lancs.co.uk		