

Children and Family  
**Wellbeing  
Service**

# Get advice and support

Someone to talk to  
Problems at  
home/school  
Jobs and training  
Apprenticeships  
Staying safe  
online  
Sex and health  
Relationships

Mental Health  
Self Harm  
Bullying  
Drugs and  
alcohol  
Things to do  
Housing, rights  
and money  
What age can I?



[facebook.com/LancashireYPS](https://facebook.com/LancashireYPS)

[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year

**2pm to 10pm**



**Text 07786 511111**

**Talk online** [lancashire.gov.uk/youthzone](http://lancashire.gov.uk/youthzone)

**Call 0800 511111**

## Age 0-19

(up to 25 for young  
people with learning  
difficulties or disabilities)



[www.lancashire.gov.uk](http://www.lancashire.gov.uk)