

## 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/LancashireYZ**

**twitter.com/LancashireYPS**

You can contact us **365** days a year

**2pm to 10pm**



**Text 07786 51 11 11**

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

**Call 0800 51 11 11**

## Age 0-19

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

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

