

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

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

Call 0800 51 11 11

Age 0-19

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



www.lancashire.gov.uk