

East Lancashire Numbers:

Lancashire Mental Health Helpline - 0500 639000
Monday to Friday 7 am–11 pm
Saturday and Sunday 12 noon to 12 midnight

Burnley Area Numbers:

Samaritans - 01282 694929
Community Alcohol Service - 01282 416655
Freeflow (women's telephone counselling) - 01282 450545
Substance Misuse Group - 01282 657270
Burnley & Pendle Crisis Resolution Home Treatment Team - 01282 657222
Rossendale, Hyndburn & Ribble Valley Crisis Resolution Home Treatment Team - 01254 226419

Blackburn Area Numbers:

Samaritans - 01254 662424
Community Alcohol Team - 01254 226265
Women's Centre - 01254 583032
WISH - 01254 55111
Maundy Grange - 01254 232328
Brook (25 & under) - 01254 268700

This leaflet has been developed with information sourced from:

NCH, The National Self Harm Network and LifeSIGNS.

If you have any comments about its contents please let us know.

Please retain this leaflet for future reference



Not sure what to do when you feel ill?

Let us point you in the right direction.

www.nhsdirect.nhs.uk

CALL 24 HOURS A DAY ON
NHS 0845 Direct 4647

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ADVICE SHEET FOR:

Deliberate Self Harm

DEPARTMENT OF EMERGENCY MEDICINE

**ROYAL BLACKBURN
HOSPITAL**

Emergency Department

Telephone: **01254 734023**

Urgent Care Centre

Telephone: **01254 734293**

**BURNLEY GENERAL
HOSPITAL**

Urgent Care Centre

Telephone: **01282 474050**

East Lancashire Hospitals



NHS Trust

