

ABOUT US

Richmond Fellowship is a national mental health charity making recovery reality for thousands of people every year. We provide a wide range of services including residential support, supported housing, employment services, community support and crisis support. Richmond Fellowship is part of **Recovery Focus**, a group of charities with the shared aim to inspire recovery together.

GET IN TOUCH

To find out more about the support we provide and our referral process, contact us on:

T: 01253 477 745

M: 07741 834 840

**A: The Light Lounge, 259 Whitegate Drive,
Blackpool, FY3 9JL**

E: blackpoolhaven@richmondfellowship.org.uk

W: www.richmondfellowship.org.uk

Follow Richmond Fellowship **@rfmentalhealth**

In the event you are unable to access the **Light Lounge** you can contact:

LSCFT Mental Health Crisis Line service:

Call: 0800 953 0110

Available 24 hours a day, 7 days a week

The Wellbeing Helpline & Texting service:

Call: 0800 915 4640

Text: 07860 022 846

Monday to Friday 7pm – 11pm

Saturday and Sunday 12pm – 12am

THERE FOR YOU IN YOUR TIME OF NEED

THE LIGHT LOUNGE BLACKPOOL



HOW WE CAN HELP

The **Light Lounge** is a welcoming and non-judgmental environment for individuals struggling socially and emotionally with life challenges or for those in a **mental health crisis**.

SUPPORT WE OFFER

Here at The Light Lounge you will be supported by **Richmond Fellowship** crisis recovery workers who will assist you to identify your needs and offer one to one tailored interventions to best help you.

Some of the support we can offer:

- **Anxiety management**
- **Stress management**
- **Safety and Wellness Recovery Action planning**
- **Low mood/Depression**
- **Suicidal ideation**
- **Emotional regulation**
- **Challenging negative thoughts**
- **Signposting**

At the heart of everything we do lies:

Hope: the belief that recovery is possible for every individual

Respect: valuing differences and all contributions

Enabling: giving people encouragement and support to achieve their goals

Inclusion: the belief that everyone has a right to participate fully in society

Home Treatment Team (HTT)

Lancashire and South Cumbria NHS Foundation Trust have practitioners from the Fylde Coast Home Treatment Team who are both In-Reach and also based at The Light Lounge.

Practitioners are able to offer initial assessments to anyone who present as requiring immediate support from Secondary Mental Health Services.

This way of working has been set up to improve the crisis pathway for people with mental ill health in the local area.

The HTT partnership with Richmond Fellowship has been established to meet the needs of the local population.

Our opening hours

Drop in sessions:

4pm – 10pm, 7 days a week

Pre booked appointments:

10am – 4pm, 7 days a week

The Light Lounge is run in partnership with:

