



10-10 a confidential telephone line for any young person aged 11-25 in the Lancaster & Morecambe Districts & Fylde & Wyre.

If you're experiencing emotional distress and would like to talk or email with one of our emotional health workers.

Call : 0800 144 8461

e-mail: contact@a-c-e.org.uk



Registered Company Number: 7848785

Registered Charity Number: 1147278