

Lincolnshire and National

Support Services Directory

Updated

01 October 2020

Addiction

We Are With You

National

We run a number of specialised services to support people into recovery. These include:

- One to one sessions
- Medical prescribing

Website www.wearewithyou.org.uk

Email info@wearewithyou.org.uk

Telephone No (01522) 305768

How to Access Phone - Website - Email

Young People and Gambling

National

We provide information to help people make informed decisions about their gambling.

Website <https://www.begambleaware.org/gambling-problems/who-does-problem-gambling-affect/yo>

Email

Telephone No (08080) 201333

How to Access Phone - Website

National Association for Children of Alcoholics

National

To support the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem.

Website <http://www.nacoa.org.uk/>

Email helpline@Nacoa.org.uk

Telephone No (08003) 583456

How to Access Phone - Website - Email

Children of Addicted Parents and People (COAP)

National

COAP was set up so young people affected by parental drug and alcohol abuse do not have to feel alone in what can be very tough times for many young people.

Website <http://www.coap.org.uk/contact/>

Email

Telephone No

How to Access Website

Bereavement

Winston's Wish

National

Winston's Wish was the UK's first childhood bereavement charity – supporting bereaved children.

Website <https://www.winstonswish.org/>

Email ask@winstonswish.org

Telephone No (08088) 020021

How to Access Phone - Website - Email

Hope Again

National

Hope Again is Cruse Bereavement Care's website for young people.

Website <https://www.hopeagain.org.uk/>

Email hopeagain@cruse.org.uk

Telephone No (08088) 081677

How to Access Phone - Website - Email

Grief Encounter

National

Grief Encounter is one of the UK's leading child bereavement charities providing pioneering services and support to bereaved children, young people and their families.

Website <https://www.griefencounter.org.uk/>

Email

Telephone No

How to Access Phone - Website

Cruse Bereavement Care

National

We offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.

Website <https://www.cruse.org.uk/>

Email

Telephone No (08088) 081677

How to Access Phone - Website

Childhood Bereavement Network

National

CBN supports professionals working with bereaved children and young people, with information updates, key resources and networking opportunities.

Website <http://www.childhoodbereavementnetwork.org.uk/?gclid=EAIaIQobChMI-sbPq7Ly4AIVhpPt>

Email

Telephone No (02078) 436309

How to Access Website

Child Death Helpline

National

At the Child Death Helpline we're here to listen. Your call will be answered by a trained volunteer who has also lost a child and understands the feelings that surround the death of a child.

Website <http://childdeathhelpline.org.uk/>

Email contact@childdeathhelpline.org

Telephone No (0800) 282986

How to Access Phone - Website - Email

Child Bereavement Network

National

The Childhood Bereavement Network (CBN) is the hub for those working with bereaved children, young people and their families across the UK.

Website <http://www.childhoodbereavementnetwork.org.uk/?gclid=EAIaIQobChMIgIOrprHy4AIVyrtC>

Email cbn@ncb.org.uk

Telephone No (02078) 436309

How to Access Phone - Website - Email

Bullying

Anti-bullying Alliance

National

The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.

Website <https://www.anti-bullyingalliance.org.uk/>

Email aba@ncb.org.uk

Telephone No

How to Access Website - Email

Ditch The Label

National

We believe in a world that is fair, equal and free from all types of bullying. Our mission is to combat bullying by tackling the root issues and to support young people aged 12-25 who are impacted.

Website <https://www.ditchthelabel.org/>

Email

Telephone No (01273) 201129

How to Access Phone - Website

Bullying UK

National

Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals.

Website <https://www.bullying.co.uk/>

Email askus@familylives.org.uk

Telephone No (08088) 002222

How to Access Phone - Website - Email

Cancer

Hope Support Services

National

Our award-winning, youth-led support is available to anybody aged 11-25 when a close family member is diagnosed with a life-threatening illness – such as cancer. If that's you, we'd love to chat.

Website <http://www.hopesupport.org.uk/>

Email help@hopesupportservices.org.uk

Telephone No (01989) 566317

How to Access Website

Macmillan Cancer Support

National

At Macmillan, we understand the many ways in which a cancer diagnosis can affect life.

Website <https://www.macmillan.org.uk/>

Email

Telephone No (08088) 080000

How to Access Phone - Website

Mattdotcom

County

Provides the loan of a laptop and peripheral equipment such as printers to 12 to 19 year olds with life-threatening illness to enable the continuation of school work, within a 50 mile radius of Lincoln

Website www.mattdotcom.org.uk

Email support@mattdotcom.org.uk

Telephone No (01522) 543642

How to Access Phone - Website - Email

St Barnabas Hospice

County

St Barnabas Hospice is the leading charity in Lincolnshire providing palliative and end-of-life care to adults living with a life-limiting or terminal illness.

Website <https://stbarnabashospice.co.uk/contact>

Email enquiries@stbarnabashospice.co.uk

Telephone No (01522) 511566

How to Access Phone - Website - Email

Cancer Research UK

National

Support Charity

Website www.cancerhelp.org.uk

Email cancer.info@cancer.org.uk

Telephone No (02070) 618355

How to Access Phone - Website - Email

Teenage Cancer Trust

National

Around seven young people aged between 13 and 24 are diagnosed with cancer every day in the UK. They need expert treatment and support from the moment they hear the word 'cancer.' We're the only charity dedicated to making this happen.

Website <https://www.teenagecancertrust.org/about-us/contact-us>

Email hello@teenagecancertrust.org

Telephone No (02076) 120370

How to Access Phone - Website - Email

Children Missing

Runaway Helpline

National

Runaway Helpline is here if you are thinking about running away, if you have already run away, or if you have been away and come back.

Website <https://www.runawayhelpline.org.uk/>

Email 116000@runawayhelpline.org.uk

Telephone No (116) 000

How to Access Phone - Website - Email

Children of Prisoners

National Information Centre on Children of Offenders

National

NICCO lists comprehensive information from voluntary and statutory agencies across England

Website <https://www.nicco.org.uk/>

Email

Telephone No

How to Access Website

National Prisoners' Families Helpline

National

The National Prisoners' Families Helpline can support you if a family member is in contact with the criminal justice system. We provide advice and information on all aspects from what happens on arrest, visiting a prison to preparing for release.

Website <https://www.prisonersfamilies.org/>

Email info@prisonersfamilies.org

Telephone No (08088) 082003

How to Access Phone - Website - Email

Children's Charities

Action for Children

National

From before they are born until they are into their twenties, we help disadvantaged children across the UK.

Website <https://www.actionforchildren.org.uk>

Email ask.us@actionforchildren.org.uk

Telephone No (03001) 232112

How to Access Phone - Website - Email

Barnardos

National

We protect, support and nurture the UK's most vulnerable children

Website <https://www.barnardos.org.uk/>

Email

Telephone No (02085) 508822

How to Access Phone - Website

Childline

National

Childline is a service provided by NSPCC

Website <https://www.childline.org.uk/>

Email

Telephone No (0800) 1111

How to Access Phone - Website

Children's Society

National

We are a national charity that works with the country's most vulnerable children and young people. We listen. We support. We act. Because no child should feel alone.

Website <https://www.childrensociety.org.uk>

Email supportercare@childrensociety.org.uk

Telephone No (02078) 414400

How to Access Phone - Website - Email

NSPCC

National

Safeguard children and young people from abuse

Website <https://www.nspcc.org.uk>

Email

Telephone No (08088) 005000

How to Access Phone - Website

Counselling

British Association for Counselling and Psychotherapy

National

The British Association for Counselling and Psychotherapy (BACP) is a large organisation that many counsellors around the UK are registered with

Website <https://www.counselling-directory.org.uk/>

Email

Telephone No (03333) 252500

How to Access Phone - Website

Crime

Lincolnshire Action Trust

County

Lincolnshire Action Trust was established in 2000 and works with a variety of agencies within the criminal justice system to reduce re-offending by working with offenders

Website <http://latcharity.org.uk>

Email hello@LATcharity.org.uk

Telephone No (01522) 806611

How to Access Phone - Website - Email

Vitim Support

County

For children and adolescents under 18 the Child ISVA service is now provided by the Castle Project at Victim Support in Lincoln

Website <https://www.victimsupport.org.uk/help-and-support/get-help/support-near-you/east-midlands>

Email

Telephone No (07787) 002970

How to Access Phone - Website

Crime Stoppers

National

We're an independent charity that gives people the power to speak up and stop crime – 100% anonymously.

Website <https://crimestoppers-uk.org>

Email

Telephone No (0800) 555111

How to Access Phone - Website

Fearless (Crimestoppers for Young People)

National

Fearless is our youth service aimed at 11-16 year olds. It is tasked with increasing awareness of the dangers surrounding street crime, drugs and violence.

Website <https://crimestoppers-uk.org/about-the-charity/who-we-work-with/trusts-and-foundations/hel>

Email

Telephone No (0800) 555111

How to Access Phone - Website

The Youth Justice Resource Hub

National

The Youth Justice Resource Hub is run by the Youth Justice Board for England and Wales (YJB), which is a non-departmental public body responsible for overseeing the youth justice system in England and Wales.

Website <https://yjresourcehub.uk/>

Email Resourcehub@yjb.gov.uk

Telephone No (020 3) 34 5300

How to Access Website - Phone

Disability

Mencap

National

We are Mencap. We are passionate about changing the world for everyone with a learning disability.

Website <https://www.mencap.org.uk>

Email helpline@mencap.org.uk

Telephone No (08088) 081111

How to Access Phone - Website - Email

Contact a Family

National

Contact are a charity for families with disabled children. They support families with the best possible guidance and information. They bring families together to support each other.

Website <https://contact.org.uk/>

Email info@contact.org.uk

Telephone No (02076) 088700

How to Access Phone - Website - Email

Domestic Abuse

Mankind Initiative

National

Our confidential helpline is available for all men across the UK suffering from domestic violence or domestic abuse by their current or former wife or partner (including same-sex partner).

Website <https://www.mankind.org.uk/>

Email

Telephone No (01823) 334244

How to Access Phone - Website

National Domestic Violence Helpline

National

The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Website <http://www.nationaldomesticviolencehelpline.org.uk/>

Email

Telephone No (08082) 000247

How to Access Phone - Website

Refuge

National

At Refuge, we believe that no-one should have to live in fear of violence and abuse. For example domestic violence, sexual violence, so-called 'honour'-based violence, human trafficking and modern slavery, and female genital mutilation.

Website <https://www.refuge.org.uk>

Email helpline@refuge.org.uk

Telephone No (08082) 000247

How to Access Phone - Website - Email

EDAN Ending Domestic Abuse Now in Lincolnshire (Bost

County

We are a County wide domestic abuse service that operates in all districts in Lincolnshire providing support to individuals and families affected by domestic abuse. Every Monday:9.30am -11.30am

Website <https://edanlincs.org.uk/>

Email info@edanlincs.org.uk

Telephone No (01522) 510041

How to Access Phone - Website - Email

Galop (LGBT)

National

If you've experienced hate crime, sexual violence or domestic abuse, we're here for you. We also support lesbian, gay, bi, trans and queer people who have had problems with the police or have questions about the criminal justice system.

Website <http://www.galop.org.uk/>

Email help@galop.org.uk

Telephone No (08009) 995428

How to Access Phone - Website - Email

Drugs

Talk to Frank

National

Honest information about drugs

Website <https://www.talktofrank.com>

Email frank@talktofrank.com

Telephone No (03001) 236600

How to Access Phone - Website - Email

Faith

Muslim Youth Helpline

National

The Muslim Youth Helpline (MYH) is an award winning registered charity which provides pioneering faith and culturally sensitive services to Muslim youth in the UK.

Website <https://www.myh.org.uk/>

Email info@myh.org.uk

Telephone No (08088) 082008

How to Access Phone - Website - Email

FGM

Africans Unite Against Child Abuse

National

We aim to promote the best interests of the child in all our activities

Our stance is that culture and religion should never be a reason to abuse children.

Website <https://www.afruca.org/>

Email

Telephone No (02077) 042261

How to Access Phone - Website

NSPCC FGM Helpline

National

Call the FGM helpline if you're worried a child is at risk of, or has had, FGM.

Website <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilati>

Email fgmhelp@nspcc.org.uk

Telephone No (08000) 283550

How to Access Phone - Website - Email

Daughter of Eve

National

Daughters of Eve is a non profit organisation that works to protect girls and young women who are at risk from female genital mutilation (FGM).

Website <http://www.dofeve.org/>

Email

Telephone No 07983 030488 Text Only

How to Access Phone - Website

Forward UK

National

FORWARD (Foundation for Women's Health Research and Development) is committed to gender equality and safeguarding the rights of African girls and women.

Website <https://forwarduk.org.uk/>

Email support@forwarduk.org.uk

Telephone No (02089) 604000

How to Access Phone - Website - Email

Forced Marriage

Karma Nirvana

National

Someone you know is experiencing honour-based abuse or is at risk of a forced marriage

Website <https://karmanirvana.org.uk/>

Email info@karmanirvana.org.uk

Telephone No (08005) 999247

How to Access Phone - Website - Email

Health (Adult)

NHC choices

National

Advice, tips and tools to help you make the best choices about your health and wellbeing.

Website <https://www.nhs.uk>

Email

Telephone No

How to Access Website

Change for Life

National

Easy ways to eat well and move more: food facts, recipes, and activities

Website <https://www.nhs.uk/change4life>

Email

Telephone No

How to Access Website

Bladder and Bowel UK

National

They provide information and advice for adults, children and young people with bladder and bowel problems

Website <https://www.bbuk.org.uk/>

Email bbuk@disabledliving.co.uk

Telephone No (01616) 078219

How to Access Phone - Website

RoSPA (Royal Society for the Prevention of Accidents)

National

Exchanging life-enhancing skills and knowledge to reduce serious accidental injuries

Website <https://www.rospa.com>

Email help@rospa.com

Telephone No (01212) 482000

How to Access Phone - Website - Email

Lullaby Trust

National

Offer life-saving advice to help parents and carers reduce the risk of sudden infant death syndrome, and have a support service for families who experience the sudden loss of a baby or young child.
Bereavement support: 0808 802 6868

Website <https://www.lullabytrust.org.uk/>

Email office@lullabytrust.org.uk

Telephone No (08088) 026869

How to Access Phone - Website - Email

Health (Children)

ERIC, The Children's Bladder and Bowel Charity

National

ERIC exists to give every child and teenager with a bowel or bladder condition the support they deserve to enjoy a life free from shame, isolation and fear.

Website <https://www.eric.org.uk/>

Email

Telephone No (08081) 699949

How to Access Phone - Website

Child Accident Prevention Trust

National

The Child Accident Prevention Trust (CAPT) is the UK's leading charity working to reduce the number of children and young people killed, disabled or seriously injured in accidents.

Website <https://www.capt.org.uk>

Email

Telephone No

How to Access Website

Breastfeeding Network

National

A society who offer independent, evidence-based information and support to help build awareness of breastfeeding to individuals and organisations and to support a mum in her choice to breastfeed.
National Breastfeeding Helpline on 0300 100 0212

Website <https://www.breastfeedingnetwork.org.uk>

Email Admin@breastfeedingnetwork.org.uk

Telephone No (03001) 000212

How to Access Phone - Website - Email

British Society of Paediatric Dentistry

National

Dedicated to improving the oral health of children in the UK

Website <https://www.bspd.co.uk>

Email

Telephone No

How to Access Website

Children and Young People's Nurses

County

The Children and young people's nurses work with targeted children from year 1 in school to age 19 years, they provide support for continence, enuresis (bed wetting) and children with complex health needs.

Website

Email BS_HealthServices@lincolnshire.gov.uk

Telephone No (01522) 843000

How to Access Phone - Email

Health Visiting

County

Health visiting service for from babies and children aged 0 to the end of their reception year in school.

Website

Email BS_HealthServices@lincolnshire.gov.uk

Telephone No (01522) 843000

How to Access Phone - Email

Institute of Health Visiting

National

Institute works closely with members, the public health workforce and wider community to develop and implement a wide range of policy and projects to educate and empower individuals, effect change and celebrate excellence.

Website <https://ihv.org.uk/families/top-tips/>

Email info@ihv.org.uk

Telephone No (02072) 657352

How to Access Phone - Website - Email

Housing

Shelter

National

Shelter helps millions of people every year struggling with bad housing or homelessness through our advice, support and legal services.

Website <https://www.shelter.org.uk/>

Email

Telephone No (08088) 004444

How to Access Phone - Website

Lincolnshire Youth Homelessness

County

All young people aged 16 – 25 who are in need of advice and assistance, due to being homeless or at risk of homelessness.

Boston Borough Council 01205 314555

Website https://lincolnshirechildcare.proceduresonline.com/pdfs/youth_homeless_gateway.pdf

Email

Telephone No (01205) 314555

How to Access Phone - Website

Internet Safety

Internet Matters

National

A site dedicated to helping parents keep their children safe online. Includes guidance on how to set up parental controls.

Website <https://www.internetmatters.org/>

Email

Telephone No

How to Access Website

Be Internet Legends

National

Free resources to make it easy to teach online safety at home. Created by Google.

Website https://beinternetlegends.withgoogle.com/en_uk/parents

Email

Telephone No

How to Access Website

NetAware

National

NSPCC run site which helps parents understand the latest technology and apps used by children and young people.

Website <https://www.net-aware.org.uk/>

Email

Telephone No

How to Access Website

National Online Safety

National

We equip school staff, parents and pupils with the knowledge they need to understand online dangers.

Website <https://nationalonlinesafety.com/>

Email hello@nationalonlinesafety.com

Telephone No (08003) 688061

How to Access Website

Child Exploitation Online Protection Centre (CEOP)

National

Are you worried about online sexual abuse or the way someone has been communicating with you online?

Website <https://www.ceop.police.uk/safety-centre/>

Email

Telephone No

How to Access Website

National Professionals Online Safety Helpline

National

The Professionals Online Safety Helpline (POSH) was set up in 2011 to help all members of the community working with or for children in the UK, with any online safety issues.

Website <https://www.saferinternet.org.uk/professionals-online-safety-helpline>

Email helpline@saferinternet.org.uk

Telephone No (03443) 814772

How to Access Phone - Website - Email

Safer Internet

National

Childnet's mission is to work in partnership with others around the world to help make the internet a great and safe place for children.

Website https://www.childnet.com/?gclid=EAlaIQobChMIx5Dcrbjz4AIVjp3tCh1G_wCsEAAYAiAAEgJ

Email info@childnet.com

Telephone No (02076) 396967

How to Access Phone - Website - Email

Think U Know

National

Thinkuknow and CEOP reporting sites for internet safety

Website <https://www.thinkuknow.co.uk/>

Email communication@nca.x.gsi.gov.uk

Telephone No (03704) 967622

How to Access Phone - Website - Email

LGBT

Stonewall

National

We deliver training, produce resources and develop membership programmes to empower teachers and education professionals to tackle homophobia, biphobia and transphobia in schools and colleges.

Website <https://www.stonewall.org.uk/>

Email info@stonewall.org.uk

Telephone No (02075) 931850

How to Access Phone - Website - Email

Looked After Young People

The Care Advice Line

National

The team at The Care Advice Line are amongst the most experienced in the country in providing information and advice on care and its funding.

Website <https://www.thecareadvice.org>

Email enquiries@thecareadvice.org

Telephone No (01614) 137860

How to Access Phone - Website - Email

Caring2Learn

County

Support with Training for schools, tool kits
Support carers

Website <http://search3.openobjects.com/kb5/lincs/fsd/family.page?familychannel=1900>

Email caring2learn@lincolnshire.gov.uk

Telephone No (08001) 951635

How to Access Phone - Website - Email

Coram Voice

National

Voice (formerly Voice for the Child in Care or VCC) joined the Coram group of charities and became Coram Voice.

Website <https://coramvoice.org.uk>

Email help@coramvoice.org.uk

Telephone No (08088) 005792

How to Access Phone - Website - Email

Mental Health

Young Minds

National

We're the UK's leading charity fighting for children and young people's mental health.

Website <https://youngminds.org.uk/>

Email

Telephone No (08088) 025544

How to Access Phone - Website

OCD-UK

National

The national OCD charity, run by and for people with lived experience of OCD

Website <https://www.ocduk.org/>

Email

Telephone No (03332) 127890

How to Access Phone - Website

Papyrus (Suicide Support)

National

PAPYRUS is the national charity dedicated to the prevention of young suicide.

Website <https://papyrus-uk.org>

Email pat@papyrus-uk.org

Telephone No (08000) 684141

How to Access Phone - Website - Email

Samaritans

National

National support talking helpline

Website <https://www.samaritans.org>

Email admin@samaritans.org

Telephone No (116) 123

How to Access Phone - Website - Email

Selfharm UK

National

Dedicated to self-harm recovery, insight and support

Website <https://www.selfharm.co.uk/>

Email

Telephone No

How to Access Phone - Website

OCD Action

National

OCD Action is the national charity focusing on Obsessive Compulsive Disorder (OCD).

Website <https://www.ocdaction.org.uk/>

Email support@ocdaction.org.uk

Telephone No (08453) 906232

How to Access Phone - Website - Email

The Royal College of Psychiatrists

National

Work with patients, carers and their psychiatrists. We provide online and printed information on mental health issues and signpost patients to further help.

Website <https://www.rcpsych.ac.uk/>

Email

Telephone No (02072) 352351

How to Access Phone - Website

Rethink Mental Health

National

We help millions of people affected by mental illness by challenging attitudes, changing lives.

Website <https://www.rethink.org>

Email info@rethink.org

Telephone No (03005) 000927

How to Access Phone - Website - Email

Young Minds Parent Helpline

National

We're the UK's leading charity fighting for children and young people's mental health.

Website <https://youngminds.org.uk>

Email

Telephone No (08088) 02554

How to Access Phone - Website

Mind

National

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Website <https://www.mind.org.uk>

Email

Telephone No (02085) 192122

How to Access Website

Healthy Minds Lincolnshire

County

Cognitive behavioural therapy (CBT) techniques, which are designed to help young people think about things differently and learn to cope in a more positive way

Website <http://www.lpft.nhs.uk/our-services/specialist-services/healthy-minds-lincolnshire>

Email

Telephone No (01522) 309777

How to Access Phone - Website

Steps2change

County

steps2change provides talking therapies for people 16 years and older experiencing problems with anxiety, depression, stress, and offers help with issues like bereavement or the impact of a traumatic event

Website <http://www.lpft.nhs.uk/steps2change/accessing-our-services/self-referral-online>

Email lincs.spa@nhs.net

Telephone No (01522) 309777

How to Access Phone - Website - Email

The Mix

National

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs

Website <https://www.themix.org.uk/>

Email

Telephone No (08088) 084994

How to Access Phone - Website

B-eat Eating Disorders

National

Support for eating disorders

Website <https://www.beateatingdisorders.org.uk/>

Email help@beateatingdisorders.org.uk

Telephone No (08088) 010711

How to Access Phone - Website - Email

MindEd for Families

National

MindEd is a free learning resource about the mental health of children, young people and older adults.

Website <https://mindedforfamilies.org.uk>

Email

Telephone No

How to Access Website

Mentally Healthy Schools

National

Mentally Healthy Schools brings together quality-assured information, advice and resources.

Website <https://www.mentallyhealthyschools.org.uk/>

Email mhs@annafreud.org

Telephone No

How to Access Website - Email

Anna Freud National Centre for Children and Families

National

The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young minds.

Website <https://www.annafreud.org>

Email schoolsinmind@annafreud.org

Telephone No (02077) 942313

How to Access Phone - Website - Email

Kooth

National

Online counselling support

Website <https://www.kooth.com>

Email

Telephone No

How to Access Website

Heads Together

National

Through our work with young people, emergency response, homeless charities, and with veterans, we have seen time and time again that unresolved mental health problems lie at the heart of some of our greatest social challenges.

Website <https://www.headstogether.org.uk/>

Email

Telephone No

How to Access Website

HeadMeds - Young Minds

National

To give young people straightforward and reliable information about mental health medication from a trustworthy source.

Website <https://youngminds.org.uk/youngminds-professionals/our-projects/headmeds/>

Email

Telephone No (08088) 025544

How to Access Phone - Website

Charlie Waller Memorial Trust

National

Support for deprssion

Website <https://www.cwmt.org.uk/>

Email

Telephone No (01635) 869754

How to Access Phone - Website

CALM (Campaign Against Living Miserably)

National

We are the Campaign Against Living Miserably (CALM) and we're leading a movement against suicide.

Website <https://www.thecalmzone.net>

Email

Telephone No (0800) 585858

How to Access Phone - Website

Bipolar UK

National

If you've got questions or concerns about bipolar.

Website <https://www.bipolaruk.org>

Email info@bipolaruk.org

Telephone No (03333) 233880

How to Access Phone - Website - Email

Anxiety UK

National

Anxiety UK is a national registered charity formed in 1970 by someone living with agoraphobia for those affected by anxiety disorders.

Website <https://www.anxietyuk.org.uk>

Email support@anxietyuk.org.uk

Telephone No (03444) 775774

How to Access Phone - Website - Email

National Self Harm Network

National

Online Support Forum

Website <http://www.nshn.co.uk/>

Email

Telephone No

How to Access Website

Sane

National

SANE is a leading UK mental health charity. We work to improve the quality of life for anyone affected by mental illness.

Website <http://www.sane.org.uk/>

Email info@sane.org.uk

Telephone No (03003) 047000

How to Access Phone - Website - Email

Migrant Children

Migrant Children's Project

National

The Migrant Children's Project (MCP), delivered by Coram Children's Legal Centre (CCLC), promotes the rights of all refugee and migrant children.

Website <https://www.coram.org.uk/>

Email

Telephone No (02075) 200300

How to Access Phone - Website

Money

Stop Loan Sharks

National

We are continuing to provide specialist support, help and advice for victims of loan sharks during this difficult time.

Website <https://www.stoploansharks.co.uk/>

Email reportaloanshark@stoploansharks.gov.uk

Telephone No (03005) 552222

How to Access Phone - Website

Parent Support

Gingerbread

National

We are the leading national charity working with single parent families

Website <https://www.gingerbread.org.uk/>

Email groups@gingerbread.org.uk

Telephone No (02074) 285400

How to Access Phone - Website - Email

Parentline Plus

National

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life.

Website <https://www.familylives.org.uk/>

Email

Telephone No (08088) 002222

How to Access Phone - Website

Racism

Show Racism the Red Card

National

Show Racism the Red Card works throughout the UK to offer a whole range of educational training, workshops, resources and activities, all designed to educate young people and adults about the causes and the consequences of racism.

Website <https://www.theredcard.org/education>

Email

Telephone No (01912) 578519

How to Access Website

Kick it out Campaign

National

Kick It Out is English football's equality and inclusion organisation. Kick It Out is at the heart of the fight against discrimination for everyone who plays, watches or works in football.

Website <https://www.kickitout.org/>

Email

Telephone No

How to Access Website only

Ethnic Minority and Traveller Education

County

Help children to access appropriate education
Promote different cultures
Challenge racism and discrimination

Website <https://www.lincolnshire.gov.uk/school-pupil-support/ethnic-minority-traveller-education>

Email EMTET@lincolnshire.gov.uk

Telephone No (01427) 787190

How to Access Email / Phone

BBC Bitesize

National

A young Asian girl gives us an account of how she was the victim of verbal racism and physical bullying in her school.

Website <https://www.bbc.co.uk/bitesize/clips/zqvnvcw>

Email

Telephone No

How to Access Website

Hate Crime Intervention - Cumbria Specialist Youth Servic

National

Hate2Hate is a one to one intervention programme developed by Cumbria Specialist Youth Support Teams, designed for children that have committed racially motivated offences or have exhibited concerning thinking patters

Website <https://yjresourcehub.uk/over-representation-and-disproportionality/item/607-hate-crime-inte>

Email

Telephone No

How to Access Website

Safeguarding

Lincolnshire Safeguarding Children Board

County

Lincolnshire Safeguarding Children Board is a statutory multi-agency board made up of representatives from the Local Authority, Police, Health Service, Probation Trust, Youth Offending Service, the Voluntary Sector and others.

Website <https://www.lincolnshire.gov.uk/LSCB>

Email

Telephone No (01522) 782111

How to Access Phone - Website

LCC Emergency Duty Team (EDT)

County

Out of Hours Contact

Website <https://www.lincolnshire.gov.uk/lscb/the-lscb/contact-us/124619.article>

Email

Telephone No (01522) 782333

How to Access Phone - Website

School

STEM Centre (Science)

National

A range of activities for children to do from the National STEM centre.

Website <https://www.stem.org.uk/home-learning/primary>

Email

Telephone No

How to Access Website

BP Educational Services (Science)

County

There is a wide range of Science resources on this page. You need to register but it is free.

Website <https://bpes.bp.com/>

Email

Telephone No

How to Access Website

Let's Go Live Science (Science)

County

A daily Science session with Maddie Moate and Greg Foot.

Website <https://www.youtube.com/user/maddiemoate>

Email

Telephone No

How to Access Website

Dr Chips (Science)

National

A daily webcast linked to different areas of STEM (Science, Technology, Engineering and Maths).

Website <https://drchips.weebly.com>

Email

Telephone No

How to Access Website

Topmarks (Maths)

National

There are lots of different games on the website, particularly good for maths.

Website www.topmarks.co.uk

Email

Telephone No

How to Access Website

Musical Maths (Maths)

National

A website which has rewritten popular songs to help learn maths, particularly times tables.

Website <https://musicalmaths.com/category/teacher-resources>

Email

Telephone No

How to Access Website

Sumdog (English)

National

Your child has a log in for this if they are in Y1 to Y6. This is a game based fluency site.

Website www.sumdog.com

Email

Telephone No

How to Access Website

Oxford Owl Free E-books (English)

National

Oxford Owl has a range of free e-books including some classics like The Secret Garden.

Website <https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

Email

Telephone No

How to Access Website

Read Write Inc (English)

National

Read Write inc do a daily speed sound session from their YouTube page for each set of sounds.

Website https://m.youtube.com/channel/UCo7fbLgY2oA_cFCI9GdxtQ

Email

Telephone No

How to Access Website

Phonics Play (English)

National

A website with some great phonics games.

Website <https://new.phonicsplay.co.uk>

Email

Telephone No

How to Access Website

David Walliams (English)

National

David Walliams is reading at 11am daily.

Website <https://www.worldofdavidwalliams.com/elevenses/>

Email

Telephone No

How to Access Website

Literacy Trust (English)

National

Lots of literacy based resources including videos, audio books, apps, printable

Website <https://literacytrust.org.uk/family-zone>

Email

Telephone No

How to Access Website

Self Harm / Suicide

Self-injury Support (Girls)

National

We focus on improving support and knowledge around self-injury

Website <https://www.selfinjurysupport.org.uk/>

Email info@selfinjurysupport.org.uk

Telephone No (08088) 008088

How to Access Phone - Website - Email

Harmless

National

Harmless was established at the beginning of October 2007 to respond to the needs of people who do or are at risk of self-harm and suicide.

Website <http://www.harmless.org.uk/>

Email info@harmless.org.uk

Telephone No

How to Access Website - Email

National Self Harm Network

National

Online forum to support individuals who self harm to reduce emotional distress and improve their quality of life

Website <http://www.nshn.co.uk/>

Email

Telephone No

How to Access Website

Papyrus Prevention of Young Suicide

National

Offers confidential support to young people at risk of suicide or anyone concerned about a young person at risk of suicide.

Website <https://papyrus-uk.org/>

Email pat@papyrus-uk.org

Telephone No (08000) 684141

How to Access Phone - Website

Sexual Abuse

Lucy Faithfull Foundation

National

Our confidential helpline is still open as usual for anyone with concerns about child sexual abuse prevention. You can find out more about the helpline and our secure messaging service through the link below and follow us on social media for updates.

Website <https://www.lucyfaithfull.org.uk/>

Email contactus.stopitnow.org.uk

Telephone No (08081) 000900

How to Access Phone - Website - Email

Parents Protect

National

This child sexual abuse awareness and prevention website was created by the child sexual abuse prevention campaign, Stop it Now! UK and Ireland and The Lucy Faithfull Foundation.

Website <https://www.parentsprotect.co.uk>

Email contact@lucyfaithfull.org.uk

Telephone No (01527) 591922

How to Access Phone - Website - Email

Lincolnshire Rape Crisis

County

We support anyone who lives or works in Lincolnshire, who are experiencing, have experienced or have been affected by any form of sexual violence at any point in their lives and are willing to engage in support/therapy relating to these experiences.

Website <https://www.lincolnshirerapecrisis.org.uk>

Email support@lincolnshirerapecrisis.org.uk

Telephone No (01522) 716320

How to Access Phone - Website - Email

The Lucy Faithfull Foundation

National

The Lucy Faithfull Foundation is the only UK-wide charity dedicated solely to tackling child sexual abuse.

Website <https://www.lucyfaithfull.org.uk>

Email referrals@lucyfaithfull.org.uk

Telephone No (01527) 591922

How to Access Phone - Website - Email

Stop It Now

National

Stop it Now! UK and Ireland is at the forefront of activity to prevent child sexual abuse.

Website <https://www.stopitnow.org.uk/>

Email contact@stopitnow.org.uk

Telephone No (08081) 000900

How to Access Phone - Website - Email

MOSAC (Mothers of Sexually Abused Children)

National

Mosac supports all non-abusing parents and carers whose children have been sexually abused

Website <http://www.mosac.org.uk/>

Email enquiries@mosac.org.uk

Telephone No (08009) 801958

How to Access Phone - Website - Email

Sexual Health

Check Your Bits (Chlamydia Testing)

National

Chlamydia screening service

Website <http://checkyourbits.org>

Email

Telephone No

How to Access Website

Sexual Health Helpline

National

Talking support about a sexual health you can call the national sexual health helpline free

Website

Email

Telephone No (03001) 237123

How to Access Phone

Getting It On - Useful contacts

National

Range of services listed with email, telephone numbers.

Website <https://www.gettingiton.org.uk/useful-contacts>

Email

Telephone No

How to Access Website

Brook

National

Sexual health and wellbeing for under 25's, service finder website

Website <https://www.brook.org.uk/>

Email

Telephone No

How to Access Website

Sport / Exercise

Oti Mabuse

National

A daily dance routine by Oti Mabuse

Website https://www.youtube.com/channel/UC58aowNEXHHnfIR_5YTtP4g

Email

Telephone No

How to Access Website

Cosmic Kids Yoga

National

Website <https://www.youtube.com/user/CosmicKidsYoga/playlists>

Email

Telephone No

How to Access Website

Joe Wicks

National

A daily 30 workout with Joe Wicks.

Website <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Email

Telephone No

How to Access Website

Imoves

National

A range of resources including Disco, pilates, Yoga as well as mindfulness videos.

Website <http://themovement.com>

Email

Telephone No

How to Access Website

Staff Support

Education Support Partnership

National

The UK's only charity providing mental health and wellbeing support services to all education staff and organisations.

Website <https://www.educationsupportpartnership.org.uk/>

Email enquiries@edsupport.org.uk

Telephone No (08000) 562561

How to Access Phone - Website - Email

Support

Liaise (SEND Information, Advice and Support Service in County

Liaise is the Special Educational Needs and Disability (SEND) Information Advice and Support Service for Lincolnshire.

Website <https://lincolnshire.fsd.org.uk>

Email liaise@lincolnshire.gov.uk

Telephone No (08001) 951635

How to Access Phone - Website - Email

We Are Teachers

National

Teaching aids for all subjects and issues

Website <https://www.weareteachers.com/>

Email

Telephone No

How to Access Website Only

Lincolnshire County Council

County

Local County Council

Website <https://www.lincolnshire.gov.uk>

Email customer_services@lincolnshire.gov.uk

Telephone No (01522) 552222

How to Access Phone - Website - Email

Family Lives

National

Family Lives uses a team of trained volunteers with the knowledge and experience of family issues to support service users via telephone and email. Monday to Friday, 9am to 9pm
Saturday and Sunday, 10am to 3pm

Website <https://www.familylives.org.uk/>

Email

Telephone No (08088) 002222

How to Access Phone - Website

SSAFA

County

SSAFA works to ensure that the needs of the Armed Forces, veterans and their families are met in an appropriate and timely way

Website <https://www.ssafa.org.uk>

Email Lincolnshire.Branch@ssafa.org.uk

Telephone No (02074) 639354

How to Access Phone - Website - Email

The Mix

National

Website with one to one chats, email, group discussions, counselling they give young people the information and support you need to deal with differing issues.

Website <https://www.themix.org.uk>

Email

Telephone No (08088) 084994

How to Access Phone - Website

Age UK

County

Age UK Lincoln & South Lincolnshire are proud to partner the Salted Orange Food Co. to launch "Food through Adversity: 21 meals for £20" to help combat the risks of Covid-19 to older people.

Website <https://www.ageuk.org.uk/lincolnsouthlincolnshire/our-services/food-through-adversity/>

Email info@ageuklsl.org.uk

Telephone No (03455) 564144

How to Access Phone - Website

Heads Together - Mentally Healthy Schools

National

Helping school leaders develop a whole-school approach to mental health

Website <https://www.mentallyhealthyschools.org.uk/>

Email

Telephone No

How to Access Website

Connect to Support Lincolnshire

County

Connect to Support is an online, telephone, email and live chat service.

Website <https://lincolnshire.connecttosupport.org/>

Email Lincs2Advice@ageuklsl.org.uk

Telephone No (03003) 038789

How to Access Website

Transgender

Gires

National

GIRES is a UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

Website <https://www.gires.org.uk/>

Email info@gires.org.uk

Telephone No (01372) 801554

How to Access Phone - Website - Email

Mermaids UK

National

Reduce isolation and loneliness for gender variant and transgender children, young people and their families.

Website <https://www.mermaidsuk.org.uk>

Email info@mermaidsuk.org.uk

Telephone No (08088) 010400

How to Access Phone - Website - Email

Whistleblowing

NSPCC Whistleblowing Helpline

National

The Whistleblowing Advice Line offers free advice and support to professionals with concerns about how child protection issues are being handled in their own or another organisation.

Website <https://www.nspcc.org.uk/what-you-can-do/report-abuse/dedicated-helplines/whistleblowing>

Email help@nspcc.org.uk

Telephone No (08000) 280285

How to Access Phone - Website - Email
