



Keeping Well

A guide to mental health
and wellbeing support

Information about services in Lincolnshire that can support your
everyday wellbeing or while you wait for treatment



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5 ways to good mental wellbeing

1



BE ACTIVE

- Go for a walk or run.
- Step outside.
- Cycle.
- Play a game.
- Garden.
- Dance.
- Exercising makes you feel good.
- Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

2



CONNECT

- With the people around you.
- With family, friends, colleagues and neighbours.
- At home, work, school or in your local community.
- Think of these as the cornerstones of your life and invest time in developing them.
- Building these connections will support and enrich you every day.

3



TAKE NOTICE

- Be curious.
- Catch sight of the beautiful.
- Remark on the unusual.
- Notice the changing seasons.
- Savour the moment, whether you are walking to work, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling.
- Reflecting on your experiences will help you appreciate what matters to you.

4



KEEP LEARNING

- Try something new.
- Rediscover an old interest.
- Sign up for that course.
- Take on a different responsibility at work.
- Fix a bike.
- Learn to play an instrument or how to cook your favourite food.
- Set a challenge you enjoy achieving.
- Learning new things will make you more confident as well as being fun.

5



GIVE

- Do something nice for a friend, or a stranger.
- Thank someone.
- Smile.
- Volunteer your time.
- Join a community group.
- Look out, as well as in.
- Seeing yourself, and your happiness, as being linked to the wider community can be incredibly rewarding and creates connections with the people around you.



**Resolve
Unresolved
Issues**

Issues like **DEBT, RELATIONSHIP PROBLEMS, BEREAVEMENT**, can make people feel alone and seriously affect people's mental health and wellbeing. There is help available – Visit <https://lincolnshire.connecttosupport.org> or <https://haylincolnshire.co.uk> to see what's available in your area and get help with issues that hold you back.

Lincolnshire support to help you...

BE ACTIVE

- <https://letsmoveinlincolnshire.com> - to find out about clubs/activities
- <https://www.oneyouinlincolnshire.org.uk> - to help you get more active and drop unhealthy habits
- <https://www.lincolnshire.gov.uk/coast-countryside/walks-lincolnshire> - explore Lincolnshire
- <https://www.activelincolnshire.com> - for opportunities to get active

CONNECT

- <https://lincolnshire.connecttosupport.org> - to look for local activities near you
- <https://lincolnshire.fsd.org.uk> - for play and leisure activities for all ages
- <https://shinelincolnshire.com/> - has a network of community / activity groups
- <https://haylincolnshire.co.uk> - for a variety of support for adults

TAKE NOTICE

- <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness> - to help you appreciate people and environment around you
- <https://www.nhs.uk/every-mind-matters/> - to help with wellbeing tips and managing thoughts
- <https://www.lincolnshire.gov.uk/libraries-archives> - for access to books, audio and e-books

KEEP LEARNING

- <https://lincolnshire.fsd.org.uk> and <http://2aspire.org.uk/> - for career, training and learning
- <https://www.futurelearn.com> or <https://www.open.edu/openlearn/> for university or free courses
- <https://www.lpft.nhs.uk/our-services/adults/recovery-college> and <http://minded.org.uk> - for wellbeing courses. Or Try Google or Social media for local courses e.g., cooking, gardening

GIVE

- <https://voluntarycentreservices.org.uk/midlands-learning-together-programme/> - can connect you to the right opportunities
- <https://www.lincolnshirecvs.org.uk/socialprescribing> - can connect you to community services to improve your health and wellbeing



**If you are worried about
your own or someone
else's mental health**

There are mental health services and support for:
Children ; Young people ; Adults ; Parents/carers
here: www.lpft.nhs.uk and additional information for adults
here: <https://haylincolnshire.co.uk>

Mental Health & Wellbeing Support Card

1

First...

Pause and breathe

What can you do to help yourself?

Who can you talk to?

Who is in your support network?

For more tips, visit:
www.lpft.nhs.uk/self-care

2

Then...

- Mental Health Matters helpline
- Here4You helpline
- SHOUT
- Samaritans
- Night Light Cafés
- HAY Lincolnshire

Flip over for information 

3

If...

If you need urgent help, call 111

For an emergency, call 999



Mental Health Matters - 0800 001 4331

24/7 confidential emotional & mental health support line



Here4You - 0800 234 6342

24/7 mental health & wellbeing advice for children and young people, their families and carers



SHOUT - Text: 'SHOUT' to 85258

Free 24/7 mental health crisis helpline



Samaritans - 116 123

Whatever you're going through, a Samaritan will face it with you



Night Light Cafés - 0300 011 1200

Here to listen to you. Out-of-hours support service



HAY Lincolnshire - haylincolnshire.co.uk

Find local resources to help boost your wellbeing



Talking Services



Lincolnshire Talking Therapies

The Mental Health Matters helpline and webchat provides emotional support, advice and guidance.

Call [0800 001 4331](tel:08000014331) for free 24/7.

To find out more, visit :

www.mhm.org.uk/helpline-webchat

Lincolnshire Talking Therapies is a free NHS talking therapies service provided by Lincolnshire Partnership NHS Foundation Trust.

The service provides a range of evidence-based talking therapies for problems such as depression, anxiety, post-trauma reaction, panic, phobia and Obsessive Compulsive Disorder (OCD).

People who are 16+ and living in the county can refer themselves online by visiting:

www.lincolnshiretalkingtherapies.nhs.uk

Alternatively you can call [0303 123 4000](tel:03031234000), or be referred through your GP.

Night Light Cafes

Night Light Cafés are safe spaces that offer out-of-hours support by a team of trained volunteers who are available to listen.

They can also provide signposting advice and information on other organisations that may be able to help with specific needs, such as debt advice or emergency food parcels.

Whether you want to talk to someone, or just sit quietly with a cup of tea, the Night Light Cafe are there to support you when you need them.

To access this service, or to refer someone for support from Night Light, please call 0300 011 1200 or email nightlight@actstrust.org.uk.

www.haylincolnshire.co.uk/night-light-cafe/

www.actstrust.org.uk/night-light-cafes/



“The Café has genuinely saved my life and I don’t think I would be here today without the support of Night Light.

Night Light Cafes

Alford

The Storehouse Church, 47 West St, Alford LN13 9EZ

Thursdays & Saturdays - 5pm - 8pm

Boston:

Centenary Church, Red Lion Street PE21 6NY

Fridays 6pm - 8pm

Bourne:

Don't Lose Hope, 4 North Street, PE10 9EA

Mondays and Wednesdays 6pm-9pm

Gainsborough

Connexions, 100 Church Street DN21 2JH

Monday 6pm - 9pm

Riverside Training, 11-23 Market Street DN21 2BL

Thursday 6pm - 9pm



The volunteers are empathetic and listen, and talk to me about how I can keep myself safe and cope with my thoughts.

Night Light Cafes

Grantham:

BHive, 11A Finkin Street, Grantham NG31 6QZ
Wednesdays and Thursdays, 5pm - 8pm

Holbeach

Tonic Health Holbeach Hub, Boston Rd South, PE12 7LR
Mondays and Wednesdays 4pm - 7pm

Horncastle

The Wong Day Centre, LN9 6EB
Thursdays 5.30pm - 8.30pm

Lincoln:

St John the Baptist Church, Sudbrooke Drive, LN2 2EF
Monday 4pm - 8pm

Bridge Central, Portland Street, LN5 7NN
Monday 8pm - 11pm



Night Light Cafes



Lincoln Cont...

St Giles Methodist Church, Addison Drive, LN2 4LH
Tuesday 4pm – 8pm

Bailgate Methodist Church, Bailgate, LN1 3AR
Wednesday 4pm – 11pm

Boultham Breakthrough Ctr, Boultham Park Rd, LN6 7ST
Thursday 4pm – 11pm

Energize Youth Centre, Larchwood Crescent, LN6 0NA
Friday 4pm – 8pm

The Salt house, Free School Lane, LN2 1EY
Saturday 8pm – 11pm

St John the Evangelist's Church, Grantham Road, Bracebridge Heath, LN4 2LD
Sunday (fortnightly), 6pm – 9pm

Night Light Cafes



Long Sutton:

St Mary's Church, Market Place, PE12 9JE
Wednesdays and Thursdays 6pm - 9pm

Louth:

Trinity Centre, Eastgate, Louth, LN11 8DJ
Wednesdays 4pm - 7pm
Thursdays 6.30pm - 9.30pm

Market Rasen:

New Life Church, Serpentine Street, Market Rasen, LN8 3AR
Mondays 6pm - 9pm

Mablethorpe:

Overboard Church, 4C Centre, High Street, LN12 1AX
Mondays and Wednesdays 7pm - 10pm

Night Light Cafes

**Skegness:**

Skegness Day Centre, Alghitha Road Day Service, 40 Alghitha Road, PE25 2AJ
Wednesdays and Fridays 5pm - 8pm

Sleaford:

The Source, Southgate, Sleaford, NG34 7RY
Tuesdays 4pm - 7pm

Spalding:

6 Broadgate House, Westlode Street, PE11 2AF
Mondays and Thursdays 4pm - 7pm

Spilsby:

New Life Centre, Church Street, PE23 5DU
Wednesdays and Fridays 5pm - 8pm

Stamford

39 Broad Street, PE9 1PX
Mondays and Thursdays 5.30pm - 8.30pm

Wellbeing Hubs

Wellbeing Hubs are community spaces where people can access a variety of wellbeing and mental health resources and signposting. They provide a non-clinical, safe space and support individuals to have choice, understanding, and take control of and manage their own mental health and wellbeing. The Hubs are linked to your local Community Connectors who provide free, confidential support and advice and signpost to other services in the local area. Hubs are a great place to visit if you want to take up a new hobby or activity, improve your mental health or reduce loneliness and isolation.

Wellbeing hubs run throughout Lincolnshire, including satellite and roving outreach provision.

Below is a list of the main hubs. To find out about one of our satellite and roving outreach hubs which may be closer to you, contact your local Community Connector using the link below.

www.haylincolnshire.co.uk/meet-the-connectors



Wellbeing Hubs

East Lincolnshire

Skegness & District Wellbeing Hub, The Storehouse, North Parade, Skegness, PE25 1BY
www.thestorehouse.co.uk/restore

Spilsby & District Wellbeing Hub, New Life Centre, Church Street, Spilsby, PE23 5DU
www.facebook.com/wellbeinghubspilsby/
07901 211220

Clip, Mablethorpe College, Seacroft Road, LN12 2DT
www.cliplearning.com/mablethorpe
01507 473325

Trinity Centre, Eastgate, Louth, LN11 8DJ
www.wellbeinghub6.wordpress.com

Boston Wellbeing Hub, Centenary Church, Red Lion Street, Boston, PE21 6NY
www.centenarymethodistchurchboston.org.uk/uk/wellbeing-hub

Horncastle Community Lincs, Community Centre, Manor House St. Horncastle. LN9 5HF
www.horncastlecommunitycentre.org.uk

Wellbeing Hubs

South Lincolnshire

Mindspace, 39 Broad St, Stamford PE9 1PX

www.mindspacestamford.com

07563 385273

Bhive Community Hub, 11a Finkin Street, Grantham, NG31 6QZ

www.facebook.com/BHiveCommunity

01476 592775

Spalding Wellbeing Hub, Tonic Health, 6 Broadgate House, Westlode Street, Spalding, PE11 2AF

www.tonic-health.co.uk

01775 725059

The Holbeach Hub, Boston Road, South Holbeach, PE12 7LR

www.tonic-health.co.uk/holbeach-hub/

01775 725059

Wellbeing Hubs

West Lincolnshire

The Bridge Learning Centre, 142 Bridge Street, Gainsborough, DN21 1LP
www.cliplearning.com/gainsborough/
01507 473325

Bridge Central, Dunston House, Portland Street, Lincoln, LN5 7NN
www.wearebridge.org/community
01522 530 730

St Michael's Church, High Street, Waddington, LN5 9RF
www.stmichaelschurchwaddington.org.uk
parishadmin@stmichaelschurchwaddington.org.uk



Your Community Connectors

Community connectors are a valuable resource for anyone who could benefit from improved social connections, access to services, or assistance in navigating what is available locally. Their role is to create a sense of belonging and support for all members of the community.

While anyone can potentially benefit from the services and support provided by connectors, certain groups or situations may particularly benefit from their assistance. These include:

- People experiencing mental health challenges
- Those experiencing social isolation
- Low-income families
- Senior citizens
- Refugees and asylum seekers
- People with long-term health conditions
- Survivors of domestic violence, to name a few



Find your local connector here:

www.haylincolnshire.co.uk/meet-the-connectors

How Are You, Lincolnshire?



How Are You, Lincolnshire is an online directory of professional support services and activities across Lincolnshire, to help people boost their mental health and wellbeing.

The directory includes hobby groups and support networks, as well as access to practical support such as housing and debt advice and community hubs.

How are you, Lincolnshire?

Are you looking to boost your **wellbeing** and **mental health**? Find local groups on haylincolnshire.co.uk

NHS

- Connections
- Support
- Self-help

H.A.Y. Lincolnshire | Lincolnshire Community Mental Health & Wellbeing Transformation

The graphic is a promotional poster for the 'How are you, Lincolnshire?' directory. It has a bright orange background. At the top right is the NHS logo. Below it are three circular icons: 'Connections' (three people), 'Support' (hands holding a heart), and 'Self-help' (a person with a heart). The main text is in a white speech bubble. At the bottom left are the H.A.Y. Lincolnshire and Lincolnshire Community Mental Health & Wellbeing Transformation logos.

www.haylincolnshire.co.uk

Shine Lincolnshire

Shine Lincolnshire connects people and communities by promoting health, wellbeing, independence and choice.

Shine Lincolnshire works to create, connect, and deliver services that are accessible to all. Supporting personal choice; and offering opportunities that promote positive health and wellbeing.

This includes access to volunteer opportunities, peer support and training.

To find out more, visit:

www.shinelincolnshire.com



Lincolnshire Recovery College

Lincolnshire Recovery College offer free educational courses about mental health, recovery and wellbeing. Courses are open to anyone aged 16+ who lives, works or studies in Lincolnshire.

Most of the sessions are held online, although some are face-to-face across the county.

Courses include:

- Courses for carers.
- Creative workshops.
- "Let's talk about it," includes topics such as autism, bipolar, antidepressants.
- Other mental health and wellbeing courses.

"Very polite, warm and welcoming course leaders. I felt heard and understood."

"I am normally shy but felt comfortable. It felt inclusive, especially as the trainers shared their experiences."

Recovery College
Sharing the journey together

www.lpft.nhs.uk/recovery-college

Wellbeing Lincs

Wellbeing Lincs is a countywide service that helps people to live independently through life's changes. The service is funded by Lincolnshire County Council and delivered by Lincolnshire's district councils working in partnership. Wellbeing Lincs will:

- Assess people's support needs in order to help them to live confident and independent lives
- Provide short-term support (for up to 12 weeks) to ensure they feel safe in their own home, engage them in community services, and reduce or prevent the escalation of an individual's needs.
- Signposting to other services, such as money advice, local groups, clubs and charities.
- Help people to resettlement at home following discharge from hospital.
- Supply small aids, equipment and home adaptations (charges may apply).
- Receive and respond to calls from telecare careline customers (charges may apply).



Wellbeing Lincs

Better wellbeing across Lincolnshire

Wellbeing Lincs Website:

www.wellbeinglincs.org

Wellbeing Lincs Service Criteria:

www.wellbeinglincs.org/criteria

Support From Your Local Councils

All councils offer practical support as well as online mental health and wellbeing support and signposting in your local area.



Connect to Support Lincolnshire is run by Lincolnshire County Council and is an online information and advice library, community directory and marketplace for adults in Lincolnshire.

For advice and support, please visit:

www.lincolnshire.gov.uk

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



CITY OF
Lincoln
COUNCIL

City of Lincoln Council Services support local residents in areas such as, but not limited to, Covid-19; homelesses; benefits, and cost of living support.

To contact them for advice and support, please visit:

www.lincoln.gov.uk

Support From Your Local Councils



Boston Borough Council's Community and Wellbeing page, under the Residents section, signposts local residents to support in their area.

Please visit:
www.boston.gov.uk



East Lindsey District Council Community and Wellbeing page, under the Residents section, signposts local residents to support such as healthy living and housing support in their area.

Please visit:
www.e-lindsey.gov.uk



West Lindsey District Council Health, Education and Family page, signposts local residents to support such as adult social care and local health and wellbeing support.

Please visit:
www.west-lindsey.gov.uk

Support From Your Local Councils



North Kesteven District Council offers support to local residents in numerous areas such as health and people, benefits and support, and tenancys.

Please visit:

www.n-kesteven.gov.uk



SOUTH
KESTEVEN
DISTRICT
COUNCIL

South Kesteven District Council Community and Neighbourhood page, signposts local residents to support such as adult social care, Armed Forces support and mental health and wellbeing support.

Please visit:

www.southkesteven.gov.uk



South Holland District Council Community and Living page, signposts local residents to support such as health and wellbeing support, warm spaces and voluntary and community opportunities to boost wellbeing.

Please visit:

www.sholland.gov.uk

Specialist Services

Addiction

With You

www.wearewithyou.org.uk

East Midlands Gambling

www.eastmidlandsgambling.nhs.uk

Next Steps in Recovery Service

www.lincolnshirecvs.org.uk/nextsteps

Double Impact

www.doubleimpact.org.uk

Oasis Family Support

www.oasisfamilysupport.org.uk

Gamblers Anonymous

www.gamblersanonymous.org.uk

Bereavement

Cruse

www.cruse.org.uk

0808 808 1677

Amparo - Support Following Suicide

www.amparo.org.uk

Sue Ryder

www.sueryder.org

0808 164 4572

Sands - Saving babies' lives. Supporting bereaved families

www.sands.org.uk

Way - Windowed and Young

www.widowedandyoung.org.uk

Gov.uk - Bereavement Help and Support

www.gov.uk/after-a-death/bereavement-help-and-support

Specialist Services

Carers

Lincolnshire County Council - Support for Carers

www.lincolnshire.gov.uk/support-carers

LPFT Carer and Relative Support

www.lpft.nhs.uk/contact-us/support/carers-support

Adult Social Care

www.lincolnshire.gov.uk/adult-social-care

01522 782155

Carers First

www.carersfirst.org.uk/lincolnshire

01522 782224

AgeUK

www.ageuk.org.uk

Carers Trust

<https://carers.org/>

0300 772 9600

Communities

Migrant Help

www.migranthelpuk.org

Boston Lithuanian Community

www.bostonlietuviubendruomene.uk

Lincolnshire Polish Society

www.lpslincs.org

Jubilee Ukrainian Hub Café

www.jubileegrantham.co.uk

Conversation Club

www.lincolncityfoundation.com

Advice for Ukrainian Arrivals

<https://lincolnshire.connecttosupport.org/advice-for-ukrainian-arrivals/>

Specialist Services

Disability

SNAP Support Group

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

snap@alivechurch.org.uk

07900 635 366

Diversity Adult Support Services

www.diversityadultsupport.co.uk/

01522 262 300

Long Covid Peer Support Group

www.shinelincolnshire.com/long-covid-peer-support

Headway

www.headway.org.uk

Ex-offenders & Prisoners

Lincolnshire Action Trust

www.latcharity.org.uk

Unlock - for people with criminal records

www.unlock.org.uk

Nacro

www.nacro.org.uk

Pact

www.prisonadvice.org.uk

Prisoners Families' Helpline

www.prisonersfamilies.org

0808 808 2003

Specialist Services

Families & Children

Lincolnshire Parent Carers Forum

www.lincspcf.org.uk

0792 523 2466

Family Services Directory

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

Gingerbread

www.gingerbread.org.uk

0808 802 0925

Lincolnshire County Council - Childcare and Family support

www.lincolnshire.gov.uk/childcare-family-support

Lincolnshire Children Centres

www.lincolnshire.gov.uk/early-years-education

LPFT - Children and Young People

www.lpft.nhs.uk/young-people

Better Births Lincolnshire

www.betterbirthlincolnshire.co.uk

Lincolnshire Start for Life

www.lincolnshire.gov.uk/startforlife

Kinship Carers

www.kinship.org.uk

NHS Healthy Start

www.healthystart.nhs.uk

Kooth

www.kooth.com

Specialist Services

Finance

Citizens Advice (CAB)

www.citizensadvice.org.uk

Turn2Us

www.turn2us.org.uk

Payplan

www.payplan.com

0800 316 1833

Money and Pensions Service

www.maps.org.uk

Money Saving Expert

www.moneysavingexpert.com

Breathing Space - Debt Respite Scheme

www.gov.uk

Better Off Lincolnshire

<https://lincolnshire.betteroff.org.uk>

StepChange

www.stepchange.org

0800 138 1111

Energy Saving Trust

www.energysavingtrust.org.uk

Mental Health and Money Advice

www.mentalhealthandmoneyadvice.org/en

Family Fund

www.familyfund.org.uk

National DebtLine

www.nationaldebtline.org

Specialist Services

Food & Housing

Please also visit your district council website.

Warm Welcome Spaces

www.warmwelcome.uk

Lincolnshire Food Partnership

www.lincolnshirefoodpartnership.org_

Lincoln Community Grocery

www.communitygrocery.org.uk/lincoln

Nacro

www.nacro.org.uk

Lincolnshire Housing Partnership

www.lincolnshirehp.com

Lincs YMCA

www.lincsymca.co.uk

Health & Wellbeing

One You Lincolnshire

www.oneyoulincolnshire.org.uk

Active Lincolnshire

www.activelincolnshire.com

Lincoln City Foundation

www.lincolncityfoundation.com

Boston United - Sports & Activities

www.bostonunitedcf.co.uk

Every Mind Matters

www.nhs.uk/every-mind-matters/

Better Health

www.nhs.uk/better-health

Let's Move Lincolnshire

www.letsmoveincolnshire.com

Specialist Services

LGBTQ+

It Gets Better (LGBTQ+ Youth)

www.itgetsbetter.org

galop

www.galop.org.uk

Switchboard LGBT+ Helpline

www.switchboard.lgbt

LGBT Foundation

<https://lgbt.foundation/>

Gay Outdoor Club

www.goc.org.uk/groups/lincolnshire/

Lincolnshire Gay Men Community

www.lincolnshiregaymencommunity.co.uk

Men

Bro Pro UK

www.facebook.com/brotherhoodprojectuk

Andy's Man Club

www.andysmanclub.co.uk

Lincoln City Foundation - Team Talk

www.lincolncityfoundation.com/team-talk

ManKind - Helping men escape domestic abuse

www.mankind.org.uk

Men's Advice Line

www.mensadvice.org.uk

Mens Sheds

www.menssheds.org.uk/find-a-shed/

Specialist Services

Older People

The Silver Line Helpline

www.thesilverline.org.uk

0800 4 70 80 90

AgeUK

www.ageuk.org.uk

0800 678 1602

Lincolnshire Coop Wellbeing Walks

www.lincolnshire.coop/wellbeing-walks

01522 544 632

Independant Age

www.independentage.org

0800 319 6789

Friendship at Home - North East Lincolnshire

www.friendshipathome.org.uk

01472 602 500

Ageless and Agile

www.hayeastlindsey.co.uk/activities/ageless-agile/

01507 681816

01507 681826

Tonic Health - Dementia Support Groups

www.tonic-health.co.uk

01775 725059

Anglian Water's Priority Services Register and Extra Care Support

www.anglianwater.co.uk/help-and-advice/water-care/

0800 232 1951

Specialist Services

Transport

Lincolnshire Call Connect

www.lincsbus.info/callconnect/

Other Lincolnshire Areas - 0345 234 3344

Stamford, Bourne, Rutland & Peterborough -

0345 263 8153

Dial-a-Ride

www.lincolndialaride.co.uk

01522 800 100

Boston Community Transport

www.bostonct.org.uk

01205 360183

TASL

0808 164 4586 phone only

Grantham Area Community Transport

www.granthamact.co.uk/

01476 978916

Training & Employability

Development Plus

www.developmentplus.org.uk

Riverside Training

www.acisgroup.co.uk/riverside-training/

Abbey Access Training

www.abbeyaccesstraining.com/

01522 801556

Empower Programme

www.endorphins.uk/empower/

Lincoln City Foundation

www.lincolncityfoundation.com

Acts Trust - Restore Programme

www.actstrust.org.uk/restore

Specialist Services

Students & Young People

If you are a student, you can contact your student services for mental health and practical support.

Here4You Line

0800 234 6342 (Can also be used by parents, carers and professionals for advice)

Papyrus

www.papyrus-uk.org

Young Minds

www.youngminds.org.uk

Kooth - online mental health and wellbeing support

www.kooth.com

Ambitious Youth Network

www.ambitiousaboutautism.org.uk

Suicide

Samaritans

www.samaritans.org/branches/

0116 123

Lincolnshire Suicide Safe

www.lpft.nhs.uk/suicidesafe

Amparo - Support Following Suicide

www.amparo.org.uk

Shout - UK's 24/7 Crisis Text Service for Mental Health Support

TEXT 'SHOUT' TO 85258

Grassroots Suicide Prevention

www.prevent-suicide.org.uk

Specialist Services

Women

Eve – Women's Wellbeing Support Group

www.facebook.com/eveprojectuk

Dark Side Rising

www.darksiderising.co.uk

Butterflies Lincoln & Gainsborough

office@alivechurch.org.uk / 01522 542166

Lincolnshire Rape Crisis

www.lincolnshirerapecrisis.org.uk

edanlincs - Lincs Domestic Abuse Service

www.edanlincs.org.uk

Lincolnshire Domestic Abuse Specialist Services (ldass)

www.ldass.org.uk

Veterans

OpCourage

www.opcouragemidlands.nhs.uk

Veterans and Families Wellbeing Network

www.every-one.org.uk/what-we-do/military-veteran-families-wellbeing-network/

Veterans Support Service CIC

www.vsscic.org.uk

Armed Forces Breakfast Club

www.afvbc.world

Walking with the Wounded - Employment Support

www.walkingwiththewounded.org.uk

Combat Stress

www.combatstress.org.uk

Mental Health Support in Primary Care

Mental Health Practitioners

Mental health practitioners support adults and older adults with severe mental illnesses to live well in their communities.

Based in GP surgeries, they act as a 'bridge' between primary care and specialist mental health services.

How to access:

Mental health practitioners are accessible via the GP Surgery, but do not require a referral from a GP. Reception staff will be able to book you in for either a face-to-face or telephone appointment.

Social Prescribers

Social Prescribing Link Workers (SPLW) connect people to activities, groups, and services in their community.

Social prescribing works well for people who feel lonely or isolated, with long term conditions and complex social needs that impact their mental health and wellbeing or need support in behaviour change to achieve a healthy lifestyle.

How to access:

You can be referred by GPs, or from agencies, including local authorities, pharmacies, multi-disciplinary teams, hospital discharge teams, allied health professionals, fire service, police, job centres, social care services, housing associations and voluntary organisations.

Mental Health Support in Primary Care

Health and Wellbeing Coach

Health and wellbeing coaches work to help you achieve personal fitness and lifestyle goals. They help you to increase overall levels of physical health, embrace healthier lifestyle choices and maintain long-term behavioural change, improving physical and mental wellbeing and reducing the risk of developing long-term conditions.

How to access:

You can speak to healthcare colleagues within a GP practice and they can refer you. You will see a health and wellbeing coach in the same way you would usually see your GP or practice nurse.

Care Coordinator & Care Navigation

A Care Coordinator is a trained health professional that works alongside you to co-ordinate and navigate care across the health and care system, to help you make the right connections, with the right teams, at the right time. They can also support follow-up conversations with Primary Care Professionals.

Care Navigation - In some GPs, receptionists and other staff may have been trained to provide care navigation and signposting. This is a light-touch approach and works for people who are able to find their own way to community groups and services.

How to access:

Speak to your GP, or other healthcare professional.

How are you, Lincolnshire?

Are you looking to boost your **wellbeing**
and **mental health**? Find local groups on

haylincolnshire.co.uk



Version 1 - December 2023

This guide was created by The Adult Community Mental Health Transformation Team, part of Lincolnshire Partnership NHS Foundation Trust, in collaboration with Lincolnshire County Council and people with lived experience via the Mental Health Co-Production Network.

You can find out more about Community Transformation by visiting:

www.lpft.nhs.uk/about-us/transformation

If you have any comments or questions, you can contact the team via email on:

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