



Useful Support Services & Children's Activities in Lincolnshire



Support Services

24/7 & Late Night Helplines

For young people

YoungMinds

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger for free 24/7 support if you are experiencing a mental health crisis.

text YM to 85258

YOUNGMINDS

The Mix

Do you need help now?

Crisis messenger text service provides free, 24/7 crisis support

text THEMIX to 85258

THE MIX

Papyrus

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and advice.

Call 0800 068 4141

9am – midnight every day of the year

Samaritans

Whatever you're going through, you can call anytime from any phone for FREE.

Call 116 123

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YOUTH INSPIRED




CALM

A helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

Call 0800 58 58 58

5pm – midnight every day of the year



Things we can help with:

- Activities for families during self-isolation
- Disability & illness
- Forces Families
- Isolation
- Mental Ill Health & Post Natal Illness
- Money Issues
- When a relationship ends
- Twins, Triplets & Multiple children

For support got to:
www.home-start.org.uk/Pages/Category/things-we-can-help-with

Support Services

Lincolnshire Bereavement Support Groups

Cruse
Bereavement Support



The Compassionate Friends
Supporting bereaved parents and their families

To get help go to:
<https://lincolnshire.connecttosupport.org/mental-health/bereavement/>



Lincolnshire COUNTY COUNCIL
Working for a better future

Family Services Directory & Local Offer

Need Help?
To find out more go to:
<https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/home.page>

 Family Services Directory & Local Offer

#SPEAKUP

Domestic Abuse Support Services



Who to contact: Call 999 if you or someone you know is in immediate danger from domestic abuse or sexual violence.
 Call 101 if you want to report something that's happened or if you want to seek advice.

Call the Independent Domestic Abuse Services (IDAS) on 03000 110110 or 24 hour National Domestic Abuse Helpline on 0808 2000 247

Linkage

What is Linkage about?

Linkage is a registered charity which provides a high standard of care, specialist further education and employment services to enable people with learning disabilities to realise their full potential.

www.linkage.org.uk/children-families-service
Tel: 01790 752499
Email: info@linkage.org.uk

Support Services



ManHealth is building a network of male peer support groups across the UK.

Helping men to manage and prevent Depression or other Mental health conditions.

To find out more go to:
www.manhealth.org.uk



For brothers and sisters of disabled children and adults

You're not alone!

Do you have a brother or sister who is disabled, has special educational needs or a serious long-term condition?

To find out more go to:
www.sibs.org.uk/youngsibs

Useful Services

Who you can call this Mental Health Awareness Week



0300 123 3393
Open 9am-6pm weekdays



116 123
Always open



0800 58 58 58
Open 5pm - midnight

If you're in Wales:



0800 132 737
Always open

If you're under 25:



0808 808 4994
Open 4pm - 11pm



Free School Meals

are available to all reception, Year 1 and Year 2 pupils and to children whose parents receive certain benefits.

To apply go to:
www.lincolnshire.gov.uk/school-pupil-support/apply-free-school-meals

Call: 01522 782030

Respect
Men's advice line

The Helpline for male victims of domestic abuse.

Talk it over!

Freephone:

0808 8010327



#ANDYSMANCLUB



#ITSOKAYTOTALK

To find your nearest group go to:
www.andysmanclub.co.uk/find-your-nearest-group

To find out more go to:
www.lincolnshire.gov.uk/liaise

Liaise

SEND Information Advice and Support in Lincolnshire

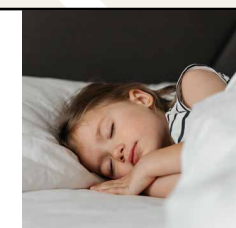


0- 19 Lincoln Public Health Nursing Services

To access services go to:
www.lincolnshire.gov.uk/childrens-social-care/0-19-childrens-health-service




If you'd like to talk about your child's sleep problems, you can call between 7pm and 9pm, Sunday to Thursday
Tel: **03303 530 541**



Useful Services



LINCOLN FOODBANK
HELPING LOCAL PEOPLE IN CRISIS
 Visit: <https://lincoln.foodbank.org.uk>



Lincoln Community Larder Call: **07914655460 01522 569291**
 Helping local people in crisis Visit: <https://lincolnlarder.co.uk>



Visit: <http://www.lincolnshire.coop/pdfs/page/Food-Bank-List.pdf>

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Working for a better future

LOCAL OFFER
 LINCOLNSHIRE

Wellbeing Advice:
www.lincolnshire.gov.uk/wellbeing-advice

Early Years Child Care:
www.lincolnshire.gov.uk/early-years-childcare

Holiday Activities & Food Program:
www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme

Childcare & Family Support:
www.lincolnshire.gov.uk/childcare-family-support

Support Services for Young Adults

Preparing for adulthood:
www.lincolnshire.gov.uk/preparing-adulthood

Independent Travel Training:
www.lincolnshire.gov.uk/school-college-transport/independent-travel-training




Useful Services

Believe in children



Barnardo's

To find out what services are in your area go to:
www.barnardos.org.uk




Advice and guidance
 In-depth advice and guidance pages on the major challenges autistic people and their families face, including behaviour, education and health issues.

Autism Services Directory
 The UK's most comprehensive directory of services and support for autistic people, their families, and people who work with them.

Branches
 We have 116 volunteer-led branches across the UK offering support, information and social activities for autistic children, adults and their families.

Online community
 Our online community is a place for autistic people and their families to meet like-minded people and share their experiences.

To find out more go to:
www.autism.org.uk/what-we-do/help-and-support



Lincolnshire Parent Carer Forum
 Registered Charity No. 1141060 * ICO Registration Z1810966

[f](https://www.facebook.com/lincspcf) [e](https://www.linkedin.com/company/lincspcf)

Recognised and supported by the Department for Education (DfE) under the Special Educational Needs and Disability Code of Practice (2015)

Email: admin@lincspcf.org.uk
 Tel: **07925 232466**
 LPCF, PO Box 1183, Spalding, PE11 9EE



CITY OF Lincoln COUNCIL | Together, let's deliver Lincoln's ambitious future

Money & Debt Advice
 Visit: www.lincoln.gov.uk/benefits/benefits-money-advice/1

Connect to support Lincolnshire

Managing Money & Debt

Managing money can be difficult. Most people have some form of debt but if you are having trouble with repayments you should get help with this as soon as possible.

For more info Call:
0300 303 8789

