

USEFUL CONTACTS

- **If you are in immediate danger, call 999 for the Police and/or an Ambulance or visit your nearest Emergency Department (A&E)**
- *Lincolnshire NHS Crisis Team Suicide Prevention: 0303 123 4000*, e-mail lincs.spa@nhs.net, www.lpft.nhs.uk/our-services/adults/crisis-resolution-and-home-treatment
- *Samaritans: 116 123* (Listening service available 24/7)
- Shout Text Service: 24/7 help from Crisis volunteer team - **text 85258**
- *Night Light Crisis Cafés*: warm welcome, listening service & signposting advice. Across Lincoln and the wider county. <https://www.actstrust.org.uk/night-light-cafes/> or call 0300 0111 1200 or email stacey@actstrust.org.uk
- *Beam Crisis Café Boston*: warm welcome, listening service & signposting advice in Boston. <https://stbarnanashospice.co.uk/beam-cafe>, or e-mail heidi.freeman@stbarnabashospice.co.uk (07833 786816)

Mental and General Well-Being Support

Lincolnshire Mental Health Helpline	Lines open 24/7 to support those suffering from poor mental health.	Webchat: https://www.mhm.org.uk/helpline-webchat 0800 001 4331
Every Mind Matters	Advice and practical support	https://www.nhs.uk/oneyou/every-mind-matters/
Steps to Change	Self-referrals can be made to access CBT and other talking therapies.	https://www.lpft.nhs.uk/steps2change/home
NW Counselling Hub	Connects people 18+ befriending and group activities. 6 week course	www.nwcounsellinghub.co.uk Chris Morris 07944222883
soundLincs	Using music to support people with their mental health	www.soundlincs.org 01522 510073
Mind	Advice about looking after personal wellbeing	https://www.mind.org.uk/ 0300 123 3393
Lincoln Trauma Centre	A confidential counselling service for families suffering from the effects of trauma and PTSD	www.lincolntraumacentre.org.uk 07812661348 or 07443634793
Recovery College	Free educational courses about mental health and wellbeing	www.lpft.nhs.uk/recovery-college
Silver Line	Helpline offering information, advice/friendship to older people.	www.thesilverline.org.uk 0800 470 8090 , Operates 24/7
Lincoln City Foundation - EFL Extra Time Hub	Increasing social interaction for the over 55s meeting for walks, gym sessions and sporting activities	www.lincolncityfoundation.com/extratimehub 01522 563792
NHS Mental Health Care for Veterans	Dedicated mental health services for those who have served in the forces & their families, struggling to cope	0300 323 0137
We Are With You	Drugs and Alcohol dependency support	www.wearewithyou.org.uk 01522 305518

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Financial Support

Citizens Advice Universal Credit Helpline:	Universal Credit specific help	0800 144 8444
Lincolnshire County Council Welfare team	For welfare advice including food bank referrals	01522 873382
Community Grocery	Provides a shopping basket of food for £3 a shop Membership £5 a year and you can shop up to 3x per week	www.communitygrocery.org.uk Central Methodist Church Lincoln LN5 7PR 0122 265511 Mon - Fri 9.30am 4.30pm
Foodbank (Referrals can be made by a host of agencies, including Lincolnshire County Council Welfare team)	Provides a min of 3 days' tinned & dried food donated by the local community.	http://lincoln.foodbank.org.uk/ amy@lincolnfoodbank.org.uk 01522 542166
Christians Against Poverty (CAP)	Free debt counselling	0800 328 0006
Gamstop	Help control online gambling by blocking access to devices	www.gamstop.co.uk

Bereavement

St Barnabas Bereavement Helpline	0300 303 1897, 01476 513544	
Cruse	https://www.cruse.org.uk/get-help/helpline 0808 808 1677	
SOBS (Supporting survivors of bereavement of suicide)	https://uksobs.org/ National Helpline 0300 111 5065 9am-9pm Monday to Sunday	

Divorce

Family Lives - Divorce Advice	https://www.familylives.org.uk/advice/divorce-and-separation/ 0808 800 2222
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Men's Groups

Slow Bikers Club	A club for leisurely group bike ride, socialising and having refreshments.	01522 542166 Acts Trust
Seasonal Cycles	Explore Hill Holt Wood. Sessions 11am - 2pm, 1 st & 3 rd Mon. of every month	www.hillholtwood.co.uk 01636 892836
A Better Way	Call, text, meet, 1:1 chats	Free support from http://abetterway.site
Team Talk - Andy's Man Club	Lincoln City Foundation - mental health programme. Mon, Tues, Wed sessions.	www.lincolncityfoundation.com/team-talk teamtalk@lincolncityfoundation.co.uk
The Pitch - A Men's Social Group Development Plus	Combating isolation by connecting and talking. Developing practical skills through physical activities	The PITCH meets Thursdays from 4-6pm at Queen's Park Community Hub. Call 07413205152 to book in.
MAN v FAT football club (18 yrs + with BMI of 27.5+)	Play small-sided football games against other men who also want to improve their health. Weds, 8pm-10pm	https://manvfat.com/lincolnshire/ Yarborough Leisure Centre, Riseholme Rd, Lincoln, LN1 3SP
New Growth Project for men (Gardening)	Talk, support, connect, grow, relax. Tues 11 - 1pm	Hillside Community Garden, Roman Pavement, Lincoln, LN2 5RD www.greensynergy.org.uk